



By Damon M., age 8, Utah, USA

Our family has a tradition when we go to bed at night. We have a spiritual time where we read something from the scriptures or the *Friend*, sing a Primary song, and say a prayer together.

We decided to read the Book of Mormon children's book with pictures. The last chapter talks about Moroni putting the gold plates in a stone box and burying them in the ground for someone to find someday. He wrote a promise to whoever reads the plates that if they ask Heavenly Father about the words written on the gold plates, they will find out the words are true and come from Heavenly Father.

At the end of the book, there's a painting of a little boy kneeling by his bed, praying. Dad showed us the picture and told us that when he was young, he also

prayed about the Book of Mormon and found out that it was true. He said that Heavenly Father doesn't usually speak to us with words. Instead, He speaks to our hearts and minds with feelings from the Holy Ghost.

After we finished reading, we sang a Primary song. Then I asked Dad if I could be the one to say the prayer. I knelt next to my bed with my dad and my little brother. During the prayer, I asked Heavenly Father if the Book of Mormon is true. I felt warm inside and very good.

After the prayer I told my dad how I felt. He told me that he felt the same way and that Heavenly Father was speaking to us to let us know that what we just read was true.

That's how I know the scriptures are true. ●

How I Know

