Sharing Time
The Holy Ghost comforts and guides me.

Teach: Heavenly Father and Jesus love us very much. They want us to be happy. They wish that they could be with us all the time, but they can’t. They can’t always be with us, but they have sent someone to be with us all the time and help us remember Them and learn about Them. Do you know who it is? The Holy Ghost.

Remember in the 1st Article of Faith (have all repeat). These are the 3 members of the Godhead. Heavenly Father and Jesus have bodies like us, but the Holy Ghost is a spirit—he does not have a body. We do not see Him, but He is a special helper to us. Heavenly Father and Jesus wanted us to have someone to help us while we are away from them on earth.

The Holy Ghost can help us in lots of ways. When we are baptized we receive the gift of the Holy Ghost which means if we follow Jesus, the Holy Ghost will always be with us to help us when we need help. We can feel the Holy Ghost presence all the time if we are living the right way. Read D&C 8:2-3. The Holy Ghost speaks to our hearts and minds to help us know He is there.

I have lots of different gifts up here. In each bag, there is something that will teach us about the Holy Ghost and how He helps us.

Choose children to open bags. Read scriptures as children open each bag.

**Blanket:** The Holy Ghost is a comforter. Just like this blanket makes us feel warm and happy, He makes us feel better when we are sad or worried. (John 14:16)

**Fire Truck:** The Holy Ghost can be a warning siren (push button). When we hear the siren, we know there is danger and we need to move over for the fire truck. The Holy Ghost will warn us if there is something that could make us do something wrong or if we are in a place that is unsafe. (2 Nephi 5:5)

**Sponge:** The Holy Ghost helps us to be clean inside. We use the sponge to clean all the dirt off of our home. When we make a mistake, and then we say we are sorry and repent, the Holy Ghost helps us to be clean again. He helps us keep our spirits clean. (Alma 13:12)

**Teacher:** The Holy Ghost teaches us. We have teachers in Primary that help us learn about the Gospel. The Holy Ghost helps us to learn and helps us know in our minds those things that are true. (John 14:26)

**CTR ring:** The Holy Ghost helps us choose the right. This CTR is a reminder to all of us to make good choices. If we are not sure what choice to make, we can pray and the Holy Ghost will help us know what choice to make. (D&C 11:12)
**Compass:** The Holy Ghost is a guide. When we go hiking or looking for things, this compass helps us know which direction to go. We follow the directions it gives us. The Holy Ghost will be a guide to us. If we follow what it whispers to us, we will go the right way back to Heavenly Father. (2 Nephi 32:5)

**Scriptures:** When we read the scriptures, the Holy Ghost helps us to feel inside that they are true and that Heavenly Father and Jesus love us. This is how we gain a testimony. A testimony is what we know to be true because we have felt in our hearts that it is right. The Holy Ghost helps us gain a testimony. (Moroni 10:4-5)

**Conclusion:** The Holy Ghost is a very special gift that our Heavenly Father and Jesus Christ gave to us. It is one of the ways that they show they love us. I know that if we listen to how we feel in our hearts and our minds that we will be happy because we will be listening to the Holy Ghost and following in Jesus' footsteps.

I shared a time when the Holy Ghost had blessed my life and then my testimony to end this lesson.