JOS BLONG JISAS KRAES BLONG OL LATA-DEI SENT • OKTOBA 2016

Liahona

Fofala Wei blong Gat Eksperiens blong Glad blong Stap Lanem Samting, p. 10

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"Mi wantem se bae yu tingbaot, we taem bae yu putum tras blong yu long God bae hem i mekem yu kam fri long ol hadtaem blong yu, mo ol trabol blong yu, mo ol haremnogud blong yu, mo bae God i leftemap yu long las dei.

Alma 38:5

Liahona, Oktoba 2016

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36 **Givim Seves long Wan Ples we I Longwe Moa long Jodan**
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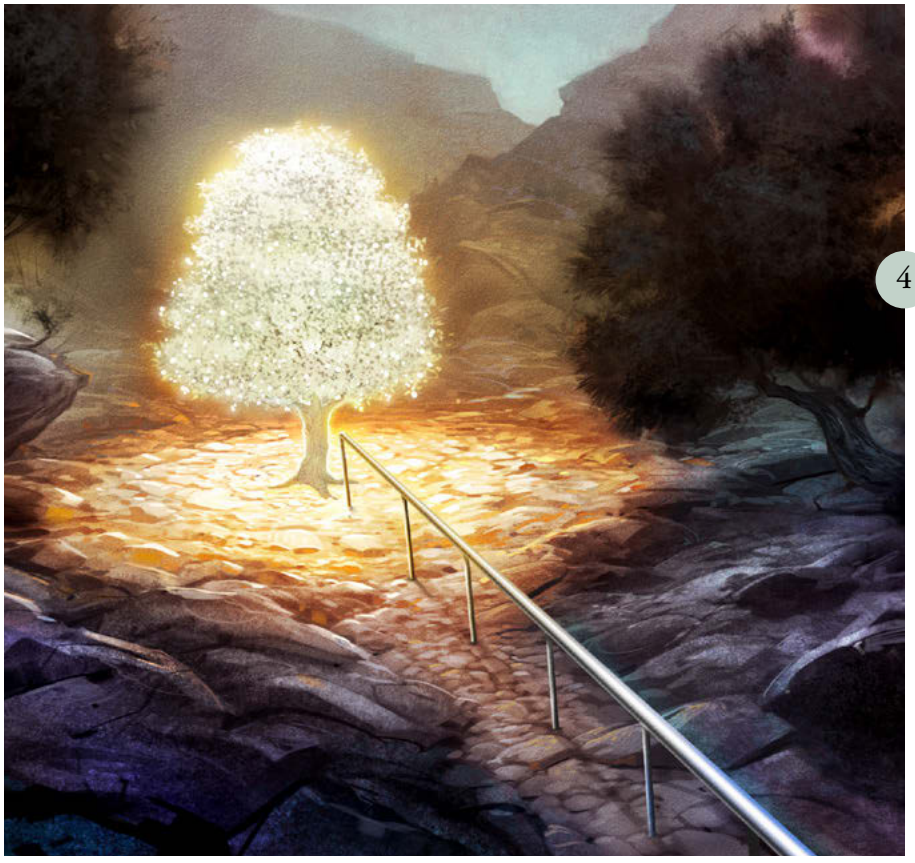

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LONG KOVA
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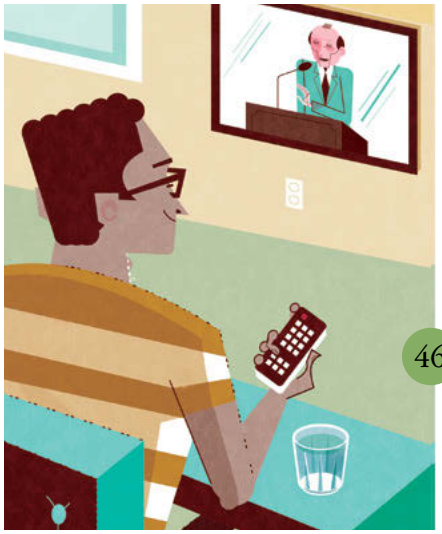
OL YANG ADALT



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64 Ol Kwestin mo Ansa
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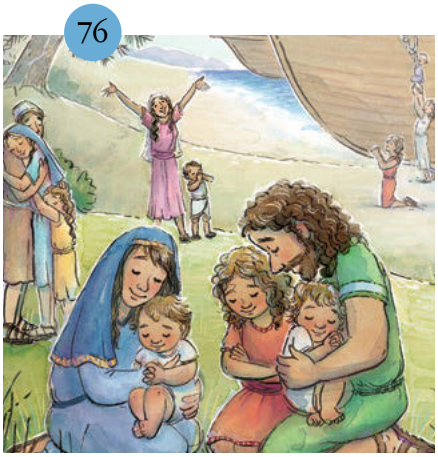
OL PIKININI



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72 Ol Lesen we Oli Kam long Mama
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Sam Tingting blong Famli Haos Naet

Magasin ia i gat ol stori mo ol aktiviti we oli save yusum long famli haos naet. Wanem i kam afta i tu eksampol blong yusum.

"Ol Smol Pikinini mo Sakramen," pej 16: Papa mo mama, afta we yutufala i ridim atikol ia, yutufala i save tokbaot samfala wei blong tijim ol yangfala pikinini hamas nao sakramen mo ol kavenan we bae oli mekem long taem blong baptaes oli impoten. Yu save yusum ol prea blong sakramen (we oli stap long Doktrin mo Ol Kavenan 20:77, 79) blong tij long saed blong ol promes we yumi stap mekem long taem blong baptaes, mo blong tij olsem wanem we, taem yumi kakae sakramen evri Sandei, hem i wan janis blong mekem bakegen olgeta promes ia. Yu save yusum ol tingting we yu gat tu blong helpem ol yangfala pikinini blong yu blong lukluk moa long Sevya long taem blong sakramen, olsem, mekemap samfala simpol pikja buk we oli fulap long ol pikja blong Sevya.

"Wan Resipi blong Stap Lanem Samting," pej 62: Sapos yu gat ol pikinini we oli moa bigwan, we oli save stadi long ol skripja olgetawan, tingting blong ridim atikol ia wetem olgeta, mo invaetem olgeta blong traem ol aedia we oli stap insaed long atikol ia. Yu save mekem se wanwan memba blong famli i gat wan jenol blong skripja stadi, mo wanwan i mekem ol gol blong raet long jenol oltaem. Ol memba blong famli oli save volontia blong serem ol tingting mo ol filing we oli raetem long jenol blong olgeta long sam narafala famli haos naet.

MOA I STAP LONG INTANET

Liahona mo ol nara tul blong Jos oli stap long plante lanwis long **languages.lds.org.** Visitim **Facebook.com/liahona.magazine** (i stap long Inglis, Potugis, mo Spanis) blong faenem sam tingting blong famle haos naet, ol help blong Sandei lesen, mo serem wanem we i stap insaed ia wetem ol fren mo famle.

OL TOPIK INSAED LONG MAGASIN IA

Ol namba oli ripresentem fas pej blong stori.

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I Kam long Presiden Tomas S. Monson

OL BLESING BLONG FASIN BLONG STAP OBEI

Presiden Tomas S. Monson i bin tijim: "Be bigfala lesen we yumi save lanem long laef long wol ia hem i taem we God i toktok mo ol pikinini blong Hem oli stap obei, nao bambae olgeta oli raet oltaem."[1]

Bae yumi kasem blesing tu. Olsem we Presiden Monson i bin talem long wan jeneral konfrens we i jes pas: "Taem yumi stap obei long olgeta komanmen, laef blong yumi i wan hapiwan, i moa fulap, mo i no fasfas tumas. Ol jalenj mo ol problem blong yumi bae oli moa isi blong tekem, mo bae yumi kasem ol blesing we God i bin promesem."[2]

Long ol toktok andanit ia we oli kamaot long ol tijing blong Presiden Tomas S. Monson olsem Presiden blong Jos, hem i mekem yumi tingbaot bakegen se ol komanmen, i tru gaed ia blong kasem hapines mo pis.

Ol Gaedlaen blong Wokbaot long Rod Ia

"God, Hem i no givim ol komanmen blong Hem blong mekem nogud long yumi, o blong oli kam blokem rod blong yumi kasem hapines. Be hem i narawei. Hemia i tru. Hem we i bin krietem yumi mo i lavem yumi i save stret olsem wanem yumi nidim blong laef long laef blong yumi blong save kasem hapines we i moa hae evriwan. Hem i givim ol gaedlaen ia long yumi; mo sapos yumi folem olgeta, bae yumi luk se yumi save go tru, long sef fasin, long rod ia we i gat fulap trik long wol ia. Yumi tingbaot ol toktok blong hym ia we yumi save gud long hem: '!Obei ol komanmen! Long hem i gat sefti; long hem i gat pis' [luk long "Keep the Commandments," *Hymns,* no. 303]."[3]

Paoa mo Save

"Fasin blong stap obei i standet blong ol profet; fasin ia i bin givim paoa mo save long olgeta long plante yia i kam. Hem i wan bigfala nid blong yumi luksave, se yumi tu, yumi gat raet long samting ia we i givim paoa mo save ia. I rere i stap blong yumi yusum tedei taem yumi stap obei ol komanmen blong God. . . .

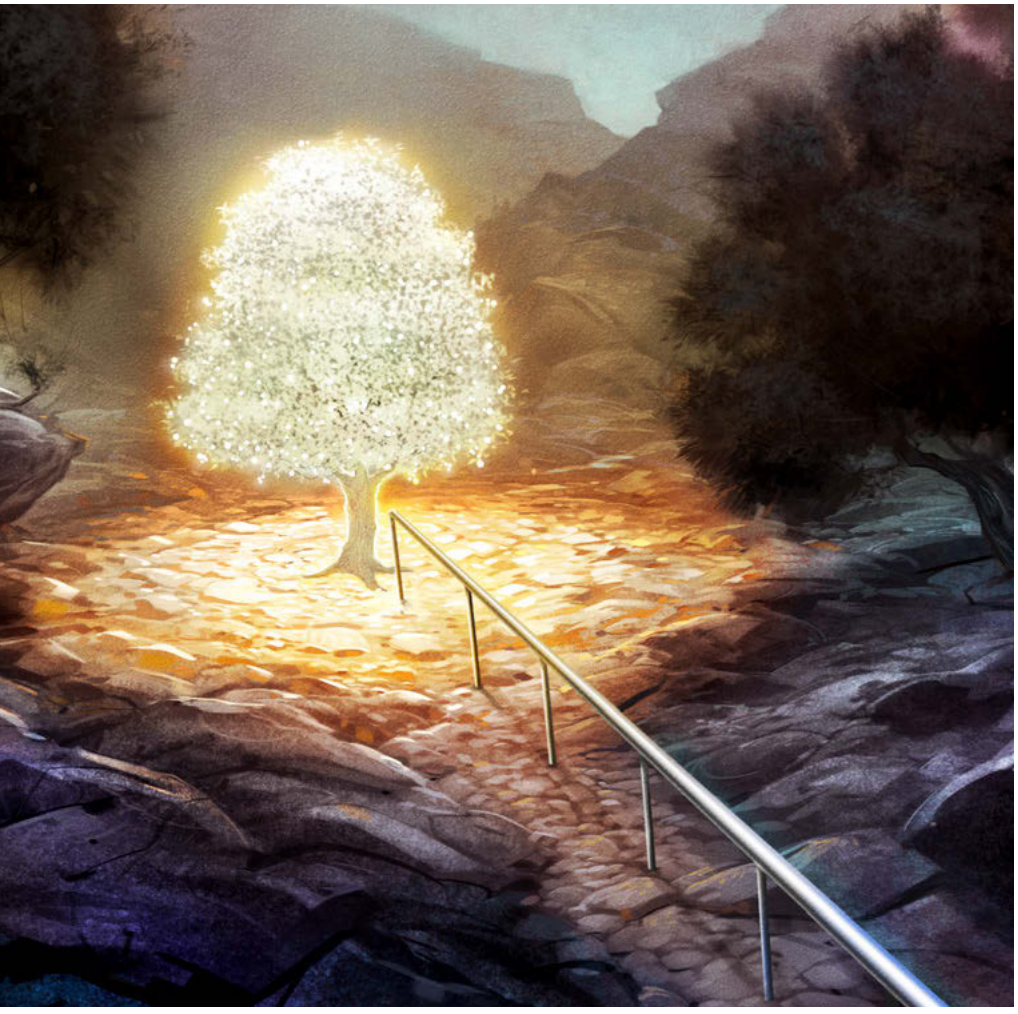
"Save ia we yumi stap lukaotem, ol ansa ia we yumi wantem tumas, mo paoa ia we yumi wantem tedei blong mitim ol jalenj blong wan wol we i defren mo i stap jenis, i save blong yumi taem yumi wantem obei ol komanmen blong Lod wetem glad hat."[4]

