



How do you know if the Holy Ghost is talking to you?

The Bread Loaf Prayer

By Annelise Gardiner
(Based on a true story)

“Put your trust in that Spirit which leadeth to do good” (Doctrine and Covenants 11:12).

“How do you know when the Holy Ghost is talking to you?” Carver looked up from his scriptures.

Dad smiled and put down his *Come, Follow Me* book. “The Holy Ghost can talk to you in lots of ways. Sometimes it’s a feeling, or an idea that pops into your head.”

Carver frowned. “But how do you know it’s the Holy Ghost?”

“Maybe we can say a prayer to help us find the answer,” Mom said.

One of Carver’s sisters said the prayer. Then they headed off to school. Carver thought about his question all day.

When he got home, the house smelled delicious. “Bread!” Carver shouted.

“That’s right,” Mom said. “I made some bread for us to share with others.”

Carver looked at his sisters. Eva scrunched up her nose. Jane raised her eyebrows. “You mean we don’t get to eat it?” Jane asked.

“We wanted to practice listening to the Holy Ghost,” Dad said. “So Mom came up with an idea.”



They would each pray to ask Heavenly Father who might need to feel loved today. Then they would give that person some bread.

Carver knelt by his bed. He wanted to hear the Holy Ghost, but what did the Holy Ghost sound like? He took a deep breath and closed his eyes.

“Heavenly Father, who needs bread today?”

Carver tried to listen for the Holy Ghost, but he didn’t hear anything. Then he remembered passing Sister Smith’s house on the way home from school. She always waved at him. Maybe she liked bread. Perfect!

Mom handed out cards to write notes for the people they were going to visit. Carver wrote, “Dear Sister Smith, I said a prayer to see which person I should give this bread to. I waited for a prompting, and *POP!* You came into my head. Love, Carver.”

When Mom drove up to Sister Smith’s house, Carver grabbed his loaf and walked to the front door. He felt nervous. What if Sister Smith didn’t like bread? What if visiting her was just his brain’s idea and not the Holy Ghost?

Then Carver remembered something else Mom had said. She said that if it’s a good or kind idea, you don’t need to worry about whether it’s just your own thought. Nice things are always good to do! Carver took a deep breath and rang the doorbell.

Sister Smith opened the door. “Hello, Carver! What brings you here?”

Carver handed her his loaf. He looked at his shoes,

then back at Sister Smith. “Do you like homemade bread?”

“It’s my favorite!” She smiled. “Thank you very much.”

Carver smiled too. “You’re welcome!” Then more words popped into his head. He followed the prompting right away. “Heavenly Father knows it’s your favorite. He loves you a lot!”

Sister Smith’s eyes started to look shiny. “I’m glad He can count on you to hear Him.”

Carver felt as light as a balloon. He waved to Sister Smith and walked back to the car. Now he knew that giving Sister Smith the bread was a prompting from the Holy Ghost. He was excited to listen to the Holy Ghost again! ●

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What did Carver and his family do to practice hearing the Holy Ghost?

● See *Come, Follow Me* for Joseph Smith—History 1:1-26.