

The Holy Ghost

Ask: If you had to explain the Holy Ghost (what He is, how He works, why He is important to us) to a Sunbeam, what would you say?

Introduce the Line-up Activity:

- 1) Line sisters up facing one another.
- 2) Give each partnership a card. (See below for printable cards.)
- 3) Partners read the card and discuss the bolded question.
- 4) Sisters with cards pass them one person to the right.
- 5) Sisters in the partner line move one space to the left. (So everyone should have a new partner and a new card.)

Discussion Questions: (See the cards below labeled "Discuss")

Debrief:

An understanding of the nature of the Holy Ghost also influences the **places and situations** in which we choose to participate--spending time in places where the thoughts, words, or actions of those around us are likely to be filthy or impure (say listening to music that is filled with hate and violence, or spending time in a brothel) weakens the influence of the Spirit. **"If we cultivate this gift, we access the powers of the universe"** (Neal A. Maxwell, p. 70).

How we spend our time, the words we choose, and the actions in which we engage are reflective of our understanding of the Holy Ghost and the degree to which we obey His promptings.

Some things we can do that will allow us to be more receptive to the messages and influence of the Holy Spirit, include:

- a) Be clean - (in thought, word, and deed)

I will remember my baptismal covenants and listen to the Holy Ghost.

I will be honest with Heavenly Father, others, and myself.

I will seek good friends and treat others kindly.

I will dress modestly to show respect for Heavenly Father and myself.

I will only read and watch things that are pleasing to Heavenly Father.

I will only listen to music that is pleasing to Heavenly Father.

I will use the names of Heavenly Father and Jesus reverently. I will not swear or use crude words.

I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.

I will do those things on the Sabbath that will help me feel close to Heavenly Father.

I will choose the right. I know I can repent when I make a mistake.

I will live now to be worthy to go to the temple and serve a mission. I will follow Heavenly Father's plan for me.

b) Be smart – “prayed for help and have been directed to you. The Lord will not reveal to me how to repair that second valve, but He can reveal it to you. Your mind is so prepared. If you will operate upon me, the Lord will make it known to you what to do. Please perform the operation that I need, and pray for the help that you need.”

c) Be true - (To yourself, to others, and to the Lord--really part of being clean.)

We need to learn, practice, study, know and understand how angels live with each other. When this community comes to the point to be perfectly honest and upright, you will never find a poor person; none will lack, all will have sufficient. Every man, woman, and child will have all they need just as soon as they all become honest. When the majority of the community are dishonest, it maketh the honest portion poor, for the dishonest serve and enrich themselves at their expense (DBY, 232).

d) Be humble.

e) Be prayerful.

f) Search, ponder, and pray about the scriptures.

DWELLS WITHIN US

Our bodies are temples within which the Holy Ghost can dwell.

"What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (1 Corinthians 6:19)

What are some things that you do to cultivate the constant companionship of the Holy Ghost in your life?

A GIFT FROM GOD

"The gift of the Holy Ghost is the right to have, whenever one is worthy, the companionship of the Holy Ghost. It acts as a cleansing agent to purify a person and sanctify him from all sin" (Bible Dictionary, p. 704).

"Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost" (Acts 2:38).

Tell about a time when you felt grateful for the gift of the Holy Ghost.

CONFERRED BY THE LAYING ON OF HANDS BY THOSE WITH AUTHORITY

"The gift [of the Holy Ghost] can come only after proper and authorized baptism, and is conferred by the laying on of hands" by those who have Priesthood authority (Bible Dictionary, p. 704).

"And when Simon saw that through laying on of the apostles' hands the Holy Ghost was given, he offered them money, . . ." (Acts 8:18).

What are some things that Priesthood holders you know do that help them to be sensitive to the promptings of the Holy Ghost?

REVEALS THINGS TO US

The Holy Ghost is the means by which we receive personal revelation.

"For he that diligently seeketh shall find; and the mysteries of God shall be unfolded unto them, by the power of the Holy Ghost, as well in these times as in times of old, and as well in times of old as in times to come; wherefore, the course of the Lord is one eternal round" (1 Nephi 10:19).