Jusum blong Stap Obei

"Fasin blong man tedei, i fasin blong akseptem samting we i rong. Ol magasin mo televisen oli soem ol topman o woman blong muvi, ol hiro blong atletik—olgeta we plante yang pipol oli wantem kopi laef blong olgeta—oli soem se olgeta pipol ia oli no wantem save long ol loa blong God mo oli stap mekem ol wok blong sin, mo oli soem se i no gat nogud risal long hemia. !Yufala i no bilivim hemia! I gat wan taem blong ansa—wan taem blong yumi stretem samting. Evri Sindrela i luk medelnaet blong hem—sapos i no long laef ia, nao bae i hapen long nekis laef. Dei blong Jajmen bae i kam long evriwan. . . . Mi askem strong long yufala blong jusum blong stap obei."[5]

Glad mo Pis

"Samtaem bae yu luk se olgeta we oli stap long wol oli gat plante gudfala taem bitim yu. Sam long yufala i filim se standet blong gud fasin we, yumi, insaed long Jos i stap folem, i stap blokem yumi. Ol brata mo sista blong mi, mi talemaot long yufala, se i *no gat wan samting* we i save givim moa glad long yu long laef, o i save givim moa pis long sol blong yu bitim Spirit ia we i save kam long yumi



taem yumi stap folem Sevya mo stap obei ol komanmen."[6]

Wokbaot Stret

"Mi testifae long yu se ol blesing we God i bin promesem oli bigwan tumas we yu no save makem. Nomata ol klaod blong hariken oli save kam wanples, nomata ren i save foldaon bigwan long yumi, save blong yumi long saed blong gospel mo lav blong yumi long Papa long Heven mo Sevya blong yumi bae i givim kamfot mo bae i sapotem yumi, mo bae i tekem glad i kam long hat blong yumi taem yumi wokbaot stret mo stap obei long ol komanmen. Bae i no gat wan samting long wol ia, we i save winim yumi."[7]

Folem Sevya

"?Huia Man ia blong ol harem nogud, we i save gud krae blong mi? ?Huia i King blong glori, Lod blong Ol Pipol ia? Hem i Masta blong yumi. Hem i Sevya blong yumi. Hem i Pikinini blong God. Hem i Stamba blong Fasin blong Sevem Man. Hem i askem: 'Folem mi.' Hem i tok, i talem: 'Go mo mekem semmak.' Hem i plis, 'Obei ol komanmen blong mi.'"

"Bae yumi folem Hem. Bae yumi mekem folem eksampol blong Hem. Bae yumi obei long toktok blong Hem. Taem yumi mekem olsem, yumi stap givim long Hem, tabu presen ia we i fasin blong talem tangkyu."[8] ■

OL NOT

1. "They Marked the Path to Follow," *Liahona,* Okt. 2007, 5.
2. "Keep the Commandments," *Liahona,* Nov. 2015, 83.
3. "Keep the Commandments," 83.
4. "Obedience Brings Blessings," *Liahona,* Mei 2013, 90, 92.
5. "Believe, Obey, and Endure," *Liahona,* Mei 2012, 129.
6. "Stand in Holy Places," *Liahona,* Nov. 2011, 83.
7. "Be of Good Cheer," *Liahona,* Mei 2009, 92.
8. "Finding Joy in the Journey," *Liahona,* Nov. 2008, 88.

YUSUM MESEJ IA BLONG TIJ

Presiden Monson i stap tijim yumi long saed blong ol fulap blesing we yumi save kasem taem yumi stap obei, mo samfala long ol blesing ia oli paoa, save, glad mo pis. Tingting blong askem olgeta we yu stap tijim olgeta olsem wanem nao Lod i bin blesem olgeta taem oli bin stap obei long ol komanmen. Yu save leftemap tingting blong olgeta blong gohed blong tingtingbak long ol blesing blong olgeta mo raetemdaon ol tingting mo eksperiens blong olgeta insaed long wan jenol. Yu save leftemap tingting blong olgeta tu blong soem tangkyu blong olgeta long God from ol blesing blong olgeta taem oli gohed blong stap obei.

PIKJA WE I KAM LONG JIM MADSEN

Faea mo Ol Lesen blong Fasin blong Stap Obei

Presiden Tomas S. Monson, wan taem i tokbaot taem we hem i bin lanem olsem wanem i impoten blong stap obei. Taem hem i gat eit yia, famli blong hem i go long wudhaos blong olgeta we i stap long maonten. Hem mo ol fren blong hem oli wantem brasem wan ples we i gat fulap gras blong oli save mekem wan faea blong kamp. Oli traem pulumaot gras long han, oli holem mo pulum strong we strong, be smol rabis gras nomo i stap kamaot. Presiden Monson i eksplenem: "Nao mi ting se stret wei nao i kam long tingting blong mi we i gat eit yia nomo. Mi talem long Dani: 'Bae yumi bonem nomo ol rabis gras ia. !Bae yumi laetem faea raonem mo *bonem* ol rabis gras ia!'"

Nomata mifala i save se mifala i no gat raet blong yusum masis, hem i ron i gobak long wudhaos, karem masis, mo hem mo Dani i laetem wan smol faea long rabis gras ia. Tufala i ting se faea bae i ded hemwan, be no; faea i kam bigwan i kam wan faea we i bigwan tumas, i wan denja. Hem mo Dani, tufala i ron blong askem help, mo i no longtaem afta, sam bigman oli hariap i kam blong kilim faea bifo i kasem ol tri.

Presiden Monson i gohed, i talem: "Dani mo mi i lanem sam had be impoten lesen long dei ia—bigfala lesen, i we i impoten blong stap obei." (Luk long "Obedience Brings Blessings," *Liahona,* Mei 2013, 89–90.)

Semmak olsem Presiden Monson, ?yu yu eva lanem wan lesen long saed blong fasin blong obei long wan had wei? ?Wanem ol gol we yu save putum blong mekem se yu stap sef long fiuja tru long fasin blong stap obei?

Jusum Raet

Blong stap jusum raet i mekem se yumi go kolosap moa long Papa long Heven mo Jisas Kraes. Hem i helpem yumi tu blong stap hapi mo stap sef. Sekolem ol wei we yu save jusum raet.

Go long jos

Kopi long skul

Ridim olgeta skripja

Givim seves long ol nara man

Plei ol gudfala gem

Faet wetem ol brata mo sista blong yu

OL PIKJA OLI KAM LONG KEITI MACDI

Stadi long toktok ia wetem prea mo luklukgud blong kasem insperesen blong save wanem blong serem. ?Olsem wanem nao "Famle: Wan Ofisol Toktok I Go long Wol" i leftemap fet blong yu long God mo blesem olgeta we yu stap lukaotem olgeta tru long visiting tijing? Blong kasem moa infomesen, go long ***reliefsociety.lds.org****.*

Famli, God nao i odenem

"Toktok blong Praemeri singsing, Famli i blong God, i mekem yumi tingbaot stret doktrin," Karol M. Stivens, Fas Kaonsela long Rilif Sosaeti Jeneral Presidensi i talem. "Yumi no lanem nomo se famli i blong God, be tu, se wanwan long yumi i pat blong famli blong God. . . .

". . . Plan we Papa i gat long ol pikinini blong Hem i wan plan blong lav. Hem i wan plan blong mekem ol pikinini blong Hem oli kam wan—oli kam famli blong Hem—wetem Hem."[1]

Elda L. Tom Peri (1922–2015) blong Kworom blong Olgeta Twelef Aposol i talem: "Mifala i biliv tu se ol strong tradisonol famli oli no nomo ol stamba yunit blong wan sosaeti we i stap gud, wan ekonomi we i stap gud, o wan kalja blong valiu we i stap gud—be tu, oli ol stamba yunit blong taem we i no save finis mo blong kingdom mo gavman blong God.

"Mifala i biliv se oganaesesen mo gavman blong heven, bae oli bildim

raon long ol famli mo ol laen blong ol famli."[2]

"Evriwan, nomata oli mared o nogat, o namba blong pikinini i bigwan, smol o nogat, oli save difendem plan blong Lod olsem we oli tokbaot insaed long famli ofisol toktok," Boni L. Oskason, Yang Woman Jeneral Presiden i talem. "Sapos hem i plan blong Lod, hem i mas kam plan blong yumi tu!"[3]

Sam Moa Skripja

Luk long Doctrine and Covenants 2:1–3; 132:19

Tingting long Hemia

?From wanem famli i yunit ia we i moa impoten long taem naoia mo long taem we i no save finis?

OL NOT

1. Carole M. Stephens, "The Family Is of God," *Liahona,* Mei 2015, 11, 13.
2. L. Tom Perry, "Why Marriage and Family Matter—Everywhere in the World," *Liahona,* Mei 2015, 41.
3. Bonnie L. Oscarson, "Defenders of the Family Proclamation," *Liahona,* Mei 2015, 15.
4. Julie B. Beck, "Teaching the Doctrine of the Family," *Liahona,* Maj 2011, 32, 34.

Fet, Famli, Help

Doktrin blong Famli

Sista Juli B. Bek, foma Rilif Sosaeti Jeneral Presiden i tijim se stadi blong famli i stanap long Kriesen, Foldaon, mo Atonmen blong Jisas Kraes.

"Taem oli mekem wol ia, wol i kam wan ples we ol famli oli save stap laef long hem. God i mekem wan man mo wan woman, we wan i no save stap we i no gat narawan blong mekem wan famli. Hem i bin pat blong plan blong Papa long Heven blong Adam mo Iv i sil mo gat wan famli we i no save finis.

"Foldaon i bin mekem se i posibol blong tufala i gat ol boe mo ol gel.

"Atonmen blong Kraes i letem famli i sil tugeta blong taem we i no save finis. I letem ol famli oli gro blong taem we i no save finis mo kam stret evriwan. Plan blong hapines, we oli singaotem tu, plan blong fasin blong sevem man, i wan plan we God i mekem blong ol famli. . . .

"Hemia i doktrin blong Kraes. Sapos i no gat famli, i no gat plan; i no gat risen blong gat laef long wol ia."[4]

FOTO LONG FORED BLONG BUENOS AIRES AJENTINA TEMPOL

OL FUL SANDEI SEVES BLONG MI

I Kam long Jefri A. Hogi

Ol Sandei blong mi, oli fulap long samting blong mekem, be mi talem tangkyu se mi save givim seves, be mi no fesem ol hadtaem we ol fasfala lida blong Jos, olsem Elda Pali P. Prat oli bin fesem.

Hem i Sandei moning. Long fored blong mi, mi gat 12 aoa blong ol miting, ol intaviu, ol konfemesen, mo ol odinesen. Bae mi stat long wan stek senta mo bae mi finis long wan narafala mitinghaos long narasaed blong taon—evri samting ia long wan dei we i hot tumas.

Mi glad tumas from wanwan miting, intaviu, konfemesen, mo odinesen. Be yestedei, taem mi stap tingbaot se bae mi bisi tumas wetem ol samting blong wokem, mi stap harem nogud long miwan—kasem taem mi openem buk ia, *Autobiography of Parley P. Pratt* (Laef blong Parli P. Prat) mo mi stat ridim long ples we mi bin stop long hem. Elda Prat, oli bin tekem hem i wan prisena, wetem Josef mo Haeram Smit, wetem sam narawan moa, long ol taem we i had tumas long Misuri. Afta we oli tekem olgeta i go long Indipendens, ol Brata oli mas slip tugeta longwan rum mo mas slip long floa wetem wan pis wud olsem pilo.

Wan moning, we i kolkol mo gat sno, Elda Prat i girap, mo oli no luk hem, be hem i kamaot long ples blong slip ia. Hem i tekem rod i go long Is, tru long taon mo graon we oli stap. Afta we hem i wokbaot wan moa haf kilometa, Elda Prat i go insaed long wan dak bus, mo sno we i foldaon i kavremap trak blong leg blong hem, mo ol tri oli haedem hem.

Hem i tingtingbak long hadtaem ia. Blong gohed long Is, i minim blong ronwe i go long wan nara stet, mo bae hem i save sendem man i go from famli blong hem. Blong gobak long ples blong slip ia, i minim blong go long kalabus, mo bae oli talem se hem i rong long ol bigfala kraem. Wetem temtesen blong ronwe; Elda Prat i tingbaot "bigfala trabol, o iven ded" we bae hem i mekem long ol narafala prisena sapos hem i ronwe.

