

Seeking the Companionship of the Holy Ghost

Holy Ghost... is the gift of God unto all those who diligently seek him” (1 Nephi 10:17)

WORTHINESS	BLESSINGS
(or what I need to do to receive and keep the Holy Ghost as a companion in my life)	(or what good I gain from being worthy to receive the Holy ghost)
	John 14:26
	John 16:13
	Moroni 10:5
	D&C 42:17
	John 14:26; D&C 42:16
	D&C 8:2

At times you young women may feel you are having an experience like Nephi. The Lord has not asked you to build a ship, but to build your life. You don't yet know what your completed mortal life looks like. But your Father in Heaven knows and can guide you one step at a time. He is asking you to build your life according to His guidelines because He is the One who created you and wants you ready to return back home with Him someday. Like Nephi, you too may have detractors and dissenters seeking to change your course, or at least slow down your progress.

But you have access to the same system of communication that Nephi used. Long before e-mail and faxes, cell phones and satellite dishes, computers and the Internet, this communication with your Heavenly Father was in place. It predates every type of networking invention today. Its power extends through the cosmos.

Heavenly Father has given you the gift of the Holy Ghost to be available to help you whenever you earnestly seek Him. Like Nephi, you can know what to do to build according to the Lord's plan for you. You will want to invite this power to help you navigate through the challenges of mortality until you are safely home.

Sharon G. Larsen, "Your Celestial Guide," *Ensign*, May 2001, 86