

# THE HOLY GHOST IS...

By Marissa Widdison  
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Like a **messenger** from Heavenly Father. The Holy Ghost can help you feel God's love and understand what He wants you to know.

Like a warm **blanket** around your heart. He can comfort you when you feel sad or scared.

**1. One member of the Godhead.** That means He works with Heavenly Father and Jesus Christ to help us. He is sometimes called the Spirit because He doesn't have a body.

**2. A gift that comes with baptism.** After you are baptized, you will get a special blessing called "confirmation" that invites you to receive the Holy Ghost.

**3. A promise from Heavenly Father.** When you take the sacrament, you promise to keep following Jesus. In return, Heavenly Father promises the Holy Ghost will be with you.

Like a **sign** helping you know where to go. As you make choices, He can help you stay on the path to eternal life.

Like an **alarm.** He can warn you of danger. He can guide you away from what will hurt you.

Like a gentle **teacher.** He can tell you what is true and help you remember what you've learned.

Like a **best friend** who wants to be with you always! By making good choices, you invite the Holy Ghost to stay with you.

**IN THE SCRIPTURES:**  
John 14:26  
Galatians 5:22  
2 Nephi 31:17-18  
Doctrine and Covenants 130:22

ILLUSTRATIONS BY PETER FRANCIS