

Why is it important to listen to and follow the living prophets?



We sustain the members of the First Presidency and the Quorum of the Twelve Apostles as prophets, seers, and revelators. Their teachings reflect the will of the Lord. They give us instruction, warnings, and counsel from the Lord for our day. We are blessed with safety, peace, and spiritual strength when we listen to and obey their counsel.

What counsel have living prophets given that you have applied in your life? How have you been blessed for following that counsel?

Prayerfully study these scriptures and resources.

- Amos 3:7; D&C 1:4, 37–38; Moses 6:26–38 - The Lord speaks to us through His prophets.
- D&C 21:1, 4–7 - The Lord promises great blessings to those who follow the prophet.
- “Message from the First Presidency,” *For the Strength of Youth* (2011), ii–iii
- “Prophets,” *True to the Faith* (2004), 129–30

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How do I receive personal revelation?



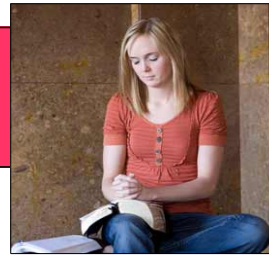
Each of us is entitled to personal revelation to guide our lives. In order to receive personal revelation, we must prepare by living worthily and studying and pondering the scriptures. If we seek and ask, God will reveal His will to us through the Holy Ghost.

How do you know when you have received personal revelation? How has learning to recognize personal revelation blessed your life?

Prayerfully study these scriptures and resources.

- 1 Kings 19:9–12; Helaman 5:30; D&C 6:14–16, 23; 8:2–3; 11:12–14 - Ways the Spirit speaks to us.
- John 14:26–27 - The Holy Ghost can help us remember things and feel peace.
- Ether 2–3; D&C 9:7–9 - Personal revelation must be accompanied by our own thought and study.
- “Learn to Recognize the Promptings of the Spirit,” *Preach My Gospel* (1999), 96–97
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How can I make my prayers more meaningful?



Heavenly Father loves us and wants us to communicate with Him through prayer. When we pray, we should tell Heavenly Father what we feel in our hearts. We should not repeat meaningless words or phrases. Through sincere, heartfelt prayer, we can feel the nearness of our Heavenly Father.

What meaningful experiences have you had with prayer? What have these experiences taught you about communicating with Heavenly Father? What have you done to make your prayers more meaningful?

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- Luke 22:41–42; Helaman 10:5; D&C 46:30–31 - We should seek God's will when we pray.
- 3 Nephi 14:7; D&C 9:7–8 -Prayer should be accompanied by faithful effort.
- 3 Nephi 17–19 - Jesus Christ prays with the Nephites and teaches about prayer.
- Moroni 10:3–5 - Pray with faith, a sincere heart, and real intent.
- Bible Dictionary, "Prayer," 752–53
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Why is it important to study the scriptures?



The scriptures contain the word of God. Latter-day prophets counsel us to study the scriptures every day, both individually and with our families. Studying the scriptures can help us know Heavenly Father and Jesus Christ, give us power to resist temptation, and strengthen us in our challenges.

How has studying the scriptures been a blessing in your life?

Prayerfully study these scriptures and resources.

- Psalms 119:105; 2 Timothy 3:16–17; 2 Nephi 32:3 - The scriptures can be a guide for our lives.
- 1 Nephi 15:24–25; Alma 31:5; Helaman 3:29–30; 15:7–8; D&C 11:21 - There is power in the word of God.
- D&C 84:45; Joseph Smith—Matthew 1:37 - The scriptures help us discern truth and avoid deception.
- Choice and Accountability value experience 1, *Young Women Personal Progress* (2009), 46
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How can I strengthen my testimony?



A testimony is a spiritual witness of the truth given by the Holy Ghost. As members of the Church, we have sacred opportunity and responsibility to obtain our own testimonies. If we seek a testimony through study, prayer, and living the gospel, the Holy Ghost will help us know for ourselves that the gospel is true.

How have you gained your own testimony?

Prayerfully study these scriptures and resources.

- John 7:16–17 - If we do the Lord's will, we will gain a testimony.
- 1 Corinthians 2:9–13; Alma 5:45–46; D&C 8:2–3 - The Holy Ghost testifies of truth.
- James 1:5; 1 Nephi 10:17–19; 15:11; 3 Nephi 18:20; Moroni 10:3–5 -To obtain a testimony, we must ask and seek for one.
- Mosiah 26:3; Alma 12:11 - Obstacles to obtaining a testimony.
- Alma 32:27–34 - Begin with a desire to believe.
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How can a patriarchal blessing help me?



A patriarchal blessing is personal revelation for our lives. It helps us understand our potential and the blessings we can receive if we are faithful. It may contain promises, admonitions, or warnings to guide our lives. It also helps us know that Heavenly Father knows and cares about us personally.

If you have received a patriarchal blessing, how has it guided your life? How has it helped you in times of adversity? How has it inspired you?

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- Alma 16:16–17; 3 Nephi 17:2–3 - We should prepare our hearts to receive instruction from the Lord.
- 3 Nephi 20:25–27 - The house of Israel blesses families of the earth.
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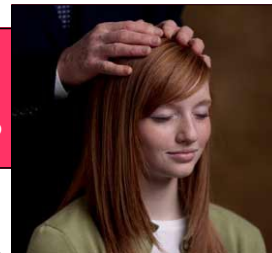
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