Tingting i fasfas, nao wan skripja i kasem tingting blong hem: "Man we i wantem sevem laef blong hem, hem bambae i lusum laef blong hem. Be man we i lusum laef blong hem from mi, mo from gud nius blong mi, hem bambae i sevem laef blong hem" (luk long Mak 8:35; D&C 98:13).

Elda Prat i gobak long hotel. Plante manis insaed long kalabus bae i kam—i no gat famli, i no gat felosip wetem ol Sent, o i no gat wei blong givim seves long koling blong hem olsem wan aposol.[1]

FOTO PIKJA I KAM LONG JIDI WEIN

Mi sarem buk, mi tingting hevi long ol sakrifaes blong ol fasfala Sent—sam long olgeta oli ol bubu blong mi. From testemoni blong olgeta long saed blong gospel mo fet blong olgeta long Jisas Kraes, oli bin stap strong tru long nogud fasin mo fasin blong givim hadtaem. From oli bin stap strong, tedei, mi save givim seves mo wosip olsem we mi wantem, mi joenem olgeta long fet mo testemoni.

Taem mi stap rere from Sabat dei ia, famli blong mi i sef, i wet from wan dei blong wosip long wan mitinghaos we i naes tumas. Felosip blong olgeta Sent bae i mekem dei blong mi i wan gudwan. Bae mifala i glad wetem olgeta long ol konfemesen mo odinesen we bae oli hapen, ol responsabiliti we oli mekem, mo fet we i kam strong moa. Bae mifala i kakae sakramen, mo tingbaot Sevya blong yumi mo sakrifaes blong Hem we i pem praes from yumi. Mo tedei long naet, bae mifala i kam tugeta insaed long hom blong mifala blong ridim Buk blong Momon, mo prea tugeta bifo mifala i go slip long ol gudfala bed blong mifala, mo putum hed blong mifala long ol sopsop pilo.

Ol Sandei blong mi, oli fulap long samting blong mekem. From hemia, mi talem tangkyu mo gat blesing from. ■

Man we i raetem hemia i stap long Kalifonia, YSA

NOT

1. Luk long Parley P. Pratt, *Autobiography of Parley P. Pratt,* ed. Parley P. Pratt Jr. (1979), 194–97.

LAS SAPA BLONG MELVA

I Kam Long Jeril Hawod Wilkoks

"?Yu wantem traem blong tekem sakramen?" Mi askem mama we i no longtaem bae hem i ded.

Mama blong mi i laef kasem 92 yia mo i jes ded i no longtaem i pas. Hem i bin stap long hospital taem ol dokta oli disaed se i nomo gat wan samting moa blong mekem, be blong mekem hem i harem gud nomo kasem taem hem i ded.

Oli stap mekem samting i rere blong tekem hem i gobak hom, nao tu brata blong wan lokol wod oli kam long rum mo askem mi sapos mama blong mi i wantem tekem sakramen. Fastaem, hem i talem: "No tangkyu." Mama i no save solemdaon gud kaekae. Afta mi talem: "Wet smol, bae mi askem hem." Mi go kolosap long sorae blong hem mo talem: "I gat tufala prishud man i stap ia. ?Yu wantem traem blong tekem sakramen?" Long wan smol be klia voes, hem i ansa: "Yes."

Afta long blesing, mi pikimap wan pis bred long trei, mi brekem wan smol pis bred, mo putum long maot blong hem. Hem i tekem taem smol blong kakae, mo i talem sori long tufala man blong tekem taem. Tufala i talem se i oraet nomo. Long seken prea, mi tekem wan smol pastik kap blong wota mo putum long maot blong hem. Hem i dring smol, be mi sapraes se hem i solemdaon gud wota ia.

Mi talem tangkyu long ol brata ia, mo tufala i aot i go long nekis rum. Mama i ded wetem pis samples wan aoa afta.

Long ol dei afta, mi luksave se hem i bin wan tabu taem we Lod i letem mi blong serem wetem mama blong mi. Las samting we hem i mekem long laef ia i blong kakae sakramen. Las toktok we hem i talem, hem i "Yes"—yes blong tekem sakramen, yes blong givim sakrifaes blong hem blong wan hat we i stap daon mo wan spirit we i wantem sakem sin (3 Nifae 9:20, yes blong tekem long hemwan, nem ia blong Jisas Kraes mo promesem blong oltaem tingbaot Hem, yes blong kasem Spirit blong Hem. Ol las samting we i pas long maot blong hem oli ol saen blong sakramen.

!O, sapa ia bae i mas wan switwan long hem! Nomata we hem i no gat naf paoa blong muvmuv o blong toktok, !hem i mas filim se hem i kam laef tru long Kraes! Maet hem i filim glad from paoa ia blong Kraes we i bin pemaot ol pipol blong Hem mo mekem oli kam gud bakegen, we semmak paoa ia we i bin karem hem truaot long ol las wokbaot blong hem long wol ia, mo givim hem hop blong laef we i no save finis.

Evri wik, taem yumi kakae sakramen, bae yumi glad from janis ia blong riniu kavenan blong yumi, mo blong filim fogivnes mo gladhat blong hem taem yumi traehad blong kam moa olsem Papa blong yumi long Heven mo olsem Pikinini blong Hem, Jisas Kraes. Mo afta, bred mo wota ia, i save kam long yumi, semmak olsem i bin long mama blong mi, "we hem i moa swit bitim evri samting we i swit, . . . mo i moa klin gud bitim evri samting we i klin gud" (Alma 32:42). ■

Woman ia we i raet, i stap long Yuta, YSA.

PIKJA I KAM LONG KRISTOFA TONOK

TIJ FOLEM WEI BLONG SEVYA

I Kam long Tad R. Kalista
Sandei Skul Jeneral Presiden

Taem yumi kam ol man mo woman we i ting-ting strong blong lanem samting, bae yumi save tabu glad ia, we i kam taem wan i stap lanem mo stap laef folem gospel blong Jisas Kraes.

Glad BLONG Stap Lanem Samting

Igat wan stori we i tokbaot wan man we oli kam blong save hem olsem man blong taon we i stap mekem nating. Hem i no wantem wok, i no wantem lukaotem wan wok. Hem i stap laef long hadwok blong ol narafala man. Long en, ol pipol blong taon oli harem se i inaf nao. Oli disaed se bae oli tekem hem i go aotsaed long baondri blong taon mo blokem hem blong nomo kam long taon. Taem wan man blong taon ia i stap tekem hem long wan wilkat i go long en blong baondri blong taon, man we i draevem wilkat i filim bigfala lav mo sore i kavremap hem. Maet, man ia we oli sakemaot hem, hem i nidim wan moa janis. Nao, folem tingting ia, hem i askem: "Ei, ?yu wantem wan basket kon blong statem wan niu laef bakegen?"

Man ia i ansa: "?Be oli klinim finis?"[1]

Ol Tija mo Olgeta we Oli Stap Lan: Wan Ikwol Responsabiliti blong Tekpat

Samtaem, yumi faenem se sam pipol oli wantem skripja i kam long wan plet—oli wantem se wan bae i ridim mo eksplenem skripja long olgeta bifo oli ridim. Oli wantem gospel i kam long olgeta long ol gud bit blong miusik, o i kam long vidio klip. Oli wantem Sandei Skul tija blong i rere mo i fidim olgeta long spun long lesen ia, be olgeta oli no rere gud, o oli no tekpat.

Long narasaed, Sevya i bin invaetem olgeta pipol we oli stap lan aot long Hem blong oli go hom, from se oli no save andastanem ol toktok blong Hem. Hem i givim oda long olgeta blong oli prea, tingting hevi, mo "mekem rere ol tingting blong [olgeta] blong tumoro," taem bae Hem i "kam long [olgeta] bakegen" (luk long 3 Nifae 17:2–3).

Lesen hem i hemia: Hem i responsabiliti, i no blong tija nomo, blong rere mo kam, be tu, hem i responsabiliti blong man we i stap

lan. Semmak olsem we tija i gat responsabiliti blong tij wetem Spirit, hem we i stap lan tu, hem i gat responsabiliti ia blong lanem samting wetem Spirit (luk long D&C 50:13–21).

Buk blong Momon i rekodem: "man we i prij i no gud bitim man we i lisin; *mo tija i nomo gud bitim man we i stap lan; mo, olsem ia nao yumi luk se olgeta evriwan i semmak*" (Alma 1:26; oli ademap italik).

Wanem i stap daon ia i samfala tingting long wanem yumi save mekem blong save filim glad ia we i kam taem yumi mekem pat blong yumi blong stap lanem mo stap laef folem gospel.

Stap Lanem Samting long Hom

Stadi Ol Skripja

Evri memba i responsibol blong lanem gospel hemwan; yumi no save givim responsabiliti ia long wan narawan. Plante long ol save ia oli kam taem yumi stadi long skripja evri taem. Presiden Harol B. Li (1899–1973) i talem: "Sapos yumi no stap ridim ol skripja blong yumi evri dei, testemoni blong yumi bae oli kam bunbun moa."[2] Aposol Pol i talem se ol man Jiu long Biria "oli glad moa blong tingbaot ol tok blong tufala i winim ol man Tesalonaeka. Oli wantem tumas blong harem tok blong tufala," mo afta Pol i talem risen we olgeta ia oli olsem: "mo *evri dei, oli stap ridim gud ol tok blong Baebol* blong faenemaot se ol tok blong tufala i tru no i no tru." (Ol Wok 17:11; oli ademap italik).

Stadi long skripja evri dei, i wan kaekae we spirit blong yumi i nidim. I no gat wan nara samting, long evri dei laef blong yumi, we i save fulumap hol ia. From hemia, yumi mas putum taem blong stadi long skripja, be yumi no tekem se bae yumi stadi long skripja long fri taem blong yumi.

Sam oli save talem se: "Be mi no gat taem blong stadi long skripja evri dei wetem evri narafala diuti long laef blong mi." Toktok ia i mekem mi tingbaot stori blong tufala man blong wok wetem akis we tufala i mekem kompetisen blong luk se huia i save katem moa tri long wan dei. Taem san i girap, kompetisen i stat. Evri aoa olsem, man we i sot moa i stap lus long bus blong 10 minit olsem. Evri taem hem i mekem olsem, man we i kompit wetem hem i smael, i saksakem hed blong hem se hem i glad, from hem i sua se hem i stap muv i go. Man ia we i moa bigwan i neva aot long ples we hem i stap long hem, hem i neva stop blong katem wud, i neva spel smol.

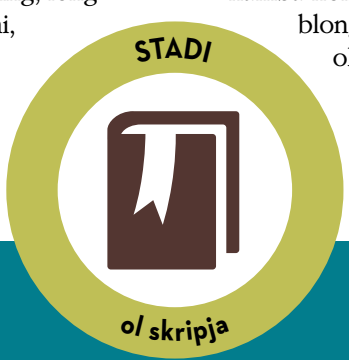
Taem we dei i finis, bigfala man i sek blong faenemaot se sotfala man, we hem i luk se i stap westem plante taem blong hem, i bin katem plante moa tri bitim hem. Hem i askem: "?Be yu mekem olsem wanem ia, we oltaem yu stap spel?"

Man we i win i talem: "O, mi stap go faelem akis blong mi."

Evri taem yumi stap stadi long skripja, yumi stap faelem akis blong yumi long saed blong spirit. Mo merikel pat blong hem, i we, taem yumi mekem olsem, yumi save yusum haf taem we i stap wetem waes.

Rere Bifo Taem

Ol stadi oli soem se wan smol namba nomo blong ol memba blong Jos oli stap ridim ol skripja blong olgeta bifo



oli tokbaot long Sandei klas. Wanwan long yumi i save tanemraon fasin ia. Yumi save mekem pat blong yumi blong gat eksperiens blong lanem samting taem yumi rere fastaem bifo yumi go long klas; yumi ridim finis ol skripja mo yumi rere blong serem ol tingting. Taem yumi rere, hemia i wan presen long saed blong spirit we yumi save givim i go long evri memba blong klas.

Stap Lanem Samting long Klas

Tekem Pat long Klas

Komanmen ia, blong yumi mas openem maot blong yumi (luk long D&C 60:2–3), i no blong mekem misinari wok nomo, be blong mekem tu insaed long klas. Taem yumi tekpat, yumi invaetem Spirit, we i save testifae abaot trutok blong ol toktok blong yumi, mo i givim moa laet ia long maen blong yumi. Antap long hemia, taem yumi tekpat, ol tingting blong yumi i save givim insperesen long ol narawan, mo long wei ia, i leftemap tingting blong olgeta tu blong tekpat.

