

How do we teach our children to live by the Holy Ghost.....

If we master this we won't be afraid to let our children go out into the world. We want rules to govern them because the rules give us some control. When we set them free the Holy Ghost doesn't give us control.

The Holy Ghost is a "feeling". Is it loud or soft? It is soft.

Often we are taught it is a still small voice. Often we are listening for a voice, but often it is a feeling to the heart.

Richard G. Scott .... "The inspiring influence of the Holy Spirit can be overcome or masked by strong emotions, such as anger, hate, passion, fear, or pride. When such influences are present, it is like trying to savor the delicate flavor of a grape while eating a jalapeño pepper. Both flavors are present, but one completely overpowers the other. In like manner, strong emotions overcome the delicate promptings of the Holy Spirit."

["To Acquire Spiritual Guidance"](#) October 2009

We have to teach the feeling of the Holy Ghost in the quieter moments. When you AND they are both in the right frame of mind.

When you are confirmed they say, "Receive the Holy Ghost." That is a commandment for you to receive the Holy Ghost. If you have "received" you will feel its influence. You have to receive it everyday. As mothers, and fathers, what experience have you had today with the Holy Ghost?"

Class member: reminded us to say our family prayer.

Class member: drive slowly or you will be late to class and get a ticket. I got a ticket.

Class member: truth from what has been spoken here today.

Class member: Your son's webcast.

Class member: My little one was not getting dressed. We got into the car. We listened to Air1 all Christian music. I was much calmer and more able to react to him. Music helps so much.

Class member: I woke up 10 minutes before my alarm. You are going to need that 10 minutes this morning.

See what little things these are? These are the things we need to teach our children. Our children are not having Holy Ghost experiences. Our children are listening for the "voice". Most of us are not going to hear voices, but we will have these simple feelings. This is the power of the Holy Ghost working with us. The more receptive we are to

these the stronger they are. It's like turning up the volume. You are becoming more sensitive to what he is saying.

Our children come into this world, the power of a newborn baby is amazing. It's like reaching through the veil and touching heaven, but by the time they are 2 it doesn't feel like you are reaching through the veil anymore. It feels like the door has been slammed. Part of the reason is because they are in mortality. Children have to be taught what it feels like. They are feeling it, but they don't know what it is.

*"While each person can learn to recognize the whisperings of the Spirit, that learning process can be facilitated as others help us understand about the Holy Ghost, share their personal testimonies, and provide an environment where the Spirit can be felt"*

(Sister Vicki Matsumori, Ensign, Nov 2009, pg 10)

1. Teach them to understand
2. Sharing our testimony
3. Providing an environment—call to their attention what they are feeling.

You have to help teach them what it is. This should be done before they are 8. Those of you with 9 yr olds you may still do it. This is what we really want to teach before they are 8.

Class member: I have a 6 yr old. He will tell people and be in tears and is saying "He can feel the Holy Spirit." He is really a sensitive child. Should I pull back?

Answer: Receiving personal revelation...Boyd K. Packer...not always things we should share. Sometimes we should hold them sacred and for us personally. You validate that is what he is receiving. You validate he is sensitive and it's a good thing. We don't always cast our pearls before swine. To share in your family is a good place. He needs to learn how to share those experiences.

Class member: I have a 13 yr old. He has felt the Spirit. He either gets really goofy and can't be serious. When I pin him down and I'm mad. He says, "This is too sad." He's not being reverent when he's doing what he should be doing. How do you know the church is true?

Answer: He is right on target. He is transitioning from living on your light to living on his own.

Class member: When you are young and you feel it you are emotional. He may not want to show that to the other kids. You need to keep a level head...at that age.

It's age-appropriate, but don't leave it there.

Class member: We need to not push down those "heavy" emotions...anger, happiness, fear.

Don't ever have them squash their emotions. It's not bad to be angry. It's bad to punch out someone else's lights. Is it bad to be mad at your spouse? Is it bad to give him the silent treatment for a week? We have to teach them appropriate ways to handle those emotions.

Class member: My little girl will have these spiritual moments, I will have her go write it in her journal so she can remember it.

Class member: Christ showed righteous anger. Anger isn't a bad feeling.

