

TEEN TABLE

POSTER

HEAVENLY FATHER SPEAKS TO ME THROUGH THE HOLY GHOST

FROM THE ARTIST

HEIDI CARTER

The spirit of revelation, which Moses was given to use his staff to part the Red Sea, can feel more miraculous than any prompting we may receive in our lives, but we would be wrong. The Lord lets us know that the Holy Ghost who prompted Moses is the same that speaks to our hearts and minds. We all have our own metaphorical Red Sea where we can feel stuck and need divine help to surpass. We need to turn to the Lord in prayer, and He will utilize the Holy Ghost to prompt our actions in the same miraculous way. What a gift we have been given at baptism—a member of the Godhead can always be with us. He can prompt us and speak to our hearts and minds. It takes practice to know how He speaks to us. It is some of the most important practice that we can ever do.



~~~~~ *Think About It* ~~~~~

- ☺ What do you see in this art?
- ☺ Why do you think the Lord used Moses as an example to teach Oliver on how the Holy Ghost works with us?
- ☺ What in your life now feels like a Red Sea? How can you learn to receive revelation from the spirit to surpass it?

YEA, BEHOLD, I WILL TELL YOU IN YOUR MIND AND IN YOUR
HEART, BY THE HOLY GHOST, WHICH SHALL COME UPON YOU
AND WHICH SHALL DWELL IN YOUR HEART.

NOW, BEHOLD, THIS IS THE SPIRIT OF REVELATION;
BEHOLD, THIS IS THE SPIRIT BY WHICH MOSES BROUGHT THE
CHILDREN OF ISRAEL THROUGH THE RED SEA ON DRY GROUND.

DOCTRINE & COVENANTS 8:2-3

MESSAGE FROM

FOR THE STRENGTH OF YOUTH

**“SEEK THAT WHICH UPLIFTS, INSPIRES,
AND INVITES THE SPIRIT.**

“As you make choices about what to watch, read, listen to, or participate in, think about how it makes you feel. Does it invite good thoughts? Stay away from anything that mocks sacred things or that is immoral. Don’t participate in anything that dulls your judgment or sensitivity to the Spirit, such as violence, alcohol, and harmful drugs. Have the courage to turn off a video or game, walk out of a movie or a dance, change your music, or turn away from anything that is not consistent with the Spirit.”

Think about events from your life. How have you seen the counsel in *For the Strength of Youth* play out in your life? When have you seen joy or sorrow as a result?

**CHECK OUT THIS STORY OF
HOW GOD SHOWED SOMEONE
HOW MUCH HE WANTED TO
COMMUNICATE WITH THEM.**



**FORGETTING MY PEN AT
GENERAL CONFERENCE
CHANGED MY LIFE**

Eliza Broadbent | October 2018 *Ensign*

QUESTIONS TO CONSIDER

- ☐ What does it mean to have the Holy Ghost speak to you in your mind and in your heart?
- ☐ Who is someone I know who is clearly open to the spirit of revelation?
- ☐ When has the Holy Ghost communicated with me?
- ☐ How can I show the Lord I value the revelation I receive?

**LOOK UNTO ME IN EVERY THOUGHT;
DOUBT NOT, FEAR NOT.**

DOCTRINE & COVENANTS 6:36

WEEKLY INVITATION

Take time every day this week to notice revelation or comfort from the Holy Ghost. Think of situations where you feel you needed revelation. What did you do to welcome Heaven’s help? How did you see the hand of the Lord in your life?

MEDIA



“HEAR HIM”

How do you hear Him?

3:41 | YouTube.com



A DAY IN APOSTLE’S LIFE: ELDER DAVID A. BEDNAR

How often does Elder Bednar need to receive revelation in the course of a day? Think about your day today—when will you need the influence of the Holy Ghost?

2:35 | YouTube.com



HEAR HIM COLLECTION

This link contains over 40 short testimonies and stories by Church leaders on how they “Hear Him.”

25:01 | ChurchofJesusChrist.org



SAINTS: THE GIFT AND POWER OF GOD— CHAPTER 6

As you read to this chapter, notice what Joseph did to tune his mind and heart to the Spirit during the translation process.

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