Tell about a time when you or someone you know learned something through the power of the Holy Ghost.

LEADS US TO TRUTH

The Holy Ghost helps us to recognize truth and, when we listen to Him, He leads us to more truth.

"And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost" (Moroni 10:4).

"And by the power of the Holy Ghost ye may know the truth of all things" (Moroni 10:5).

Tell about a time when the Holy Ghost lead you or someone you know to recognize and understand truth.

TESTIFIES OF CHRIST

The Holy Ghost is a gift that teaches us all things about Heavenly Father and Jesus Christ and bears witness of those things we are taught about them which are true.

"And we are his witnesses of these things; and so is also the Holy Ghost, whom God hath given to them that obey him" (Acts 5:32).

Tell about a time when the Holy Ghost helped you to know that something you were taught about Heavenly Father or Jesus Christ was true.

TESTIFIES OF OUR DIVINE HERITAGE

"The Spirit itself beareth witness with our spirit, that we are the children of God" (Romans 8:16).

Tell about a time when you felt very aware of your divine relationship to our Heavenly Father.

HELPS STRENGTHEN US AND TEACHES US WHAT TO PRAY FOR

"Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered" (Romans 8:26).

Tell about a time when the Holy Ghost helped you or someone you know to strengthen an area of weakness.

TEACHES US AND HELPS US TO TEACH OTHERS

The Holy Ghost teaches us and helps us to teach others.

"As President Marion G. Romney observed, 'I always know when I am speaking under the inspiration of the Holy Ghost because I always learn something from what I've said' (Neal A. Maxwell, Moving in His Majesty & Power, p. 63)..

Tell about a time when the Holy Ghost helped you or someone you know to teach a lesson with the power and authority of Christ.

HELPS US UNDERSTAND THINGS

The Holy Ghost helps us to understand things.

"Neither is man capable to make them known, for they are only to be seen and understood by the power of the Holy Spirit, which God bestows on those who love him, and purify themselves before him" (Doctrine & Covenants 76:116).

Tell about a time when the Holy Ghost helped you to understand something you had been thinking, worrying, or wondering about.

OR

Tell about some of the things that you do to try to keep yourself worthy to be taught by the Holy Ghost.

HELPS US TO REMEMBER

The Holy Ghost helps us to remember things.

"But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you" (John 14:26).

Tell about a time when the Holy Ghost helped you or someone you know to remember something important.

TESTIFIES OF TRUTH

Our testimonies come to us through the power of the Holy Ghost.

"Behold, I say unto you they are made known unto me by the Holy Spirit of God. Behold, I have fasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit; and this is the spirit of revelation which is in me" (Alma 5:46).

Tell about a time when you or someone you know gained a testimony of a gospel principle through the power of the Holy Ghost.

HELPS US TO RESIST TEMPTATION

The Holy Spirit helps us to know what is right, to resist temptation, and to choose the right--leading and guiding us in important decisions.

"For behold, again I say unto you that if ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do" (2 Nephi 32:5).

Tell about a time when the Holy Ghost helped you or someone you know to choose the right or to know how to resist temptation.

INSPIRES US

The Holy Ghost inspires us.

"For the Holy Ghost shall teach you in the same hour what ye ought to say" (Luke 12:12).

"For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost" (2 Peter 1:21).

Tell about a time when you or someone you know received inspiration through the Holy Ghost.

HELPS US TO COMMUNICATE

The Holy Ghost helps us to understand and communicate with one another.

"When a man speaketh by the power of the Holy Ghost the power of the Holy Ghost carrieth it unto the hearts of the children of men" (2 Nephi 33:1), and "he that receiveth the word by the Spirit of truth receiveth it as it is preached by the Spirit of truth" (D&C 50:21).

Tell about a time when the Holy Ghost helped you or someone you know to communicate more effectively with others.

COMFORTS US

The Holy Ghost comforts us.

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).

"Then had the churches rest throughout all Judaea and Galilee and Samaria, and were edified; and walking in the fear of the Lord, and in the comfort of the Holy Ghost, were multiplied" (Acts 9:31).

Tell about a time when you or someone you know received comfort through the power of the Holy Ghost.