Long wei ia, yumi stap folem tijing prinsipol we Lod i bin tijim se wan nomo i toktok long wan taem, mo evriwan i lisin long toktok blong hem, blong mekem se taem evriwan i gat taem blong toktok, *bae evriwan i kam antap from ol toktok blong evriwan* (luk long D&C 88:122; oli ademap italik). Samtaem, blong tekpat long klas i no wan isi samting; i nidim blong yumi kamaot long gudfala ples we yumi sidaon long hem. Be taem yumi tekpat, i mekem se evriwan insaed long klas i gro.

Raetemdaon Ol Filing blong Yu

Longtaem smol nao, mi stap karem ol smol waet pepa kad i go long jos, mo mi stap lukaotem ol niu tingting long saed blong doktrin, o ol filing long saed blong spirit we mi save raetemdaon. Mi save talem stret se mi bin kasem plante blesing. Fasin ia i mekem se ol lukluk blong mi oli jenis; i lukluk moa long wan poen, mo i mekem mi lanem samting kwiktaem moa; i mekem tu se mi wantem tumas blong go long jos.

?From wanem hem i impoten blong raetemdaon ol eksperiens long saed blong spirit we yumi kasem long jos o long narafala ples? Traem tingting se wan mama i stap toktok long yangfala boe blong hem, mo long wan taem, boe i talem: "Mama, hemia wan gudfala kaonsel." Afta, hem i tekemaot wan notbuk mo i stat blong raetemdaon ol filing we hem i kasem aot long storian blong tufala. Taem tingting blong mama ia i kambak afta we hem i sek, ?yu no ting se mama ia bae i wantem talem moa samting?

Bae i no save mestem. Bae semfala prinsipol ia i semmak tu wetem kaonsel we Papa blong yumi long Heven i stap givim. Taem yumi stap raetemdaon ol filing we Hem i stap givim long yumi, bae i hapen tu se Hem i wantem givim moa revelesen long yumi. Antap long hemia, plante long ol filing ia we yumi kasem, fastaem bae i olsem ol smol sid blong tingting, be sapos yumi fidim gud mo tingting hevi long olgeta, bae oli gro i kam ol bigfala oktri long saed blong spirit.

Profet Josef Smit i bin tokbaot olsem wanem i impoten blong raetemdaon ol niu tingting mo filing: "Sapos yu stat blong toktok raon long samfala impoten kwestin, mo yu no stap raetemdaon olgeta, maet, from we yu ting nating long olgeta samting ia taem God i talemaot long yu, mo yu ting se oli no impoten tumas, nao Spirit i kamaot; mo i gat, o i bin gat, wan bigfala save ia, we i impoten tumas, we naoia, i lus."[3]

WAN Tabu Wok: Blong Luklukgud BLONG Lanem Samting

Glad blong Stap Lanem Samting

Blong stap lanem samting i moa bitim wan tabu diuti. Hem i blong stap tu olsem wan bigbigfala glad.

Long wan taem, wan man blong matematik we nem blong hem Arjimedes, king blong hem i askem hem blong i faenemaot se niufala hat blong king blong hem i strong gol, o sapos man blong wokem hat blong king ia i no bin ones mo i yusum nara samting olsem silva mo mekem i kam gol kala. Arjimed i tingting hevi long wanem bae hem i mekem; nao i faenem ansa blong hem. Hem i glad tumas long wanem we hem i faenem, mekem se, folem kastom stori blong hem, hem i ronron raon long taon, i singaot: "!Yureka! !Yureka!"—we i minim, "!Mi faenem! !Mi faenem!"

Nao glad blong hem i bigbigwan from hem i faenem wan simpol saens prinsipol; be i gat wan glad we i bigwan moa blong faenemaot ol trutok blong gospel blong Jisas Kraes: olgeta trutok ia, oli no givim infomesen nomo long yumi, be tu, i sevem yumi. From risen ia, Sevya i bin talem: "Mi mi stap talemaot ol tok ia long yufala, blong . . . bambae yufala i glad we i glad" (Jon 15:11). Mo from hemia, ol boe blong God oli singsingaot wetem glad (luk long Job 38:7) taem oli lanem abaot plan blong fasin blong sevem man. Semmak olsem we ol sid oli gat paoa blong gro, ol gospel blong trutok oli gat paoa ia blong givim glad.

Hem i no wan tabu oda nomo blong "luklukgud blong lanem samting" (luk long D&C 88:118), be hem i wan tabu wok blong mekem. Evri taem yumi stadi long ol skripja, rere gud moa mo go long klas, tekpat long toktok insaed long klas, askem ol kwestin, mo raetemdaon ol filing, bae yumi kam moa olsem God, mo long wei ia, yumi stap leftemap paoa blong yumi blong filim glad ia we Hem i stap filim.

Bae yumi evriwan i traehad blong tingting strong moa blong lanem samting, mo lanem moa samting we i tabu—long hom, long klas, mo long eni ples we yumi stap long hem. Taem yumi mekem olsem, bae yumi save filim bigbigfala glad ia we i kam taem yumi stap lanem mo stap laef folem gospel blong Jisas Kraes. ■

OL NOT

1. Elda D. Tod Kristofeson i bin serem wan semmak stori long Oktoba 2014 jeneral konfrens.
2. Harold B. Lee, semina blong ol ripresentativ blong rijin, 12 Dis. 1970.
3. Joseph Smith, long *History of the Church,* 2:199.

Evri taem yumi stadi long ol skripja, rere gud moa mo go long klas, tekpat long toktok insaed long klas, askem ol kwestin, mo raetemdaon ol filing, bae yumi kam moa olsem God, mo long wei ia, yumi stap leftemap paoa blong yumi blong filim glad ia we Hem i stap filim.

Ol Smol Pikinini MO Sakramen

Ol smol pikinini blong mifala oli filim save se sakramen i wan impoten samting long mifala. Maet mitufala i bin save mekem moa blong helpem olgeta blong luk se sakramen i impoten tu long olgeta.

I Kam long Aron L. Wes

?Yu bin askem yuwan finis se from wanem yumi stap letem ol smol pikinini we oli no baptaes blong oli tekem sakramen? ?Hem i jes blong mekem se oli no krae mo tantanem olgeta tumas taem oli wantem kakae wan pis bred? ?Hem i jes blong mekem se i moa isi blong pasem odinens ia, jes blong mekem oli stap kwaet?

Mi no ting. Mi biliv se i gat ol risen we oli dip moa. Mi bilivim hemia from se mi bilivim se taem Jisas Kraes i talem "evriwan," Hem i minim evriwan. Mo taem Hem i toktok long wan big-fala grup, Hem i no livim wan i stap aotsaed.

Taem Sevya we i laef bakegen long ded i soem sakramen long ol pipol blong Hem long Ol Amerika, Hem i poenemaot gud se odinens ia i gat wan spesel mining long olgeta we oli bin kasem baptaes finis.[1] Mo, Hem i givim komanmen long ol disaepol blong Hem blong oli pasem sakramen i go long *ol grup blong ol pipol*.[2] Mo insaed long grup blong ol pipol ia, i gat ol smolwan.[3]

Taem ol man we oli kasem prishud tedei oli talem ol prea blong sakramen, oli askem Papa long Heven blong blesem mo mekem tabu bred mo wota blong "sol blong olgeta *evriwan* we oli tekem.[4] Evriwan. Wanwan we i tekpat—mo yumi kaontem tu wanwan smol pikinini.

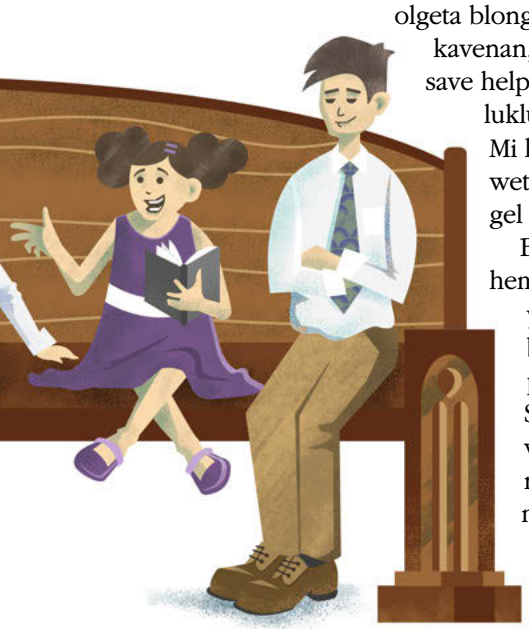
Sapos we, taem oli tekem bred mo wota, ol pikinini oli kasem ol saen ia olsem wan blesing long sol blong olgeta we i klin evriwan, nao i mas gat wan wei blong helpem olgeta blong faenem mining long odinens ia.

Wetem save ia, mi luklukbak long ol taem we ol pikinini blong mitufala oli bin smol. Waef blong mi mo mi, i bin mekem wan gudfala wok blong mekem se oli stap kwaet long taem we oli stap blesem mo pasem sakramen. Mi ting se ol smol pikinini blong mitufala oli filim save se sakramen i wan impoten samting long mitufala. Maet mitufala i bin save mekem moa blong helpem olgeta blong luk se sakramen i impoten tu long *olgeta*.

?Wanem nao mitufala i bin save mekem? Mitufala i bin save tingbaot se ol smol pikinini oli save stap kipim ol promes we oli talem long prea blong sakramen. Oli save andastanem, long smol be strong wei blong olgeta, se i minim wanem blong "tingbaot Jisas oltaem." Oli save mekem promes blong "stap obei long ol komanmen blong Hem." Oli save soem tu we oli stap "tekem long olgeta nem blong Kraes," mo save se, i no longtaem, bae olgeta tu i gat janis blong kasem baptaes mo kasem konfemesen.[5]

?Be weswe nao long fasin blong stap riniu ol kavenan? Ol lida blong Jos oli bin tijim se taem yumi tekem sakramen, yumi stap mekem bakegen olgeta kavenan ia we yumi bin mekem wetem Lod.[6] Ol smol pikinini oli no gat eni kavenan blong mekem bakegen.

Mi tingtingbak bakegen long ol taem we ol pikinini blong mitufala oli bin smol. Bae mitufala i no save helpem olgeta blong luklukbak long ol kavenan, be mitufala i bin save helpem olgeta blong lukluk fored from taem ia. Mi luk pikja blong miwan wetem wan yang boe o gel long Sabat moning: Bae mi talem long hem: "Taem yu gat eit yia, bae yu kasem baptaes mo kasem presen we i Tabu Spirit. Bae yu mekem wan kavenan. Kavenan we bambae yu mekem long *tetaem ia* bae i olsem ol promes we yu stap mekem *naoia* taem yu stap tekem sakramen.



"Taem mi tekem sakramen tedei, bae mi riniu kavenan blong baptaes blong mi, semmak olsem we mi stap mekem ol promes ia bakegen. Yu stap ia wetem mi, be yu no stap riniu wan kavenan. Yu no mekem wan yet. Be yu save stat blong *praktisim* blong mekem wan kavenan. Evri taem yu tekem sakramen, yu save rere blong kasem baptaes mo konfemesen. Olsem ia, bae yu rere gud taem yu kasem eit yia."

Sapos yu luk se i no isi blong yusum toktok ia, *praktisim,* long wei ia, nao tingting blong talem long wan wei olsem: Long wan ples we i kwaet, wan papa i save helpem ol pikinini blong hem oli rere from odinens blong baptaes taem hem i soem olgeta olsem wanem bae oli stanap tugeta insaed long wota, mo talem ol toktok blong prea blong baptaes. Hem i no mekem odinens long taem ia. Hem i soem nomo. Long wan wei, hem i stap helpem ol pikinini blong hem blong oli praktis. Long wei ia, bae oli no wari se wanem bae i hapen taem oli go insaed long ol wota blong baptaes. Mi biliv se ol mama mo ol papa oli save helpem ol pikinini tu blong praktis blong mekem mo kipim kavenan blong baptaes. Wanwan sakramen miting i save kam wan tabu praktis taem blong ol smol pikinini taem oli tekem ol saen blong Atonmen blong Sevya.

Nao, mi gobak long fasfala kwestin blong mi. ?From wanem nao yumi letem ol smol pikinini blong tekem sakramen? ?Hem i jes blong mekem oli stap kwaet? No, i no olsem. Yumi stap helpem ol smolwan blong yumi blong tekem sakramen blong oli save tingbaot Sevya blong olgeta mo holemtaet pis blong Hem—wan pis we wol ia i no save givim.[7] Yumi helpem olgeta blong rere blong kasem pis ia we bae i kam moa bigwan long fiuja, taem bae oli mekem mo kipim ol kavenan wetem Hem. ■

Man ia we i raet, i stap long Yuta, YSA.

