

PRAISE FOR THE HOLY GHOST FROM A TO Z

“Liz Kazandzhy’s *The Holy Ghost from A to Z* is a delightful and compelling read. I believe it will be very helpful to anyone who would like to increase the effectiveness of having the gift of the Holy Ghost in their lives.”

—DAVID J. RIDGES
Best-selling author of *The Gospel Study Series*

“*The Holy Ghost from A to Z* puts a new light on our understanding of the Comforter. Organized in a fun, beautiful way, Kazandzhy packs the book with words of Church leaders and prophets of all ages. Any reader will come away feeling the love of our Heavenly Father and will feel instilled with a new relationship with the Holy Ghost. With lifetime lessons of peace and hope, this is a read for all to enjoy.”

—SUSAN EASTON BLACK
Retired professor of Church history and doctrine
Brigham Young University

“Liz has done an amazing job of sharing some of the most insightful quotes and scriptures ever offered on the role of the Holy Ghost. The twenty-six topics discussed in this book each include a thought-provoking section to help you liken the function of the Holy Ghost to yourself, thus receiving more personal revelation. I highly recommend this book to anyone seeking to improve their life and feel the Spirit more strongly.”

—RANDAL A. WRIGHT
Frequent Education Week speaker and author of
Achieving Your Life Mission

“I loved this book! Liz Kazandzhy has truly taught the most important of doctrines, clearly supporting them with the scriptures and words of prophets. Though the book is focused on the Holy Ghost, it also consistently directs readers to the Savior, and it illuminates God’s character as loving and inviting rather than angry and vengeful. The chapters on forgiveness, peace, and having a humble heart are especially powerful. Overall, I was impressed with the thought that went into this book, and I look forward to using it as I teach my institute classes!”

—ANDREW HORTON
Institute instructor at Utah Valley University

“The Prophet Joseph Smith once said, ‘No man can receive the Holy Ghost without receiving revelations. The Holy Ghost is a revelator.’ In this first volume of the *A to Z* series, Liz Kazandzhy offers twenty-six things the Spirit has revealed to her. Utilizing a blend of scripture, modern prophetic utterance, and life-application, Liz walks her readers through some of the most important and empowering aspects of the Holy Ghost—discussing, illuminating, and applying the doctrine of the Spirit to the lives of her readers. This thoughtful book is sure to provoke introspection and encourage spiritual enhancement in the lives of receptive readers.”

—ALONZO L. GASKILL
Professor of world religions
Brigham Young University

“Most of us are aware of the importance of the companionship of the Holy Ghost in our lives, but daily life often causes us to lose sight of how to do it. *The Holy Ghost from A to Z* is a practical guide that inspires not only encouragement and help but also enthusiasm to our efforts to live by the Spirit. This is a book I will return to many times in my own quest to do better.”

—SHERRIE MILLS JOHNSON
Former professor of ancient scripture
Brigham Young University

“I was pleasantly surprised upon reading Liz’s book about the Holy Ghost. Her use of scriptures and quotes by apostles and prophets gave her messages power and an edifying spirit. Her unique outline made it easy to read and understand true doctrine about this third member of the Godhead.”

—JACK R. CHRISTIANSON, PHD
Best-selling author

“I can’t begin to express how much I enjoyed this book. I’ve been a member of the Church my whole life, but I learned so much reading this. Each section is short and concise yet rich with doctrine about the blessings of receiving the gift of the Holy Ghost. Prepare to have your testimony of the Holy Ghost strengthened and your desires to follow Him increased!”

—AMY KLAUS



The Holy Ghost from A to Z

WHAT THE SPIRIT CAN DO FOR YOU

Liz Kazandzhy

CFI

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Springville, Utah

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ISBN 13: 978-1-4621-4274-3

Published by CFI, an imprint of Cedar Fort, Inc.
2373 W. 700 S., Springville, UT 84663
Distributed by Cedar Fort, Inc., www.cedarfort.com

Library of Congress Control Number: 2022935664

Cover design by Shawnda T. Craig and Courtney Proby
Cover design © 2022 Cedar Fort, Inc.

