

Doctrinal Mastery: Finding Answers to My Questions: Lesson 162

Seeking Personal Revelation for My Questions

Understanding How the Lord Speaks to You

Visit [“Studying the Scriptures”](#) to help prepare yourself spiritually to learn.

What was the last way someone communicated with you? Was it a phone call or a text message? In some West African cultures, people can send messages through music, clothing, hairstyle, jewelry, and decorations on everyday objects. These messages are understood because family and friends know how to recognize them. What might happen if others didn’t know what these messages communicated? What messages does Heavenly Father have for you? What can you do to recognize them? Learning to recognize the voice of the Spirit can be challenging, but Heavenly Father wants to speak to you.

Lesson Purpose: To help you understand how you can receive guidance and revelation from Heavenly Father through the Holy Ghost.

Learn How
Heavenly Father wants to reveal His mind and will to you

President Russell M. Nelson taught:

We can pray to our Heavenly Father and receive guidance and direction. ... If we will truly receive the Holy Ghost and learn to discern and understand His promptings, we will be guided in matters large and small. ... Does God really want to speak to you? Yes! ([“Revelation for the Church, Revelation for Our Lives,”](#) Ensign or Liahona, May 2018, 94–95)

Ponder and record your answers to the following questions.

How confident am I in recognizing the Lord’s voice in my life?

What questions do I have about receiving revelation from Heavenly Father?

As you seek revelation, God will help you recognize His voice and gain confidence in receiving His guidance.

A still, small voice

While fleeing people who sought his life, Elijah the prophet hid in a cave (see [1 Kings 19:1–10](#)). While there, the Lord spoke to him.

Read [1 Kings 19:9–12](#), looking for what Elijah learned about how the Lord can communicate with us.

What did Elijah learn about how the Lord speaks to us?

Make a note next to [verse 12](#) about what you learned.

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles explained:

*My experience has been that the Spirit most often communicates as a feeling. You feel it in words that are familiar to you, that make sense to you, that prompt you. ... The voice of the Holy Spirit is still and small. (“[Let the Holy Spirit Guide](#),” *Ensign or Liahona*, May 2017, 94)*

Read [3 Nephi 11:1–7](#). Mark words and phrases about hearing and recognizing revelation from God.

Why do you think the Spirit communicates in ways that are “familiar to you” and that “make sense to you”?

How does knowing the Spirit is “still and small” change the way you listen for guidance?

Recognizing revelation from God

In places like Mali and Niger, griots are singers who remember, memorize, and recite long and often complicated stories about their history. A griot might travel from village to village sharing the history of the people with those who gather. This is just one way messages are shared.

What ways are messages shared in your culture?

The Holy Ghost can share messages from God to you in many ways. Learning how the Lord may communicate with you can help you recognize revelation from the Holy Ghost as it comes.

If it seems helpful, you could watch "[Receiving Revelation](#)" (4:17) from the beginning to time code 2:18. In this video, several people answer the question, "How does the Spirit send you revelation?"

Study the following passages. Write down ways Heavenly Father might communicate with you through the Holy Ghost. As you study, reflect on which of the listed ways you have experienced.

[Exodus 31:3](#)

[John 14:26–27](#)

[John 16:13](#)

[Galatians 5:22–23](#)

[2 Nephi 28:30](#)

[2 Nephi 32:5](#)

[Mosiah 5:2](#)

[Alma 18:35](#)

[Doctrine and Covenants 6:21–23](#)

[Doctrine and Covenants 8:2–3](#)

[Doctrine and Covenants 11:12–13](#)

[Joseph Smith—History 1:11–12](#)

God speaks to you

Imagine the following scenario takes place this Sunday:

During sacrament meeting, a speaker quoted President Russell M. Nelson when he said, “Does God really want to speak to you? Yes!” (“[Revelation for the Church, Revelation for Our Lives](#),” *Ensign* or *Liahona*, May 2018, 95). As you leave the chapel after the meeting, your friend says: “I wish I could recognize guidance and revelation from God in my life, but I’m not sure how.”

Based on what you have learned from and about the Holy Ghost today, what would you say to your friend?

Share Your Thoughts

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What you have learned from and about the Holy Ghost today and what you would say to your friend.