OL NOT

1. Luk long 3 Nifae 18:5, 11.
2. 3 Nifae 18:4; oli ademap italik.
3. Luk long 3 Nifae 17:21–25; 18:1–4.
4. Luk long Doctrine and Covenants 20:77, 79; oli ademap italik.
5. Luk long Doctrine and Covenants 20:77.
6. Luk long L. Tom Perry, "As Now We Take the Sacrament," *Liahona,* Mei 2006, 41.
7. Luk long Jon 14:27.

ANDASTANEM

Fasin blong Wan i Karemaot Laef blong Hemwan

OL SAEN BLONG WONING MO FASIN BLONG BLOKEM HEMIA

I Kam long Keniji Simokawa, PhD
LDS Famli Seves, Japan Ofis

Taem Kevin i bin gat 16 yia, papa mo mama blong hem, tufala i divos. Long semfala taem, hem i stopem meresin blong sik blong faol we hem i stap tekem blong helpem hem blong kontrolem ol filing blong hem. Hem i no save se hem i gat sik long filing, nao hem i stat blong gat tingting we i go tumas, lusum kontrol long tingting, mo i stap draon long wari. Ol meresin oli no stap givhan. I go kasem wan taem we hem i taed tumas long evri samting, nao hem i disaed blong tekemaot laef blong hemwan, mo i no talemaot ol tingting blong hem long ol narawan.

Kevin i tingbaot dei ia we hem i bin traem blong karemaot laef blong hem: "Mi bin stap krae. Mi taed tumas, mo filing mo tingting blong mi i nomo gat paoa. Mi stap lukluk nomo long ol man, mi wantem tumas blong wan man, eni man i kam talem: '?Yu yu oraet?' Nomata hamas mi wantem hemia, mi bin stap harem ol voes ia [insaed long hed blong mi] we oli stap talem: 'Yu mas ded.' Ful taem ia, mi stap plis long miwan blong mi no folem tingting ia, be ol voes ia oli strong tumas, mi no save faet agensem olgeta."[1]

Sore tumas, i no gat wan i luk bigfala wari mo harem nogud blong hem. Nao hem i bilif tru se i no gat wan i kea long hem, nao hem i traem—be wetem merikel, hem i no bin ded.

?Yumi ia, yumi save filim bigfala wari blong hem, mo bigfala saelen krae blong hem we i stap askem help?

Fasin blong karemaot laef blong yuwan i wan long ol tes we i moa had long laef ia, tugeta long olgeta we oli stap safa from ol tingting blong tekemaot laef blong olgetawan, mo olgeta memba blong famli we oli stap laef i stap. Elda M. Rasel Balad blong Kworom blong Olgeta Twelef Aposol i talem: "Long jajmen blong mi, i no gat wan taem we i had moa long wan famli bitim taem we wan memba blong famli i karemaot laef blong hemwan. Fasin blong karemaot laef blong yuwan i wan nogud had eksperiens blong famli."[2] Bae yumi tingting gud se hemia i wanem kaen tes, mo toktok raon long (1) wanem nao yumi save abaot fasin blong wan

FOTO © ISTOCK/THINKSTOCK

i kilimded hemwan, wetem ol saen blong woning mo ol samting we yumi save mekem blong blokem hemia i hapen; (2) wanem nao ol famli we oli stap laef mo ol komuniti oli save mekem; mo (3) wanem nao yumi evriwan i save mekem blong mekem hop mo fet long Kraes i kam strong blong mekem se yumi no lusum hop.

Andastanem Fasin blong Wan i Karemaot Laef blong Hemwan

Ova long 800,000 pipol oli endem laef blong olgeta tru long fasin blong karemaot laef blong olgetawan long evri yia, long ful wol.[3] Hemia i minim se, wan man o woman long ful wol ia i stap karemaot laef blong hemwan evri 40 seken. Ating stret namba i hae moa from se fasin ia i wan poen we man i no laekem blong tokbaot mo hem i agensem loa long samfala kantri, mekem se oli no stap ripotem. Fasin blong karemaot laef blong yuwan i nambatu bigfala risen blong ded long grup blong ol pipol we oli gat bitwin 15 mo 29 yia. Long plante kantri, namba blong olgeta we oli stap karemaot laef blong olgetawan, i hae moa long grup blong ol pipol we oli gat ova 70 yia. Long wan wei o nara wei, fasin ia blong karemaot laef blong yuwan i tajem wan bigfala pat blong sosaeti blong yumi.

Ol Saen blong Woning

Taem ol jalenj blong laef oli bitim paoa we yumi gat blong fesem, yumi save go tru long bigfala wari tumas. Taem wan man i wari tumas mo i nomo save wanem blong mekem, tingting blong hem i nomo klia, mo i save lidim hem blong filim se ded nomo i ansa. Bae oli filim se i no gat wan i save help, mo i save mekem se bae oli wantem stap olgetawan nomo, mo hemia i mekem wari blong olgeta i go bigwan moa, mo oli filim se oli stak i stap, mo oli nomo gat hop, nao oli stap tekem tingting i go se blong karemaot laef blong olgeta nomo hem i ansa

Taem wan i stap soem *eni* long olgeta bigfala saen blong woning ia,[4] yumi mas lukaotem help kwiktaem long wan ples we oli lukluk long olgeta we oli gat sik long tingting, o long ol imejensi seves olsem polis:

- Oli talem toktok se bae oli mekem nogud o kilim ded olgetawan
- Oli stap lukaotem ol rod blong kilim ded olgetawan
- Toktok o stap raet abaot ded, blong stap ded, o kilim ded olgetawan

Maet bae yumi no ting hevi long olgeta saen ia, be yumi no mas wet blong go toktok, mo kasem help mo givim help long hem we i stap soem eniwan long ol saen ia:

- I stap talem se i nomo gat hop, mo i no gat wan stamba tingting blong laef
- I soemaot kros blong hem o i stap lukaot blong givimbak long man
- I stap mekem samting i olbaot nomo mo mekem samting nogud
- I filim se hem i stap insaed long wan hol
- I stap gohed blong dring moa alkol o yusum moa drag
- I kamaot long ol fren, ol famli o sosaeti
- I filim wari, o i fraetfraet, o fasin blong hem i stap jenis oltaem.
- I traehad blong silip, o i stap silip oltaem nomo
- I filim se hem i wan hevi trabol long ol narawan

I no evriwan we i traem blong karemaot laef blong hemwan i stap talem tingting blong hem long wan narawan, be plante oli stap soem olgeta saen ia. ! Yu no mas tingting nating long olgeta saen ia!

Iven sapos i no gat wan spesel dokta i stap blong help, paoa blong kea wetem tru hat we i kamaot long ol fren mo famli i save winim kaen filing ia.

Blokem Fasin ia

Taem wan i gat tingting blong stap karemaot laef blong hemwan, famli mo fren i plei wan impoten pat. Olsem we Alma i tijim, yumi mas "glad blong karem ol hevi samting blong wan wan long yufala, blong mekem se oli nomo hevi; . . . oli glad blong krae wetem olgeta we oli krae, yes, mo leftemap tingting blong olgeta we oli nidim fasin blong leftemap tingting" (Mosaea 18:8, 9).

Hemia sam long ol samting we ol famli mo ol fren oli save mekem:

> *Olsem we Alma i tijim, yumi mas "glad blong karem ol hevi samting blong wanwan long [yumi], blong mekem se oli nomo hevi; . . . oli glad blong krae wetem olgeta we oli krae, yes, mo leftemap tingting blong olgeta we oli nidim fasin blong leftemap tingting"*

Go toktok wetem olgeta mo lisin wetem lav. Olsem Elda Balad i bin talem: "I no gat wan samting we i gat moa paoa bitim wan han blong lav we yumi save putum raon long olgeta we oli stap traehad mo gat hadtaem."[5] "Yumi mas luk olgeta tru long ol ae blong Papa long Heven," Elda Del G. Renlan blong Kworom blong Olgeta Twelef Aposol i talem. "Long taem olsem nomo bae yumi save filim kea mo wari we Sevya i gat long olgeta ia. . . . Bigfala lukluk ia bae i openem hat blong yumi long ol taem we ol narawan oli harem nogud, oli fraet, o hat blong olgeta i soa."[6]

Helpem olgeta wetem ol ril samting. Sapos wan i gotru long wan hadtaem we i tajem sefti blong hem mo ol besik nid blong hem, givhan wetem ol samting we hem i save luk o tajem, be letem hem i jusum blong i aksep-tem o nogat. Eksampol. Sapos wan i wantem karemaot laef blong hemwan from se hem i lusum wok blong hem, helpem hem blong faenem sam narafala wok mo givim hem joes blong jusum wijwan hem i wantem mo hemia i helpem olgeta blong oli filim se oli fri, oli nomo fas i stap insaed long wan hol.

Askem olgeta sapos oli stap tingting blong karemaot laef blong olgetawan. Sapos yu wari se wan i draon tumas long wari, mo i stap soem ol saen se hem i wantem karemaot laef blong hemwan, askem hem sapos hem i tingting blong karemaot laef blong hem-wan. Maet yu filim se i no stret long yu blong askem, be i moa gud sapos yu askem stret sapos hem i stap gat tingting olsem. Hemia i save openem wan doa blong hem i tokbaot trabol blong hem mo ol wari blong hem.

Samfala eksampol blong kwestin we yu save askem i olsem: "Mi harem se hemia i hevi tumas blong wan man nomo i karem long hemwan. ?Yu stap tingting blong kare-maot laef blong yuwan? O, "Wetem evri harem nogud ia we yu stap filim, mi wantem save nomo sapos yu stap tingting blong teke-maot laef blong yuwan?" Sapos oli no kaen man we oli stap gat tingting blong kilim ded olgetawan, bae oli talemaot stret long yu.

Sapos yu filim se hem i no wantem tok-baot tumas ol tingting blong karemaot laef

blong hemwan, stap kolosap long ol toktok blong Spirit blong save wanem blong mekem. Maet bae Spirit i talem long yu blong stap wetem hem kasem taem hem i fri blong toktok long yu.

Stap wetem hem mo traem kasem sam help. Sapos wan i talem long yu se hem i gat tingting blong karemaot laef blong hemwan, stap wetem hem mo mekem hem i toktok long yu long saed blong wanem nao i stap trabolem hem. Sapos hem i tokbaot samfala stret wei mo taem blong karemaot laef blong hemwan, helpem hem blong i toktok wetem wan spesel dokta long fon, long hospital, o lokol ples we i lukluk long ol sik blong tingting.

Wanem blong Mekem Taem Wan I Karemaot Laef blong Hemwan

I nomata oli bin soem sam saen o no, sam pipol oli stap karemaot laef blong olgetawan. Taem oli fesem prapa nogud taem ia we wan memba blong famli we oli lavem tumas i karemaot laef blong hemwan, ol memba blong famli we oli stap laef, wetem ol fren, plante taem, oli go tru long wan taem blong bigfala harem nogud. Samfala fasin we oli save filim:

- Oli filim se oli sem mo nem blong olgeta i kam nogud
- Oli sek mo oli no save bilivim samting ia
- Oli kros, oli harem gud, o oli filim se oli rong
- Oli stap haedem olsem wanem wan i ded
- Oli nomo spendem taem wetem ol fren, mo oli stop blong go luk ol famli
- Oli mekem fulap samting, mo samtaem oli wok i ova wetem ol wok blong blokem fasin blong karemaot laef blong yuwan
- Oli wantem save tumas se from wanem i hapen olsem
- Oli filim se man i ronwe long olgeta mo man i sakemaot olgeta
- Oli blemem hem we i ded, blemem olgetawan, ol nara man mo God
- Tingting blong karemaot laef blong olgetawan i kam antap, o oli gat filing blong spolem gud olgetawan bakegen

- Long taem blong ol lafet, oli wari bigwan, mo tu, long taem blong makem yia blong ded.[7]

Wanem Nao Ol Famli we Oli Laef i Stap mo Ol Komuniti Oli Save Mekem

Holemtaet olgeta blong jajem man. Fasin blong karemaot laef blong yuwan i wan series samting, mo Elda Balad i mekem yumi tingbaot hemia: "I tru, yumi no save evri samting we i hapen we i mekem se wan i karemaot laef blong hemwan. Lod Hemwan nomo i save evri smol samting, mo Hem nao, Hem i gat raet blong jajem ol aksen blong yumi long wol ia. Long taem we Lod i jajem yumi, mi filim se bae Hem i lukluk long evri samting: blad mo ol samting we i mekem bodi blong yumi, ol tingting blong yumi, paoa blong waes blong yumi, ol tijing we yumi bin kasem, ol kastom blong ol papa blong yumi, helt blong yumi mo plante samting moa."[8]

Letem mo respektem taem we wanwan man i stap krae mo harem nogud. Ol man bae oli krae mo harem nogud long ol defren wei, from se oli gat ol defdefren rilesensip wetem hem we i ded. Yumi mas luksave mo givim ona long ol defdefren wei we wanwan man i stap krae mo harem nogud long hem.

