

## **Testimony Tips**

By Laura Mayo Bangerter

Believe it or not, one of the best ways to strengthen your testimony or to gain one is to share it. But sometimes that's not easily said or done. To help, here are some pointers on what to do and what not to do when bearing your testimony.

### **Do**

- Tell what you know about the gospel
- Talk about the things you are striving to gain a testimony of
- Pray for support and confirmation of your testimony before you bear it, even if it's just a small prayer in your heart
- Take bearing your testimony seriously and sincerely. Peer pressure shouldn't influence you
- Keep your testimony short and to the point

### **Don't**

- Tell long stories, whether they are about yourself or someone else. If you have a good story, it might best save it for the next time you are asked to give a talk
- Describe the details of past sins and bad conduct
- Take up too much time. Others may be waiting for their turn
- Talk only about friends and family. Testimony meeting is a time to say what you know about the gospel
- Be embarrassed if you get emotional
- Be critical of others' testimonies—we're all learning. Plus, you won't be able to feel the Spirit if you focus on the negative.

### **Some Ideas**

If you want to bear your testimony but you're not what sure what to say, here are some suggestions:

*I know that...*

#### **God lives and loves me**

- Jesus Christ is my Savior and that he died for me (see 1 John 4:14-15)
- Through Christ's atonement, I can live with him again if I follow God's commandments
- Joseph Smith was called by God to be a prophet in our day
- Christ's church was restored to the earth through Joseph Smith
- The Church of Jesus Christ of Latter-day Saints is "the only true and living church upon the face of the whole earth" (D&C 1:30)
- Our church is led by a prophet of God who receives revelation for our church today
- The Book of Mormon is the word of God

As you put these suggestions to use, your testimony will be strengthened. The Lord even promises, "Whosoever shall believe in my name, doubting nothing, unto him will I confirm all my words, even to the end of the earth" (Mormon 9:25).

### **For Example**

In the early days of the Church, an elder found himself with the responsibility of giving a sermon to a large group of people gathered to hear a "Mormon" preacher. The situation wouldn't have been that bad, but as Brigham Young explained, "[The elder] had never been able to say he knew that Joseph Smith was a Prophet." The elder wanted to just say a prayer and conclude the meeting. But the building was so full, people were hanging through the open windows from outside to listen. There was no graceful way out for the elder except to speak.

He braved his way to the podium, and "as soon as he got 'Joseph' out, 'is a Prophet' was the next; and from that, his tongue was loosened, and he continued talking until near sundown," Brigham Young reported. "The Lord pours out his Spirit upon a man when he testifies that which the Lord gives him to testify of" (Joseph Fielding McConkie, *Seeking the Spirit*, Salt Lake City: Deseret Book Co., 1978, pp. 4-5).

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