

3 Simple Ways to Help Build Student Faith and Testimony

A spiritually strengthening BYU education develops faith in and a testimony of Heavenly Father, Jesus Christ, His atoning sacrifice, and the restored gospel of Jesus Christ, including The Church of Jesus Christ of Latter-day Saints and modern prophets, seers, and revelators.

In 2022, we asked first-year and senior BYU students this question: *“What about your BYU experience has contributed to increasing your faith in and testimony of Jesus Christ and His restored gospel?”* Over three thousand students responded.

From these students, we learned the top three things you can do to strengthen a student’s faith and testimony:



Share testimony and show Christlike love.

Students ascribed much of their spiritual growth to an environment where learning is immersed in a network of gospel-based relationships that help them gain strength from community, peer exemplars, and mentors.

“Far more than anything else, hearing my professors bear their personal testimonies and experiences with the gospel has strengthened my faith.”



Encourage students to fully engage in their religion class.

Students reported that religion classes helped them deepen their understanding of core gospel principles and provided opportunities to deal with difficult questions.

“My religion classes tackle particularly difficult gospel topics. I appreciate the respect that is given but also that I am often learning new information and perspectives.”



Actively weave spiritual insights into class topics.

Students valued how skillfully the faculty weaved discussions of their academic subjects with gospel principles. They appreciated faculty who could help them see relationships between secular learning and spiritual principles and work through conflicts.

“Seeing how intelligent and educated people are able to hold to the knowledge of their field as well as their faith in Christ has shown me that gospel learning does not need to conflict with secular learning.”

Resources:

For ideas to help you combine faith and learning, visit the BYU Faculty Center website at <https://faithandlearning.byu.edu/>