

## The Holy Ghost Is a Comforter

### PURPOSE

To help listeners understand that one of the roles of the Holy Ghost is to bring peace and comfort to us during times of sorrow or discouragement

### MATERIALS

- A baby blanket
- A baby bottle
- A pacifier

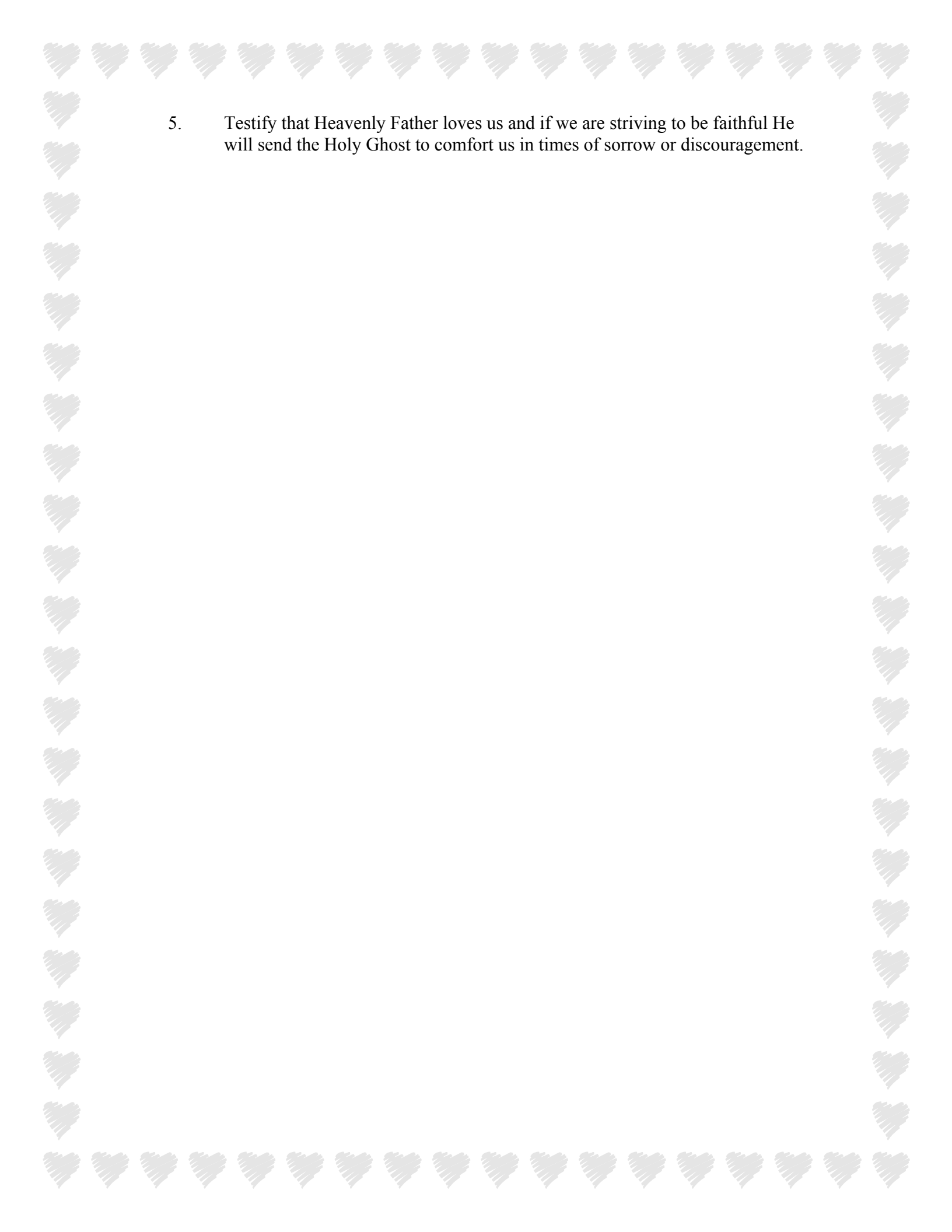


### LESSON IDEAS

1. Hold up each item listed above and invite someone to explain how each can calm and comfort a child.
2. Explain that our Heavenly Father knew we would experience times of sorrow and discouragement while we are here on earth. Because He loves us He provides His obedient children with the comfort of the Holy Ghost.
  - a. Read John 14:18-27 as a group.
3. You may want to do one of the following activities to invite the Spirit and then ask if listeners feel the peace the Comforter brings:
  - a. Sing a hymn together
  - b. Listen to peaceful music
  - c. Share an experience when the Holy Ghost provided comfort for you in a time of sorrow or discouragement.
4. You may want to share the following quote by President James E. Faust:

“In the marvelous experience of Brigham Young in February of 1847, when the Prophet Joseph appeared to him in a dream or vision, Brigham pleaded to be reunited with the Prophet. Brigham Young asked the Prophet if he had a message for the Brethren. The Prophet said: ‘Tell the people to be humble and faithful, and be sure to keep the spirit of the Lord and it will lead them right. Be careful and not turn away the small still voice; it will teach you what to do and where to go; it will yield the fruits of the kingdom. Tell the brethren to keep their hearts open to conviction, so that when the Holy Ghost comes to them, their hearts will be ready to receive it.’

“The Prophet further directed Brigham Young as follows: ‘They can tell the Spirit of the Lord from all other spirits; it will whisper peace and joy to their souls; it will take malice, hatred, strife and all evil from their hearts; and their whole desire will be to do good, bring forth righteousness and build up the kingdom of God’” (*Ensign*, Apr. 1996, 6).

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5. Testify that Heavenly Father loves us and if we are striving to be faithful He will send the Holy Ghost to comfort us in times of sorrow or discouragement.