Taem wan we yumi lavem hem i aot long yumi, ol bigfala strong filing oli save daonem yumi. Be, blong krae mo harem nogud i no minim se yumi no gat fet. Sevya i talem: "Bae yufala i mas laef tugeta wetem lav, mekem se bae yu krae from olgeta we oli ded" (luk long D&C 42:45). Krae sore i wan saen blong lav we yumi gat long olgeta we yumi lavem we oli ded, mo wanem nao rilesensip ia i minim long yumi.

Askem help. Taem yu stap krae sore, bae sam samting i kam had tumas. Blong lukaotem help i save givim ol tabu janis blong ol narawan oli lavem mo givim seves long yu. Taem yu letem olgeta blong help, hem i save mekem yu kam oraet mo i save mekem yu kam strong moa, i no yu nomo, be olgeta tu.

Joen wetem ol nara man. Sam man oli stap krae sore olgetawan nomo, mo oli save go stap olgetawan, yu mas joen wetem ol famli mo ol fren blong yu. Wanwan taem visitim ol memba blong famli we oli stap krae mo harem nogud, ol nara famli, mo ol fren, mo askem sapos yu save help from se bae oli no kam blong talem long yu.

Dipen long Sevya. Long en, Sevya i stamba blong hiling mo pis. "Atonmen blong Hem . . . i givim janis blong yumi prea long Hem we i bin go tru long evri harem nogud blong yumi long wol ia, blong givim paoa long yumi blong save fesem ol hevi trabol blong laef long wol ia. Hem i save wari blong yumi, mo Hem i stap blong helpem yumi. Semmak olsem Gudfala Man Sameria, taem Hem i faenem yumi we i gat kil long saed blong rod, bae Hem i kavremap ol soa blong yumi, mo bae i lukaot gud long yumi (luk long Luk 10:34)."[9]

Bae yumi mas luksave se yumi evriwan i nid blong dipen fulwan long Lod Jisas Kraes mo Atonmen blong Hem taem yumi stap traehad blong mekem pat blong yumi. Taem yumi luksave hemia, bae yumi wantem blong andastanem ol famli mo ol neiba blong yumi we oli stap harem nogud, givhan long olgeta wetem lav, mo bae yumi wok tugeta blong gat bigfala fet moa mo tras long Sevya, mo Sevya bae i kambak mo "bae hem i ravemaot wota blong ae blong olgeta. Nao bambae i nomo gat man i ded, mo bambae man i nomo krae from man we i ded. Bambae i nomo gat man i krae, mo bambae man i nomo harem nogud long bodi blong hem." (Revelesen 21:4). ■

OL NOT

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SAMFALA TOKTOK O ATIKOL WE I GUD BLONG RIDIM

Jeffrey R. Holland, "Like a Broken Vessel," *Liahona,* Nov. 2013, 40–42.

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Ol Toktok blong Profet long Wan Ples we Man i No Tingting long Hem

Wan magasin we oli livim i stap bae i jenisim laef blong Oska Kastro blong oltaem.

I Kam long Kolet Lindal

Dei ia we waef blong Oska i livim hem wetem tufala smol pikinini blong tufala, i bin wan had taem tumas long laef blong hem. I gat plante desisen blong mekem. Hem i bin stap lukaotem wan wok, mo naoia, bae hem i nidim wan niufala ples blong stap long hem. Hem i luk se laef blong hem i go prapa nogud olgeta. Hem i tingting se bae hem i givap, mo sapos i no from tufala naes pikinini blong hem, bambae hem i givap finis.

Long San Ruan, Ajentina, i no gat fulap haos i stap blong rentem, long praes we Oska i wantem. Be i gat wan smol haos long wan sef ples we wan grup blong sam yang man oli jes aot long hem, mekem se Oska i rentem ples ia, mo i rere blong statem niu laef wetem ol pikinini blong hem.

Insaed long niufala haos blong olgeta, i bin gat samfala magasin mo buk we oli slip i stap long floa, mo afta we oli wok ful dei blong klinap mo putum gud ol samting, Oska i sidaon mo i lukluk wan long ol magasin ia. Kova blong magasin ia i pulum tingting blong hem. Andanit long taetol, *Liahona,* i gat wan pikja blong wan olfala man we i stanap long wan taoa, i stap toktok long ol pipol. Man ia i mekem hem i tingbaot samfala pikja blong sam profet long Baebol.

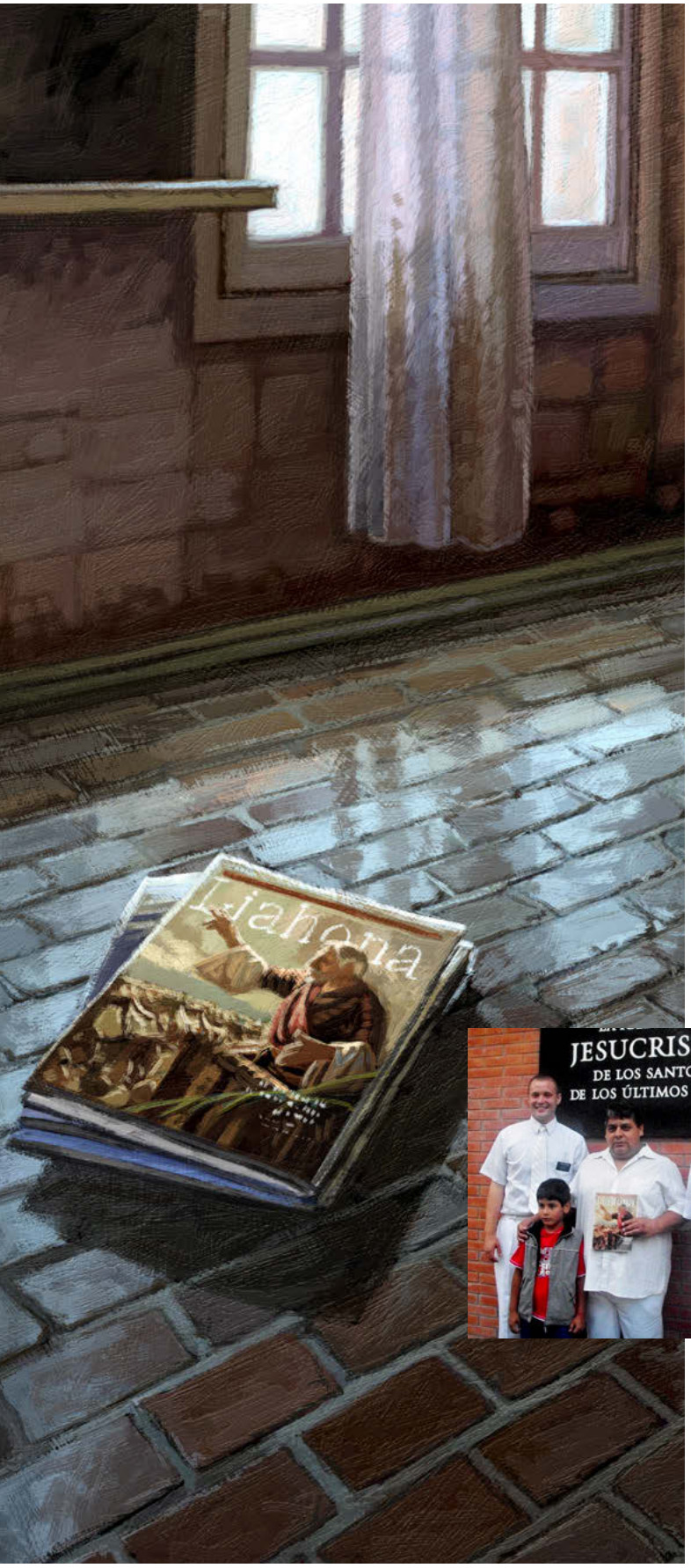
Oska i bin openem magasin mo i stat blong rid: "Wan-wan long yumi i save finis se yumi mas talem long ol pipol we yumi lavem se yumi lavem olgeta. Be wanem we yumi save, i no kamaot oltaem long wanem we yumi mekem."[1] Oska i tingbaot ol strong toktok we hem mo waef, tufala i stap taltalem long tufala plante taem. Hem i wantem tijim ol pikinini blong hem blong oli gud moa bitim hemia. Oska i gohed blong ridim magasin ia, mo i stat blong filim hop i stat blong gro insaed long hem. Bifo wik i finis, hem i bin ridim evri atikol blong magasin ia mo i bin wantem blong save moa.

Wan manis afta, tufala misinari i stap wokbaot long ples blong Oska. Oska i go kolosap long tufala, mo askem sapos oli ol Lata-dei Sent misinari mo bae hem i pem tufala hamas blong kasem sam moa magasin blong Jos. Tufala elda i talem se praes blong hem i 20 minit blong taem blong hem.

Long nekis dei, tufala misinari i kam visitim Oska long hom blong hem. Oska i tokbaot long tufala abaot taem we hem i stap tekem ol samting i go insaed long haos mo hem i faenem ol olfala buk, magasin mo buklet we i mekem se hem i save abaot Jos. Hem i eksplenem se fasfala atikol we hem i ridim, i go stret wetem laef blong hem long tetaem ia. Hem i bin save finis se famli i impoten, mo hem i bin wantem save moa long saed blong famli haos naet, mo famli prea. Hem i talem long tufala elda ol nara samting we hem i bin lanem abaot Jos, mo tu, abaot Josef Smit mo restoresen blong gospel.

Hem i lukluk i go stret long ae blong tufala elda, mo talem ol toktok ia we evri misinari i wantem tumas blong harem: "Mi biliv se Josef Smit i wan profet blong God."

PIKJA I KAM LONG DAN BUR; FOTO I KAM LONG HEM WE I RAET



Tufala elda i invaetem hem blong kasem baptaes, mo wetem wota long ae i ron, Oska i akseptem. Samfala wik afta, Oska Kastro i bin baptaes mo oli konfemem hem i kam memba blong Jos.

Lod i bin mekem Oska i rere, mo spirit blong hem i wantem blong sakem sin, mo i rere blong lanem samting mo gro. Long dei ia we i wan memori mo i fulap long filing, spirit blong ol mesej blong jeneral konfrens long *Liahona* i tajem hat blong Oska. Olgeta fasfala ona blong hom ia oli no bin save wanem bae i hapen taem oli livim biaen samfala magasin blong Jos, be gospel blong mesej insaed long ol magasin ia oli kam wan impoten misinari tul. I lidim hem i go long ol trutok we hem i bin stap lukaotem, mo oli jenisim laef blong Oska blong oltaem. ■

Oska Kastro i bin kasem baptaes mo konfemesen afta we hem i faenem* Liahona *blong jeneral konfrens insaed long haos ia we hem i muv i go insaed long hem.

Woman we i raet i bin stap long Ajentina taem hasban blong hem i bin stap olsem misin presiden.

NOT

1. David A. Bednar, "More Diligent and Concerned at Home," *Liahona,* Nov. 2009, 17.

I Kam Long Elda Bradli D. Fosta
Blong Olgeta Seventi

FAMLI HISTRI:
PIS, PROTEKSEN, MO OL PROMES

PIKJA I KAM LONG KAROLIN VIBET

Taem famli blong yu i tekpat blong putum tugeta ol rekod, bae ol hat oli hil, mo bae i gat siling blong ol memba blong famli, yu mo laen blong yu bae i gat blesing blong oltaem mo oltaem.

Stori blong Jos blong Jisas Kraes blong Ol Lata-dei Sent i wan stori abaot ol famli. Taem mi talem *ol famli,* mi no minim tingting ia blong yumi we i Mama, Papa mo ol pikinini.

Mi yusum toktok ia long wei we Lod i stap yusum, olsem wan nara toktok we i semmak long *famli blad laen*, o *ol famli wetem plante jeneresen,* from se evriwan i gat wan famli. Plan blong Papa blong yumi long Heven we Hem i gat long ol pikinini blong Hem, i lukluk long kaen famli ia—wetem ol pikinini we oli karem paoa blong olgeta long ol bubu blong plante jeneresen i gobak, mo ol papa mo mama we oli lukluk blong blesem laen blong olgeta blong plante jeneresen we oli stap kam.