It's not bad for you to have or for them to have. If you let the anger fester in your thoughts and creates these angry feelings you can't get past then it's wrong. Is it bad to have self-pity? No. for 45 minutes...then put it aside and get on with life. Don't stay there. Feelings are appropriate. Recognize them!

Class member: This last weekend I was in St. George for a sister's reunion, you get anger you hang on to it and you talk around it. I love this because this is exactly what we talked about this weekend. That's where I'm trying to break that cycle. When you get stuck in there it's not good.

Teach our children to recognize the spirit. We do that by teaching the basics. The Spirit is soft, gentle, whispers, be quiet to hear it. Then identify. How does the Spirit make you feel? What are experiences create that feeling? Service, Music, Prayer, Playing together and having fun, Gratitude, Crying when you bear your testimony (the Spirit runs right out of our eyes). It's also ok not to cry when giving your testimony. Taking time to ponder on those things.

For me...when I drive down the street with trees and fall leaves or a morning of new fallen snow..untouched. Those are Spiritual experiences. Christmas Eve is the epitome of the Spirit.

Teach more than the “Still small voice”. We put it in a very NARROW place. That isn’t true. The Spirit is so many places.

Bear testimony---when I’m driving and I’m oohing and aahing over the leaves, I can say I am grateful Heavenly Father made these beautiful trees. That bears witness to my soul. That is the Holy Ghost. They can see the feelings I have. I’m the same way with the American Flag. My kids know that is the Spirit.

In little things...I was given a prompting prior to getting a ticket. There is a consequence. What about getting up 10 minutes earlier?

You are bearing testimony, teaching them, you can feel it more, you can share it. You are giving them permission to feel the Spirit. They become uncomfortable being able to share it.

If you are working with teenagers they will break the Spirit in the class with humor or tipping over a chair. We need to say, “Those sweet feelings are the Spirit. You are so blessed that you are worthy to feel the Spirit.” It’s not a list of rules. It becomes helping them and teach. You build on that. It’s a sacred experience they have had. Not one where they are out of order.

Class member: We are doing FHE and my 11 yr old breaks the Spirit. What do I say to them?

First thing you do is stop, turn, and act. Your initial feeling is anger. You are going to stop that. Turn to the Lord pray for strength to act. If you do it sincerely you act. You would face the situation with calmness. The first thing I would do is not react. You didn’t get caught in it. They joke around and then they look at you and settle down. Instead of giving the lecture say, “ I just felt the Spirit so strong and sometimes we don’t know what to do with it at that points. Sometimes it makes us uncomfortable.”

Class member: In the MTC I was taught this. I taught at the MTC and I’m teaching missionaries to point it out. I started late as a mother and I feel like I’m playing catch up. I said, “I’m so grateful you are part of our family.” He looked at me and said, “Jesus walked me to your door.” That is the Spirit telling you that Heavenly Father sent you to

our family. A couple of days later in the car he told his Dad the same thing. He is 4 out of 5.

You don't always get to say when the moment will be on the Holy Ghost. You have to take the moments whenever they arrive.

Class member: We had trek this summer. What could your parents do to help you more to build our testimonies. I wish they would take more time to talk to me. I wish they would bear testimony to me. I want to talk to you about my testimony. I want to tell you about it. I just want your attention when I need it not when you want to take the time to give it to me. They want to tell you their experiences.

When you think about your home, when do you discuss Spiritual things? Family prayer, FHE, home from church on Sunday. That is it. That's wrong. How can we expect them to feel comfortable with Spiritual feelings? We don't make it comfortable. They don't see us.

**Elder Jeffrey R. Holland** said,

*"Nephi-like, might we ask ourselves what our children know? From us? Personally? Do our children know that we love the scriptures? So they see us reading them and marking them and clinging to them in daily life? Have our children ever unexpectedly opened a closed door and found us on our knees in prayer? Have they heard us not only pray with them but also pray for them out of nothing more than sheer parental love? Do our children know we believe in fasting as something more than an obligatory first-Sunday-of-the-month hardship? Do they know that we have fasted for them and for their future on days about which they knew nothing? Do they know we love being in the temple, not least because it provides a bond to them that neither death nor the legions of hell can break? Do they know we love and sustain local and general leaders, imperfect as they are, for their willingness to accept callings they did not seek in order to preserve a standard of righteousness they did not create? Do those children know that we love God with all our heart and that we long to see the face--and fall at the feet—of His Only Begotten Son? I pray that they know this."*  
(Elder Jeffrey R. Holland, Ensign, May 2003, pg 87)

Is our testimony visible and verbal? How sad that our children hear us say, "I know the gospel is true." At the end of every FHE do you testify to the principle of the lesson. Do we testify and bear witness when we teach? Do we bear witness when we share an experience with the Holy Ghost? We need to do it daily!!!