Printed in the United States of America

1 0 9 8 7 6 5 4 3 2 1

Printed on acid-free paper

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Introduction

In February 1847, Brigham Young had a vision in which Joseph Smith appeared to him. As they talked, Brigham asked the Prophet if he had any counsel for the Saints. Joseph then “stepped toward him, looking [at him] very earnestly,” and said the following:

Tell [them] to be humble and faithful and be sure to keep the Spirit of the Lord, that it will lead them aright. Be careful and not turn away the still, small voice; it will teach them what to do and where to go; it will yield the fruits of the kingdom. Tell [them] to keep their hearts open to conviction, so that when the Holy Ghost comes to them, their hearts will be ready to receive it.¹

Think about that for a moment. Out of all the counsel the Prophet Joseph could have given, his message focused on one thing—keeping the companionship of the Holy Ghost. And now, over 170 years later, President Russell M. Nelson has been emphasizing the same topic, declaring that “in coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost.”²

In order to follow this counsel, the first step is to receive the gift of the Holy Ghost as part of confirmation into The Church of Jesus Christ of Latter-day Saints. But simply having a gift *given* to you is not the same as receiving it, opening it, and enjoying its use.

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1. Robert R. Worrell, “The Holy Ghost” (Brigham Young University–Idaho devotional, Mar. 18, 2003), byui.edu.
 2. Russell M. Nelson, “Revelation for the Church, Revelation for Our Lives,” *Ensign* or *Liabona*, May 2018, 96.

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“For what doth it profit a man if a gift is bestowed upon him, and he receive not the gift?” (D&C 88:33) President Henry B. Eyring put it this way:

We have the priceless promise of the Holy Ghost as a companion, and we also have true directions on how to claim that gift. These words are said by the Lord’s authorized servant with his hands on our head: “Receive the Holy Ghost.” At that moment you and I have the assurance He will be sent. But our obligation is to choose to open our hearts to receive the ministration of the Spirit over a lifetime.³

The purpose of this book, then, is simple—to “unwrap,” so to speak, the gift of the Holy Ghost. In other words, my goal is to illustrate the many facets of the Holy Ghost—His roles, His capabilities, and the blessings He offers—so that you will be better able to recognize and receive Him into your life. I believe that if we truly understood how the Spirit could help us, we would be much more motivated to keep Him as our constant companion. And the more we learn about Him, the more we’ll realize that “there is no greater blessing that can come into our lives than the gift of the Holy Ghost.”⁴

How to Use This Book

This book is divided into 26 concise chapters corresponding to the letters of the alphabet. Each of these explores a certain aspect of how the Holy Ghost can help you.⁵

Because of this format, you don’t necessarily need to read the book in order. In fact, the Spiritual Inventory Quiz (located directly after the Introduction) is designed to guide you to the sections that are most relevant to you right now. Based on your answers, you can

3. Henry B. Eyring, “His Spirit to Be with You,” *Ensign* or *Liabona*, May 2018, 88.

4. *Teachings of Presidents of the Church: Gordon B. Hinckley* (2016), 119.

5. It should be noted that although this book covers many aspects of the Holy Ghost, it is in no way comprehensive.

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start by reading those portions of the book that are most applicable and interesting to you.

However you choose to read this book—whether front to back or by skipping around—I’d encourage you to not rush through it. Take time to ponder what you read, answer the “Likened to Yourself” questions at the end of each chapter, and really consider how to apply what you learn. All these things will help you be “doers of the word, and not hearers only, deceiving your own selves” (James 1:22).

Lastly, I hope that you will gain as much from *reading* this book as I have gained from *writing* it. The Holy Ghost truly is incredible—an “ideal traveling companion,” as Elder Larry R. Lawrence put it. This book has strengthened my testimony, deepened my understanding, and increased my desire to live worthy of the Spirit “so that when the Holy Ghost comes to [me], [my heart] will be ready to receive it.”⁶ I sincerely hope that it has a similar effect on you.

Spiritual Inventory Quiz

Read the following statements and put a checkmark by the ones you feel most apply to you. Then, refer to the chapter noted in parentheses after the statement.

If you’d rather not complete this activity, feel free to skip it and go directly to the first chapter.