Long wei ia tu, Buk blong Momon i stap tokbaot ol stori blong famli. Taem yumi ridim ol stori ia, yumi faenem se ol famli oli no jenis tumas ova long ol yia. Iven olgeta we oli bin laef long wan nara taem mo ples oli semmak olsem yumi—semmak, tingting long hat blong God blong ol pikinini blong Hem oli laef long wan hapi laef, i no jenis nating.

?From wanem nao Lod i holemtaet ol raeting blong ol stori ia? ?Wanem nao Hem i wantem yumi lanem aot long olgeta stori ia? ?Olsem wanem? ?Ol stori ia oli gat ol lesen insaed we i save helpem yumi taem yumi traehad blong kam tugeta, kasem hiling, mo silim famli blong yumi?

Wan Lesen we i Kam long Lihae

Mi biliv se fasfala famli insaed long Buk blong Momon—famli blong Lihae—i gat wan strong lesen blong yumi, we maet yumi no bin luksave yet. Famli blong Lihae i save tijim yumi plante samting abaot ol histri blong famli—from wanem oli impoten long Lod mo from wanem oli mas impoten tu long yumi.

Taem stori i stat, Lihae mo Saraea, tufala i lukaotem ol gel mo ol fofala boe blong tufala long Jerusalem, mo oli gat ol gudgudfala laef long bigfala siti ia. Laef blong olgeta i jenis bigwan blong oltaem taem Lod i bin givim oda long Lihae blong tekem famli blong hem i go long waelples.

Lihae i bin obei, mo hem mo famli blong hem oli livim evri samting blong wol we oli bin gat, mo oli aot i go long draeples. Afta we oli wokbaot i go blong smol taem, Lihae i talem long boe blong hem, Nifae:

"Luk mi bin drim long wan drim, long drim ia Lod i bin givim oda long mi se yu mo ol brata blong yu i mas *gobak* long Jerusalem.

"From luk, Leban i holem histri blong ol Jiu mo tu wan laen blong famle blong ol bubu blong mi, mo oli bin raetem ol samting ia long ol buk we oli bin mekem wetem bras." (1 Nifae 3:2–3; oli ademap italik.)

From komanmen ia, ol famli blong yumi oli gat blesing tru long toktok blong bilif ia, mo fasin blong stap obei blong Nifae: "Bae mi go mo mekem ol samting we Lod i bin talem, from mi save se Lod i no givim wan komanmen long ol pikinini blong ol man, sapos hem i no mekem rere wan rod blong olgeta, blong oli save mekem samting ia we hem i talem long olgeta." (1 Nifae 3:7).

Ol buk we oli bin mekem wetem bras, oli bin wan histri we oli raetemdaon. Insaed, i gat ol skripja, be tu, i gat histri blong famli blong Lihae. Lod i bin save se i impoten blong holemtaet gud histri ia blong plante jeneresen we bae oli kam.

Lod i bin wantem famli blong Lihae blong gat ol histri ia. Ol histri ia oli givim wan save long laen blong Lihae abaot weaples stret oli kamaot long hem.

?Yu eva askem yuwan from wanem Lod i no bin givim oda long Lihae, be i givim long ol boe blong hem, blong oli gobak from histri ia? Lihae i bin petriak blong famli. Lod i bin givim visen long *hem*. ?Yu no ting se bae Lihae bae i gat moa paoa blong toktok long Leban i bitim ol boe blong hem?

Yumi no save stret from wanem Lod i givim oda long ol boe blong Lihae blong gobak long Jerusalem, be yumi save se oli bin traehad lelebet blong mekem wanem we Lod i bin askem olgeta blong mekem. Wok ia i bin wan hadwan, mo i bin testem fet blong olgeta. Oli bin lanem ol impoten lesen we bae i helpem olgeta truaot long wokbaot blong olgeta long waelples. Maet samting we i impoten moa, i we oli lanem se taem Lod i givim komanmen, Hem rili putum wan rod i stap blong folem.

Yumi save askem yumiwan, ?wanem nao Lod i wantem ol boe mo ol gel blong yumi blong lanem taem oli stap "gobak" blong faenembak ol histri blong famli? ?Olsem wanem nao Hem i stap putum wan rod i stap blong oli folem? ?I gat samfala eksperiens we Hem i wantem blong oli gat? ?Yumi stap invaetem olgeta o no blong oli gat ol eksperiens ia? ?Wanem blesing nao Hem i stap hop blong givim long ol boe mo gel blong yumi tru long seves blong tempol mo famli histri?

Taem Nifae mo ol brata blong hem oli gobak long tenet blong papa blong olgeta, Lihae i "bin tekem ol histri we oli bin raetem long ol buk we oli bin mekem wetem bras, mo hem i bin stadi olgeta stat long stat blong olgeta." Long ol histri ia, oli faenem "ol faef buk blong Moses," "ol profesi blong ol tabu profet," mo "famle laen blong ol papa blong hem; long wei ia nao hem i bin save se hem i kamaot long laen blong Josef . . . we oli bin salem i go long Ijip." Taem Lihae "i bin luk ol samting ia, hem i bin fulap long Spirit" (1 Nifae 5:10, 11, 13, 14, 17).

Afta, Lihae i bin tijim famli blong hem long wanem we hem i bin lanem aot long ol buk ia. Yu save talem se tenet blong hem i kam wan senta blong famli histri, mo blong lanem samting—mo ol hom blong yumi tu oli sapos blong oli olsem.

Hem i isi blong luk from wanem Lod i bin wantem famli blong Lihae blong gat ol histri ia. Ol histri ia oli givim laen blong hem wan aedentiti, i joenem olgeta long ol fetful petriak blong bifo, mo i stap planem insaed long hat blong olgeta "olgeta promes we God i bin mekem long ol papa blong olgeta" (luk long D&C 2:2; Joseph Smith—History 1:39). Ol histri ia, oli bin impoten tumas long fet blong ol jeneresen we oli no bon i kam long wol ia yet, mekem se Spirit i bin givim woning long Nifae se, sapos i no gat histri ia, "wan kantri bae i kam slak mo ded from i lusum bilif." (1 Nifae 4:13).

Eksperiens ia blong wan narafala pipol insaed long Buk blong Momon i soem se hem i tru we, taem ol histri oli bin lus, trutok tu i bin lus, mo ol risal blong ol fiuja jeneresen oli save nogud evriwan.

Ol man blong Myulek oli bin aot long Jerusalem kolosap long semfala taem we famli blong Lihae i aot. Be, olgeta oli no mekem olsem famli blong Lihae, olgeta oli "bin tekem ol histri blong olgeta wetem olgeta." Taem we Mosaea i bin faenem ol histri ia samples 400 yia afta, "lanwis blong olgeta i bin kam nogud; mo; . . . mo oli bin tanem baksaed blong olgeta long man we i Krieta blong olgeta" (Omnae 1:17). Oli bin lusum aedentiti blong olgeta olsem wan pipol blong kavenan.

Mosaea i bin tijim ol man blong Myulek blong oli save lanem samting aot long histri we oli bin gat. Long en, ol

man blong Myulek oli go tru long wan bigfala jenis, oli aot long wan sosaeti we i trabol mo no fraet long God, oli kam wan sosaeti we i andastanem plan blong stap glad blong God, we i blong olgeta—mo ol famli blong olgeta.

Gobak wetem Famli blong Yu

Save ia we yumi gat long saed se huia yumi mo wanem rilesen yumi gat wetem God mo long wanwan long yumi i jenisim wei we yumi tingting, mekem samting mo tritim ol narafalawan. Ol histri oli wan impoten pat blong aedentiti mo lukluk blong yumi long fiuja. Blong stap luklukbak i mekem se yumi rere blong go fored.

Ol papa mo mama, ?yufala i bin invaetem famli blong yu blong "gobak"? ?Famli blong yu i seperet long histri blong hem? O famli blong yu i sepseperet long eni wei? ?Rilesen blong famli blong yu we i stap laef tedei mo olgeta blong bifo i bin brok? ?Wanem nao i bin hapen long histri blong famli blong yu we i bin mekem se rilesensip i brok? ?Hem i from: yu muv i go long defren kantri, raorao wetem famli, jenisim laef i go long gospel, o i from nomo se taem i stap pas i go? ?Yu yu bin go blong faenemaot ol bubu blong yu long intanet long FamilySearch.org?

Haos blong Isrel i bin seraot i go olbaot, mo long plante wei, hemia i hapen tu long famli mo histri blong yumi. Responsabiliti blong yumi i blong mekem evri samting ia oli kam wanples, mo taem we i nid, hilim ol harem nogud we i bin seperetem famli. Taem yumi gat strong tingting mo wokhad blong tanem hat blong ol pikinini blong yumi i go long ol papa blong olgeta, hat blong yumi bae i tanem tu i go long ol pikinini blong yumi[1] mo bae yumi faenemaot tugeta, pis mo hiling ia we i kamaot long wok ia (luk long D&C 98:16).

Semmak olsem we Lihae i bin sendem ol boe blong hem i go long Jerusalem blong karembak ol tabu histri ia, bae yumi tu, bae yumi sendem ol pikinini blong yumi oli gobak from ol famli histri blong yumi. Semmak olsem we Lod i bin putum wan rod i stap blong Nifae i folem, nao Hem i givim Intanet mo ol nara teknoloji we bae i mekem se ol pikinini blong yumi oli save pulum tugeta mo hilim ol famli blong yumi. Mo Hem i putum ol tempol oli stap; yumi save tekem ol nem we yumi faenem mo mekem se yumi stap tugeta blong oltaem tru long ol siling odinens.

Glad long Waelples

Taem waef blong mi, Serol mo mi, i bin mared, mifala i bin disaed blong gat fofala pikinini boe. Lod i bin gat wan defren plan. Hem i givim fofala gel long mitufala.

Mifala i bin travel wetem ol fofala gel blong mifala i go long ol waelples. Naoia, oli mared mo gat pikinini, mo olgeta tu, oli stap wokbaot long ol waelples blong olgeta. ?Olsem wanem? ?Rod i bin isi long saed blong evri samting? No. Mifala tu i bin komplen, mo i bin gat plante hadtaem o traehad.

Laef long waelples i save kam wan hadwan long ol famli. Taem ol pipol oli askem: "?Olsem wanem long yu mo famli blong yu?" Plante taem mi talem: "Mifala i stap long smol hadtaem naoia. Tangkyu blong askem."

Be i gat tu samfala taem we i gat bigfala tru glad long rod ia. Olsem ol petriak mo ol metriak, yumi spendem plante taem blong mekem ol pikinini blong yumi oli kam strong long waelples ia. Ol profet, long taem blong yumi, oli promesem se wok blong famli histri i "wan proteksen long paoa blong enemi blong lidim tingting blong yumi"[2] mo wok ia i wan jenis long hat "we i dip mo i gohed oltaem" long Sevya.[3] Hemia i wan wei we i gat paoa blong pulum tugeta, hilim, mo silim ol famli blong yumi.

Olsem petriak blong famli blong yumi, mi bin askem ol gel blong mi blong "gobak" blong *faenem* ol histri, *tekem* ol nem i go long tempol, mo *tijim* ol apupikinini blong mifala. Mi bin askem olgeta blong faenemaot se olgeta oli kamaot long wanem kaen famli taem oli tekpat blong faenemaot famli histri blong mifala.

Wan Promes

Mi promes se taem yu invaetem ol pikinini blong yu blong "gobak" mo faenem ol histri blong famli, tugeta bae yufala i "hapi tumas" olsem Lihae mo Saraea mo bae yufala i "talem tangkyu long God blong Isrel." Taem yufala i stap luklukgud insaed long ol rekod, bae yu "fulap long Spirit," from bae yufala i faenem se oli "ol samting we [yufala] i wantem tumas; yes, we i gat bigfala yus long [yumi]." Nao bae yufala i save se "hem i bin waes tingting long Lod we [yufala] i mas karem ol histri ia wetem [yufala], long taem we [yufala] i bin wokbaot tru long [waelples] i go long graon blong promes" (1 Nifae 5:9, 17, 21–22).

Jos i stap ia blong sapotem mo mekem famli blong yu i kam strong taem yu stap wokbaot long rod ia. Mi promesem yufala se taem famli blong yu i tekpat blong putum tugeta ol rekod, bae ol hat oli hil, mo bae i gat siling blong ol memba blong famli, yu mo laen blong yu bae i gat blesing blong oltaem mo oltaem. ■

I kamaot long wan toktok ia, "Kam Tugeta, Hiling, mo Silim Ol Famli," we oli givim long Roots Tech Famli Histri Konfrens long Sol Lek Siti, Yuta, YSA, long 14 Febwari 2015.

