

How the *Spirit* Speaks

A Guide to Recognizing Revelation and Promptings

Many people can think of at least a handful of times in their life when they unmistakably felt the Spirit. Others aren't so sure. And some simply want to be more confident in recognizing and communicating with the Spirit.

This guide isn't just about learning potential new ways to communicate with the Spirit. It's also about recognizing how the Spirit has already been talking to you. Not every person will experience every item on this list. **The goal is to identify the ones that are yours.**

Whenever you have a spiritual experience, write it down and note which number(s) it corresponds with. Over time, you'll begin to recognize the patterns of how the Spirit communicates with **YOU** specifically. Eventually, you won't have to question whether what you felt was the Spirit, you'll know.

FEELINGS & EMOTIONS

1	Gives feelings of love, joy, peace, patience, hope, or a calm that defies your circumstances <i>When you're going through something hard and feel an unexpected sense of peace, hope, joy, or calm that has no logical explanation given what you're facing.</i>	D&C 6:23; 11:12–14; Romans 15:13; Galatians 5:22–23; John 14:27; Philippians 4:7
2	Replaces feelings of darkness, despair, or confusion with light <i>When you're in a dark place emotionally or spiritually and something shifts, not because your circumstances changed, but because God reached in.</i>	Alma 19:6; D&C 50:23–24; John 8:12
3	Confirms truth through a burning or swelling feeling <i>When you hear, read, or say something and feel a warmth or expansion in your chest that confirms it's true.</i>	Luke 24:32; D&C 9:8–9; Alma 32:28
4	Replaces fear with courage and confidence in an instant <i>When you are about to do something terrifying and a sudden calm and boldness comes over you that you know did not come from yourself.</i>	2 Timothy 1:7; 1 Nephi 3:7; D&C 68:6; Joshua 1:9
5	Convicts you of sin and calls you to repent <i>When you do or say something and immediately feel a sharp sense of guilt or wrongness that won't leave you alone until you make it right.</i>	Enos 1:6–8; D&C 121:37; John 16:8
6	Sanctifies you and confirms that your sins have been forgiven <i>When after sincere repentance you feel a profound cleansing or lightness, as if a weight you had been carrying for years has been completely lifted.</i>	Enos 1:5–6; Alma 13:12; 3 Nephi 27:20
7	Strengthens your desire to be better and do what's right <i>When you suddenly have no desire for something that used</i>	Mosiah 5:2–5; Alma 13:12; Ezekiel 36:26–27

to tempt you, or feel a strong pull toward living more righteously without being told to.

MIND & THOUGHTS

8	Speaks to both your mind and your heart <i>When a thought or idea comes to you clearly and is accompanied by a feeling that confirms it's right.</i>	D&C 8:2–3; 1 Kings 19:12; Ether 12:6
9	Occupies your mind with a persistent thought or feeling <i>When a specific thought, person, or impression keeps coming back to you no matter how many times you push it aside.</i>	D&C 128:1; 1 Nephi 4:6
10	Brings sudden clarity or understanding to something confusing <i>When you've been struggling to understand something and the answer or clarity comes to you suddenly and feels like a light turning on.</i>	D&C 6:14–15; 1 Corinthians 2:9–11
11	Teaches truth, brings things to your remembrance, and comforts you <i>When the perfect thought, memory, or words come to you exactly when you need them, or when you feel comforted in a moment where nothing else could explain it.</i>	John 14:26; D&C 88:3; Philippians 4:7
12	Speaks to you through a still, small voice in your mind <i>When you hear a distinct thought or voice that is clearly not your own, either audibly or in your mind, that delivers a specific message, warning, or instruction.</i>	1 Kings 19:11–12; D&C 85:6; Helaman 5:30
13	Directs you in what to pray for <i>When you sit down to pray and feel strongly impressed to pray for a specific person, situation, or outcome you hadn't planned on.</i>	D&C 46:30; 50:29–30; Romans 8:26
14	Tells you specifically what to do <i>When you receive a clear, direct impression to call someone, go somewhere, say something, or take an action that you know didn't come from your own thinking.</i>	2 Nephi 32:1–5; D&C 28:15; 1 Nephi 4:6

