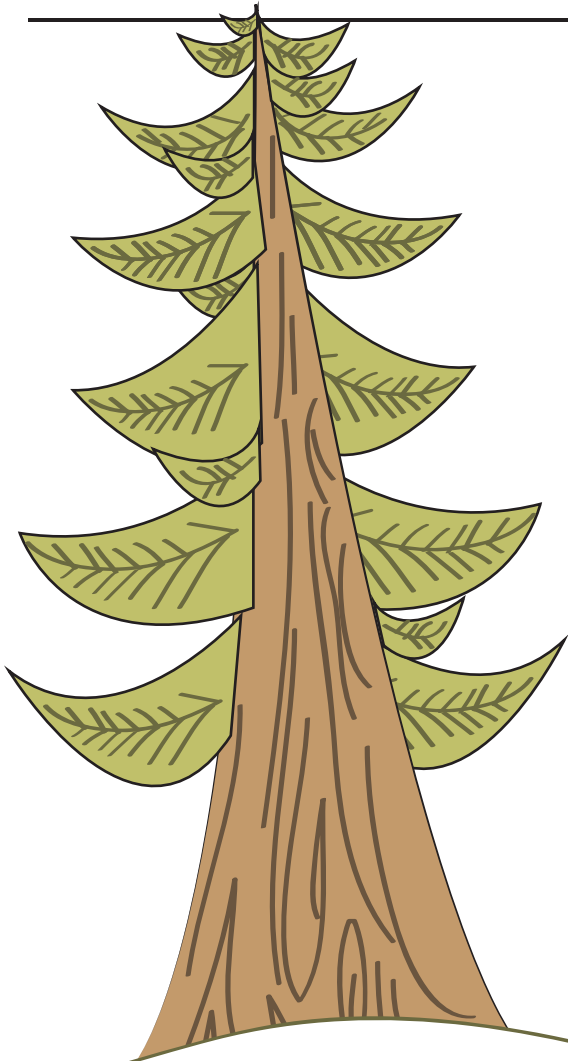


HOW DO I STRENGTHEN MY TESTIMONY?

What is a testimony?

"Testimony," True to the Faith (2004), 178–80



How do we gain a testimony?

John 7:16–17; Alma 5:45–46 ; Alma 32:27–34, D&C 9:7–9

What things can block us from developing a testimony?

Mosiah 26:3; Alma 12:11

“ Some people speak of a testimony as if it were a light switch—it’s either on or off; you either have a testimony, or you do not. In reality, a testimony is more like a tree that passes through various stages of growth and development. Some of the tallest trees on earth are found in Redwood National Park in the western United States. When you stand at the base of these massive trees, it is amazing to think that each one grew from a tiny seed. So it is with our testimonies. Although they may begin with a single spiritual experience, they grow and develop over time through constant nourishment and frequent spiritual encounters. ”

-Elder Craig C. Christensen