- I want to experience greater joy and spiritual depth in my day-to-day life. (A)
- I feel like something is “off” in my life, even though I can’t pinpoint why. (A)
- I want to get the very most out of my life. (A)

- I want to find greater satisfaction in my relationships. (B)
- I’m struggling with a relationship (for example, with a family

6. Robert R. Worrell, “The Holy Ghost” (Brigham Young University–Idaho devotional, Mar. 18, 2003), byui.edu.

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- member, ward member, coworker, friend, or someone else). (B)
- I'm feeling lonely and would like a friend, or I want to be better at making friends. (B)
- I've suffered a difficult loss. (C)
- I'd like help coping with the day-to-day challenges of life. (C)
- I'm feeling down and want to have my spirits lifted. (C)
- I need help making a decision or discerning between good and evil. (D)
- I'm not sure what the next step in my life should be. (D)
- I'm facing a problem that I don't know how to solve. (D)
- I know the right thing to do, but I'm hesitant to do it. (E)
- I feel discouraged about my weaknesses. (E)
- I'm not sure if living the gospel is worth it. (E)
- I want to know whether I've sufficiently repented of a sin. (F)
- I'm struggling to forgive myself for past sins. (F)
- I want to know my spiritual standing before the Lord. (F)
- I don't know what gifts and talents the Lord has given me. (G)
- I'd like help developing my gifts and talents or seeking new ones. (G)
- I want to better know how to use my gifts and talents. (G)
- I'm experiencing contention with another person. (H)
- I've run across a gospel doctrine, principle, or practice that I'm having a difficult time accepting. (H)
- I feel defensive after receiving correction from God or others. (H)
- I want to fill my life more with service to others. (I)
- I feel like I'm doing well spiritually but would like to become even better. (I)
- I'd like to strengthen my testimony of the Savior. (J)
- I want to experience the Atonement of Jesus Christ more personally. (J)
- I want to learn more about Jesus Christ's mission and ministry. (J)

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- I'm struggling to understand a certain gospel topic. (K)
- I want to get more out of my gospel study. (K)
- I'd like to increase my intellectual abilities. (K)

- I'm doubting my self-worth and God's love for me. (L)
- I want to experience greater charity toward others. (L)

- I want to find people to share the gospel with. (M)
- I'm hesitant to share the gospel because I'm not sure what to say or do. (M)
- I fear rejection and opposition while doing missionary work. (M)

- I'm struggling to overcome a weakness. (N)
- I know I need to repent of a certain sin but am hesitant to forsake it. (N)
- I want to be better at recognizing and resisting temptation. (N)

- I feel overwhelmed by temporal concerns. (O)
- I'm having a hard time keeping an eternal perspective. (O)
- I want to see others and myself as God does. (O)

- I feel troubled about the problems happening in the world or in my personal life. (P)
- I'm experiencing feelings of fear and worry. (P)
- I'd like to find greater peace in my life. (P)

- I want to be healthier. (Q)
- I am dealing with pain, sickness, or other physical difficulties. (Q)
- I sometimes need a boost of physical or mental energy to accomplish a task. (Q)

- I want to be a more powerful gospel teacher. (R)
- I'd like to better remember the spiritual experiences I've had in the past. (R)
- I sometimes need to recall information (spiritual or non-spiritual) in a moment of need. (R)

- I want to improve my gospel study. (S)
- I have a hard time understanding the scriptures and how they apply to me. (S)

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- I get bored studying the same gospel topics and scriptures over and over again. (S)
- I want to develop a deeper testimony of the gospel. (T)
- I want to better distinguish between truth and error—both in the world and within my own thinking patterns. (T)
- I want to better understand how the Spirit speaks to me personally. (U)
- I worry that I don't feel the Holy Ghost the same way others do. (U)
- I want to know how to determine whether a dream is from God or not. (V)
- I want to find more spiritual meaning in my dreams. (V)
- I want to keep myself physically safe. (W)
- I want to keep myself spiritually safe. (W)
- I'd like to know what God would have me change in my life. (X)
- I want to make changes in my life but I'm not sure where to start. (X)
- I want to better understand my purpose in life. (Y)
- I need help determining how to best spend my time and what endeavors to pursue. (Y)
- I feel I'm in a spiritual rut and want to get out. (Z)
- I want to increase my enthusiasm for gospel study and gospel living. (Z)
- I'd like my desires to be more righteous. (Z)

A

Brings **Abundance** to Your Life

“I am come that they might have life, and that they might have it more abundantly.” (John 10:10)

This Will Help When . . .