HELPS US TO BECOME LIKE OUR HEAVENLY FATHER THROUGH SPIRITUAL GIFTS

The Holy Spirit helps us to become more like our Heavenly Father and Jesus Christ by giving us spiritual gifts.

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance . . ." (Galatians 5:22-23).

Tell about a time when your life was blessed by a spiritual gift that someone else shared with you.

WARNS US OF DANGER AND EVIL

The Holy Ghost can warn us of danger and evil.

Tell about a time when the Holy Ghost warned you or someone you know of danger or evil.

IS EASILY OFFENDED

In order for the Holy Spirit to be our constant companion, guiding and directing us on a continual basis, we must keep ourselves pure and worthy [i.e. obedient to God's commandments].

"But behold, there are many that harden their hearts against the Holy Spirit, that it hath no place in them; wherefore, they cast many things away which are written and esteem them as things of naught" (2 Nephi 33:2).

Tell about a time when you or someone you know set a good example by removing themselves from a situation that was likely to be offensive to the Holy Ghost.

SPEAKS WITH A STILL, SMALL VOICE

The Holy Ghost speaks with a still, small voice.

"And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice. And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?" (1 Kings 19: 11-13).

"Ye are swift to do iniquity but slow to remember the Lord your God. Ye have seen an angel, and he spake unto you; yea, ye have heard his voice from time to time; and he hath spoken unto you in a still small voice, but ye were past feeling, that ye could not feel his words; wherefore, he has spoken unto you like unto the voice of thunder, which did cause the earth to shake as if it were to divide asunder" (1 Nephi 17:45).

Tell about a time when you were aware of the still, small promptings of the Holy Ghost.

Choose your favorite Primary song from this list, then tell what it has taught you about the Holy Ghost.

5 – *I Know My Father Lives*
78 – *I'm Trying to be Like Jesus (2nd Verse)*
105 – *The Holy Ghost*
106 – *The Still Small Voice*
107 – *Listen, Listen*
109 – *Search, Ponder, & Pray (1st Verse)*

Choose your favorite hymn from this list, then tell what it has taught you about the Holy Ghost.

#2 – *The Spirit of God (Verse 1)*
#20 – *God of Power (Verse 3)*
#77 – *Great is the Lord (Verse 2) Song)*
#123 – *Oh, May My Soul Commune with Thee (Whole Song)*
#137 – *Testimony (Verse 1)*
#139 – *In Fasting We Approach Thee (Verse 1)*
#143 – *Let the Holy Spirit Guide (Whole*
#157 – *Thy Spirit, Lord, Has Stirred Our Souls (Whole Song)*
#190 – *In Memory of the Crucified (Verse 4)*
#236 – *Lord, Accept Into Thy Kingdom (Verse 1)*
#238 – *Behold Thy Sons and Daughters, Lord (Whole Song)*
#302 – *I Know My Father Lives (Whole Song)*

Use the following questions as debrief and discussion questions after the line-up activity:

<p>Discuss: For what purposes might the Holy Ghost communicate with us?</p> <p>"To guide me, to save me from the evil I may see...he will lead me through the night, direct me, protect me, and give my soul its light" from The Still Small Voice, #106 from the Children's Songbook</p>	<p>Discuss: In what ways does the Holy Ghost communicate with us?</p> <p><i>Thoughts, feelings, distinct and powerful impressions, passages of scriptures seem to "leap off" the page, words to a song pop into our minds, deep feeling of peace and a sense of well-being even in the midst of difficult circumstances.</i></p>
<p>Discuss: How can we recognize when the influence of the Holy Ghost is present?</p>	<p>Discuss: Why is it important to act immediately on the promptings of the Holy Ghost?</p>
<p>Discuss: How can we cultivate the influence of the Holy Ghost in our lives?</p>	<p>Discuss: What are some of the "fruits of the Spirit?"</p>
<p>Discuss: How does the sacrament relate to our ability to feel the influence of the Holy Ghost?</p>	<p>Discuss: How does service influence our ability to have the companionship of the Holy Ghost?</p>
<p>Discuss: How does the Word of Wisdom influence our ability to receive revelation from the Holy Ghost?</p>	