PHYSICAL EXPERIENCES

15	Produces physical sensations that confirm or witness truth <i>When you feel chills, warmth, or a wave of feeling move through your body during a spiritual moment that you know was not caused by your physical environment.</i>	D&C 9:8
16	Grants physical strength or energy beyond your natural capacity <i>When you are exhausted, ill, or physically depleted and receive a sudden surge of strength that allows you to do what needs to be done.</i>	Mosiah 24:15; D&C 84:88; Isaiah 40:31
17	Physically compels you forward or stops you in your tracks <i>When you feel an overwhelming urge to act immediately, or conversely feel like you cannot move forward with something no matter how hard you try.</i>	1 Nephi 7:15; Alma 14:11; Ether 12:2; Acts 16:6–7

18	Warns and protects you from physical danger <i>When you feel a sudden impression to take a different route, leave a location, or avoid a situation, and later discover that following it kept you from physical harm.</i>	1 Nephi 22:17; Psalms 91:11
PROPHETIC EXPERIENCES		
19	Communicates truth and revelation through dreams and visions <i>When you wake up from a dream knowing it meant something, or receive a vision during prayer or meditation that teaches, warns, or confirms something important.</i>	Joel 2:28; 1 Nephi 8:2; Acts 2:17; Genesis 37:5
20	Guides you toward truth and reveals things before they happen <i>When you have a strong impression about a future event or feel led in a specific direction that later proves to have been exactly right.</i>	John 16:13; 1 Nephi 11:1–3; Amos 3:7
21	Sends angels to minister, instruct, or deliver messages <i>When you have an experience with a heavenly being, either seen or unseen, that leaves you with an undeniable witness that you were not alone.</i>	Moroni 7:29–32; Luke 1:26–28; D&C 130:5; Hebrews 13:2
TRUTH & WITNESS		
22	Makes a scripture or passage carry unexpected power or meaning <i>When you're reading and a specific verse stops you cold, feels like it was written directly for you, or brings you to tears unexpectedly.</i>	Joseph Smith—History 1:11–12; 2 Nephi 32:3
23	Reveals truth to those who sincerely seek it <i>When you pray or study with real intent and receive a clear answer or witness you weren't expecting.</i>	Moroni 10:5; James 1:5; D&C 42:61
24	Bears witness of the Father, the Son, the Holy Ghost, and all truth <i>When you're in a meeting, reading, or praying and feel an undeniable confirmation that God is real, Jesus is the Christ, the Holy Ghost is real, or that what you're hearing is true.</i>	John 15:26; John 16:14; 2 Nephi 31:18; D&C 20:27
25	Guards you against deception and warns you away from what is false <i>When something seems appealing or convincing but you feel an unsettled, uneasy feeling that stops you from fully accepting it.</i>	D&C 45:57
GIFTS & ABILITIES		
26	Bestows spiritual gifts upon those who seek them <i>When you discover you have an ability to heal, prophesy, speak in tongues, discern spirits, or any other gift that you know did not come from your own natural ability.</i>	Moroni 10:8–17; D&C 46:8–26; 1 Corinthians 12
27	Magnifies your natural abilities and gives you power beyond your own <i>When you perform, speak, teach, or create at a level that surprises even you, and you know the result came from somewhere beyond your own preparation or talent.</i>	Exodus 31:3–5; Alma 26:12; 1 Nephi 7:17–18

28	Places the right words in your mouth when you speak or teach <i>When you're teaching, bearing testimony, or answering a question and say something you didn't plan that turns out to be exactly what someone needed to hear.</i>	D&C 42:16; 84:85; Luke 12:11–12; 2 Nephi 33:1
29	Reveals the thoughts, needs, or intentions of others to you <i>When you suddenly know something about what another person is thinking, feeling, or going through that you had no natural way of knowing.</i>	Alma 10:17; 12:3; Mark 2:8
COMMUNAL EXPERIENCES		
30	Edifies and uplifts everyone in the room simultaneously <i>When you're in a lesson or meeting and you can tell that something beyond the teacher's preparation is happening, and everyone present seems to feel it at the same time.</i>	D&C 50:13–22; 3 Nephi 17:16–17