- You want to experience greater joy and spiritual depth in your day-to-day life.
 - You feel like something is “off” in your life, even if you can’t pinpoint why.
 - You want to get the very most out of your life.
-

Overview

What’s the first thing that comes to mind when you hear the word *rich*? Often we think of someone abounding in wealth, having expensive possessions and more than enough money. But as alluring as this definition is, God has a much better type of richness in mind for His people: “a life filled with an abundance of success, goodness, and blessings.”⁷ It’s a life of plenty, where you can satisfy your deepest longings by partaking of the Living Waters and the Bread of Life—sources of true joy that never run out.

President Spencer W. Kimball taught that “the abundant life . . . has little to do with the acquisition of material

7. Thomas S. Monson, “Living the Abundant Life,” *Ensign*, Jan. 2012, 4.

A—BRINGS ABUNDANCE TO YOUR LIFE

things.”⁸ How then can you obtain it? The answer lies in the Holy Ghost, whose fruit is described in the scriptures as “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, [and] temperance” (Galatians 5:22). With an abundance of such qualities, it’s no wonder Paul was able to say, “I have learned, in whatsoever state I am, therewith to be content” (Philippians 4:11). The Holy Ghost can likewise help you be content no matter your circumstances.

Take another look at the list of qualities the Spirit can foster: “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, [and] temperance.” How much have you experienced these feelings lately? Now, what do you think your life could be like if those qualities were multiplied through the power of the Spirit?

On one end of the spectrum, you might feel like you’re in a spiritual rut right now. Perhaps you’re on spiritual “cruise control,” going through the motions but without seeing much impact from them. Or you may feel like the spiritual aspects of your life equate to a quick “P.S.” at the end of a letter that is otherwise full of temporal concerns. Something may just feel off to you, even if you can’t determine exactly what.

If this is the case, perhaps it’s time to seek out an added measure of the Spirit. Try following Elder Joseph B. Wirthlin’s recipe for an abundant life:

- Love the Lord with all your heart, might, mind, and strength.
- Enlist in great and noble causes.
- Create of your homes sanctuaries of holiness and strength.
- Magnify your callings in the Church.
- Fill your minds with learning.
- Strengthen your testimonies.
- Reach out to others.
- Create of your life a masterpiece.⁹

8. Spencer W. Kimball, “The Abundant Life,” *Ensign*, June 1979.

9. Joseph B. Wirthlin, “The Abundant Life,” *Ensign* or *Liahona*, May 2006, 101.

A—BRINGS ABUNDANCE TO YOUR LIFE

Doing these things will bring a greater abundance of the Spirit, who can then bring an abundance of blessings into your life.

On the other end of the spectrum, maybe you've been feeling great spiritually! You're finding deep and helpful insights in your gospel study, enjoying a close relationship with God, and filling your life with the things that matter most.

In this case, you're clearly already experiencing an abundant life. But don't let that stop you from continuing to grow spiritually. The Lord taught, "For unto every one that hath shall be given" (Matthew 25:29). He will always have more to give you if you make yourself ready for it. If you continue to seek out God's will and strive to keep His commandments more and more fully, your "abundance [will be] multiplied unto [you] through the manifestations of the Spirit" (D&C 70:13).

No matter where you are on the spectrum of spirituality, remember that life will always be better with the Holy Ghost. If you try to find abundance without God's help, you will be like the ancient Israelites who "[forsook] . . . the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water" (Jeremiah 2:13). But if you instead seek His help, He will send you the Spirit, whose companionship is the "grand key to genuine success in this life, a key that opens the door to peace and happiness in this world and eternal glory in the world to come."¹⁰ Truly, "The Holy Ghost can do for [you] physically, emotionally, mentally, and intellectually what no man-made remedy can begin to duplicate"¹¹—so long as you keep Him abiding as your companion.

Liken to Yourself

- How would you describe "the abundant life"? What would that look like in your life?

10. Robert L. Millet, *The Holy Spirit: His Identity, Mission, and Ministry* (2019), 283.

11. Linda K. Burton, "Tuning Our Hearts to the Voice of the Spirit" (Church Educational System devotional for young adults, Mar. 2, 2014), broadcasts. ChurchofJesusChrist.org.