Read for yourself about “Creating an Environment” in the syllabus.

Keeping the Sabbath Day Holy. You want your children to learn what the Spirit feels like you must make the whole Sabbath day holy. You must put forth effort on Saturday to make Sunday special and one of your favorite days of the week. Too many of us have rules of what we “can’t” do on Sunday. It’s harsh and they hate it. Then we bend the rules. We start trying to buy their approval. The Lord has said it is His day and to keep it Holy. The rules are up to you. The question is...”Are the things you are doing bringing you to Christ?” Teach not what you can’t do, but teach what you can do.

Practice: A Sunday box that only comes out on Sunday. The kids loved what was in that box....sewing cards with pictures and holes, markers, play dough.  
Go online and find ideas.

Ponder this one.... Mark E. Peterson (Syllabus 1975 quote) The manner we spend the Sabbath...depth of our conversion.

If the Savior just watched me and everything I did on Sunday how deeply converted would he think I was to Him?

David O. McKay said one similar. Think about that and compare yourself to that.

HOMEWORK: Talk from Cheryl Esplin “[Teaching Our Children to Understand](#)” May 2012 pg 10

General Conference: I love conference!!!

HOMEWORK: Prepare 2 questions for Conference. We won’t receive revelation without those questions.

Conference is 2 days. My sister lived in Utah...conference weekend. “Do they have Conference on Saturday in Idaho?” They watched on Sunday, but never on Saturday.

If we are going to testify we have a living prophet it is import

“[No Ordinary Blessing](#)”....President Dieter F. Uchtdorf

A fine member of the Church was talking with a neighbor who was not of our faith. When the topic of discussion turned to general conference, the neighbor asked, “You say you have prophets and apostles? And twice a year in a worldwide conference they reveal the word of God?”

“Absolutely,” the member replied with confidence. The neighbor thought about that for a moment. He seemed genuinely interested and then asked, “What did they say in the last general conference?”

At this point the good member of the Church went from feeling excited about sharing the gospel to feeling embarrassed. Try as he might, he couldn’t think of the details of a single talk. His friend found this troubling and said, “You mean to tell me that God speaks to man in our day and you can’t remember what He said?” The brother felt humbled by this exchange. He vowed that he would do better to remember the words spoken by the Lord’s servants in general conference.

Class member: We talk about it months before it comes. They get to see the prophet. We have activities they do like BINGO for conference.

Class member: We do something special for breakfast and treats during Conference.

Class member: I read and pray about different quotes and highlight them. I put them on cardstock. The kids put them on the door.

Class member: We do conference cereal. They can pick any kind of cereal from the cereal aisle.

Class member: We do PJs all day.

Class member: Having them prepare a question to come to conference.

Class member: We build tents facing the TV and they campout like King Benjamin.

Class member: We do fantasy General Conference. Who out of the 70 is going to talk?

Class member: 1 daughter and 3 boys. They loved all the BINGO. I needed something for them to be active in between. We filled up nylons with flour. We dress in black and have a flour war.

Class member: We have a binder with page protectors. I found all the “Fun Stuff” from the Friend. They can be there and reuse them. I can pay attention as well as them. The little 6 yr old will pick up one word. We talk about that.

In the front of the Ensign is the "Conference Notebook". It has questions for adults, youth, and children in how to apply the most recent conference. Use it for FHE. It's a great resource.

It is not enough to listen to Conference. You can't let it die there. The teaching is that we have a living prophet and for 6 months what these prophets, seers, and revelators say are our road map for the next 6 months. They are showing us how to meet the Savior. We can't say that. They will tell us everything we need to know. We have to show by our faith that we will study and learn it. They can teach it to us. We have to live by it. I testify to you that one of the greatest experiences you have will be this weekend. He speaks for the Lord. I testify that is true. In the name of Jesus Christ Amen.