A—BRINGS ABUNDANCE TO YOUR LIFE

- Which fruit of the Spirit do you want more of right now: “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, [or] temperance”? Consider praying for this attribute and including it in your gospel study.
- Look back at Elder Wirthlin’s list of advice. Which of those things stand out to you as something you should focus on right now? What can you do to implement it?

B

Strengthens Your **Bonds** with Others

*“As we strive to build meaningful relationships . . .
the Holy Ghost can guide us.”¹²*

This Will Help When . . .

- You want to find greater satisfaction in your relationships.
 - You’re struggling with a relationship (for example, with a family member, ward member, coworker, friend, or someone else).
 - You’re feeling lonely and would like a friend, or you want to be better at making friends.
-

Overview

Life’s greatest joys—and greatest sorrows—come from our relationships with others. It’s no surprise then that God wants to be involved in helping us strengthen our bonds with others, and He does so through His Spirit.

12. “Building Meaningful Relationships,” *Ensign* or *Liahona*, Aug. 2018, 6.

B—STRENGTHENS YOUR BONDS WITH OTHERS

For example, President Ezra Taft Benson taught, “The Holy Ghost causes our feelings to be more tender. We feel more charitable and compassionate with each other. We are more calm in our relationships. We have a greater capacity to love each other. People want to be around us because our very countenances radiate the influence of the Spirit.”¹³ Surely these characteristics of tenderness, charity, compassion, and love go a long way in strengthening relationships.

Not only can the Spirit help you become more loving, but He can also guide your efforts to improve your relationships. Have you ever wondered how best to minister to someone, how to grow closer to a family member, or how to resolve a conflict with a friend or coworker? These are all issues you can take to God through prayer, and He will answer you with revelation through the Holy Ghost. After all, God “knows all the thoughts and intents of the heart” (Alma 18:32). Therefore He knows how to best *reach* those hearts. If your desires are righteous, He can reveal to you the thoughts and needs of others so that you can make a positive difference in their lives.

In the case that *you* are the cause of a strained relationship, the principle is the same: “Through the guidance of the Spirit, [you] will be gently directed as to how to rebuild the relationships that may have been damaged through [your] choices. . . . As [you] seek to repair and rebuild relationships with the Lord and with [your] loved ones, [you] can begin to feel connected to others again.”¹⁴

Now, what if your concern isn’t about *improving* relationships but rather *obtaining* them? In other words, can the Spirit help you make friends? Surely we have all felt loneliness at one time or another, longing for a friend we can confide in and share meaningful memories with. And indeed, the Spirit *can* help. President Ezra Taft Benson taught that God will “raise up friends” for those “who

13. Ezra Taft Benson, “Seek the Spirit of the Lord,” *Ensign*, Apr. 1988.

14. “Principle 3: Connect and Build Relationships,” *Help for Pornography Users* (2019).

B—STRENGTHENS YOUR BONDS WITH OTHERS

turn their lives over to God.”¹⁵ He can lead you to people who will lift your spirits, just as He can lead those people to you.

Lastly, the Holy Ghost can give you inspiration about how to *make* friends and also how to *be* a good friend. For example, if you struggle with shyness, He can give you the courage to go beyond your social comfort zone. If you struggle with personal habits or quirks that may be deterring your social life, He can prompt you to make changes. As one sister shared, “The Holy Ghost helps me to see my own weaknesses and how I can work to change my actions to help build [my relationships].”¹⁶

Heavenly Father loves you, and He cares about your relationships. As you seek and live worthy of His Spirit, He can help you continually strengthen your bonds with others.

Liken to Yourself

- How have you noticed the Spirit bless your relationships in the past?
- Think of a relationship you would like to improve. Pray for the Lord’s guidance regarding that relationship, record the promptings He sends for how to improve it, and then make a goal based on those promptings.
- What do you struggle with the most when it comes to relationships? Ask God in prayer to help you overcome your weaknesses in this area.

15. Ezra Taft Benson, “Jesus Christ—Gifts and Expectations,” *Ensign*, Dec. 1988.

16. Michele Burton, “Strengthening Relationships,” *Ensign*, Oct. 2002, 24.