OL NOT

1. Blong luk olsem wanem ol histri we oli stap long ol buk we oli wokem long bras oli bin hilim laen blong Lihae, luk long Alma 37:8–10.
2. Richard G. Scott, "The Joy of Redeeming the Dead," *Liahona,* Nov. 2012, 94.
3. David A. Bednar, "The Hearts of the Children Shall Turn," *Liahona,* Nov. 2011, 27.

Lav agensem rabis tingting

I Kam long Josua J. Peki
Ol Magasin blong Jos

Rabis Tingting

Hem i wan toktok we i no naes blong harem. Plante long yumi i no wantem tingbaot nomo, mo tu, yumi no wantem lanem abaot samting ia. Toktok ia i tokbaot wan filing we i gat rabis tingting long hem, wan samting we i tudak—wan filing we i pulum tingting, be yet, hem i rong.

I gat wan gudfala risen from hemia. Sapos "fasin blong lavem mane tumas hem i stamba blong olgeta fasin nogud" (Fas Timoti 6:10), nao, i tru nomo se fasin blong gat rabis tingting i sikret fren blong hem. Hem i wan korap fasin mo i daonem man. Fasin blong gat rabis tingting i tanem olgeta pipol, ol tingting, mo iven ol aedia i go long ol samting blong mas gat, o mas kasem blong mekem bigfala wantem ia insaed, i harem gud. Be sapos yumi save samting ia finis, ?from wanem nao yumi nidim blong save moa long saed blong samting ia?

From se, taem yumi andastanem wanem nao hem i rabis tingting, yumi save lanem olsem wanem blong lidim tingting, filing, mo aksen blong yumi blong yumi stap longwe long rabis tingting, mo winim tingting ia taem hem i kamkamaot. Hemia bae i lidim yumi blong go kolosap moa long Tabu Spirit, we i klinim gud ol tingting blong maen, ol tingting we yumi wantem mekem, mo i mekem se yumi kam strong moa. Mo hemia, bae i lidim yumi long wan laef we i moa hapi, i gat moa pis mo i gat moa glad.

Wanem Stret Hem I Rabis Tingting

Plante taem, yumi tingting long rabis tingting olsem blong gat ol strong filing insaed long bodi, we oli no stret, long wan narawan; be i posibol tu, blong gat rabis tingting, o kavetem eni kaen samting: mane, propeti, ol samting, mo tu, yes i hapen, ol narafala pipol (luk long Guide to the Scriptures, "Lust" long Inglis).

Rabis tingting i pusum wan blong kasem samting long wan rod we i agensem tingting blong God. Hem i tekem eni kaen filing, o filing blong wantem samting

Sapos yumi save kam blong andastanem moa wanem hem i rabis tingting, bae yumi kam blong lanem olsem wanem blong stap longwe long hem mo olsem wanem blong mekem ol joes we i pulum yumi go kolosap long Tabu Spirit.

TALEM MINING BLONG LAV MO FASIN BLONG GAT RABIS TINGTING

Lav i wan hae fasin; rabis tingting i daonem yu. Lav i akseptem trutok; rabis tingting i akseptem giaman. Lav i bildimap mo mekem wan i kam strong moa; rabis tingting i prapa spolem man mo mekem i nomo strong. Lav i mekem evriwan i glad; rabis tingting i mekem man i raorao. Lav i karem pis i kam; rabis tingting i karem faet i kam. Lav i givim insperesen; rabis tingting i kilim ded maen blong yu. Lav i hilim man; rabis tingting i mekem man i nomo gat paoa. Lav i givim paoa long man; rabis tingting i prapa spolem gud man. Lav i givim laet; rabis tingting i mekem ples i tudak. Lav i fulumap mo i givim sapot; rabis tingting i no save mekem wan i glad evriwan. Lav i joen gud wetem promes; rabis tingting i tekem se hom blong hem i hae tingting.

we i mekem se wan i lukluk nomo long ol samting blong wol, o i gat ol selfis fasin—i lukluk long intres blong hemwan, i wantem samting, i gat strong filing insaed long bodi, mo i wantem tumas samting—be i no wantem stap obei long olgeta komanmen blong God.

Long nara toktok, i blong wantem ol samting we i no folem tingting blong God, o blong wantem blong gat ol samting long wan rod we i no folem rod blong God, i wan rabis tingting, mo hemia i lidim man blong i no stap hapi.[1]

Denja blong Rabis Tingting long Saed blong Seks

Nomata we yumi bin kasem woning agensem fasin blong gat rabis tingting olsem wan wei blong kavetem eni kaen samting, long saed blong seks, hemia i wan bigfala denja evriwan. Sevya i bin wonem yumi: "Eni man we i stap lukluk long wan woman, blong wantem hem tumas, i bin mekem adaltri finis long hat blong hem" (Matiu 5:28).

Ol Aposol blong bifo oli bin givim fulap mo fulap woning agensem fasin blong gat rabis tingting long saed blong seks. Olsem wan eksampol nomo, Aposol Jon i talem: "Oltaem man i wantem tumas ol rabis samting we tingting blong hem i wantem, mo i wantem tumas ol samting we ae blong hem i luk, mo i flas tumas long ol samting we hem i gat. Be ol fasin ia, oli no kamaot long Papa blong yumi, ol stap kamaot long wol ia nomo" Fas Jon 2:16; luk tu long ves 17; Rom 13:14; Fas Pita 2:11).

Mo olgeta woning ia oli gohed blong stap kamaot tedei.[2] Elda Jefri R. Holan blong Kworom blong Olgeta Twelef Aposol i eksplenem: "?From wanem nao rabis tingting i wan sin we i kilim man i ded? Okei. Antap long fasin ia blong prapa spolem gud Spirit blong sol blong yumi, mi ting se hem i wan sin from hem i rabisim hae mo tabu rilesensip we God i stap givim yumi long laef long wol ia—we i lav we wan man mo wan woman i gat long tufala mo tingting ia blong wantem se kapol ia i tekem ol pikinini oli kam long wol ia insaed long wan famli we bae i stap blong oltaem."[3]

Taem yumi letem filing blong rabis tingting i putum gru blong hem, hemia i stap olsem rus blong plante wok blong sin. Bae i stat taem yu sakem ae nomo, mo hemia i save lidim yu blong brekem loa mo fesem evri nogud risal blong hem. Hemia i from se rabis tingting i ronemaot Tabu Spirit, mo i mekem se yu nomo strong blong fesem temtesen, mo ol rabis wok mo ol trik blong enemi.

Ol nogud joes blong King Deved oli wan eksampol long olsem wanem nao, filing ia, i strong mo i save kilim ded man. Deved i stap mo ae blong hem i kasem Batseba we i stap swim, nao i gat rabis tingting long hem. Rabis tingting i mekem se hem i mekem rabis wok, mo i mekem se ol man blong hem oli tekem woman ia i go long hem, mo hem i slip wetem woman ia. Afta long hemia, i traem blong haedem sin blong hem; nao Deved i givim oda blong oli putum hasban blong Batseba i stanap long fored blong faet blong meksua se bae enemi i kilimded hem (luk long 2 Samuel 11). Long en, Deved i lusum praes ia blong Kraes i mekem hem i kam olsem wan god (luk long D&C 132:38–39).

Situesen blong Deved i go tumas, be i pruvum poen ia: rabis tingting i wan temtesen we i gat paoa. Taem yumi sarenda long hem, i save mekem se yumi go mekem ol samting we man we i no oraet long tingting bae i go mekem. Hem i tru we rabis tingting i save spolem gud man, i isi blong i girap, mo i strong blong temtem yumi blong tanem baksaed long Tabu Spirit, mo tanem tingting blong yumi blong mekem ol rong samting, nao hem i stap olsem wan bigfala denja. I save stat taem wan i luk ponografi, i lisin long ol toktok blong miusik we i tokbaot klia ol rabis fasin, o taem wan

Rabis tingting i tekem eni kaen filing, o filing blong wantem samting we i mekem se wan i lukluk nomo long ol samting blong wol, o i gat ol selfis fasin, be i no wantem stap obei long olgeta komanmen blong God.

i slip wetem man o woman taem i no stret blong mekem. Long semtaem, ol rabis filing i save pusum wan blong go lukaotem ponografi. Rilesensip ia we i stap hapen oltaem, i gat bigfala paoa mo i gat bigfala denja long hem.[4]

Rabis tingting long saed blong seks i daonem man, i mekem ol rilesensip oli nomo strong, mo i prapa spolem gud rilesensip we yumi gat wetem God. "Mo i tru mi talem long yufala, olsem we mi bin talem bifo: hem we i lukluk long wan woman nao i wantem hem tumas, o sapos eniwan i mekem adaltri long hat blong hem, bambae hem i no gat Spirit, be bambae hem i tanem baksaed long fet mo bambae hem i fraet" (D&C 63:16).

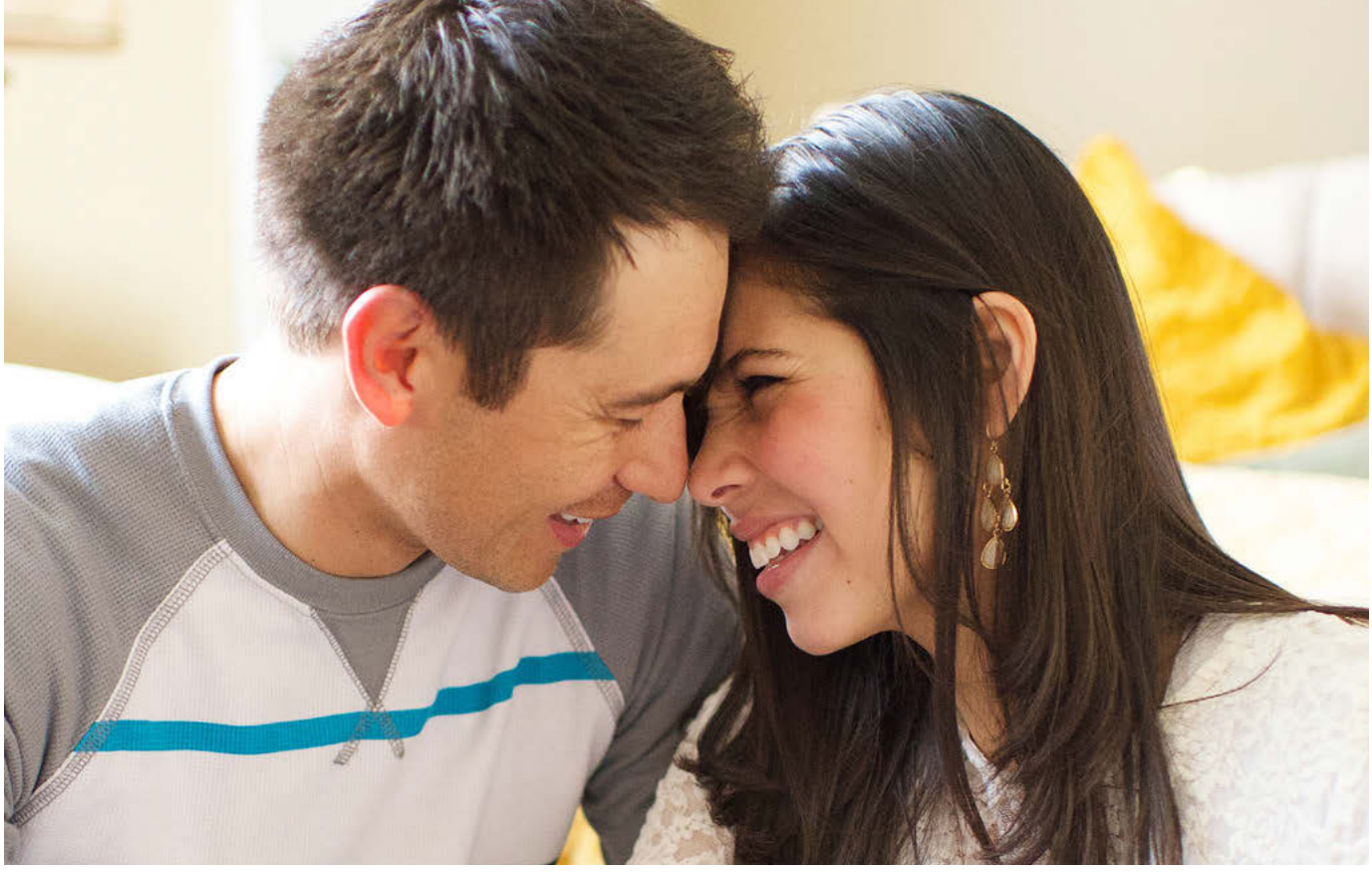
Olsem we Elda Rijad G. Skot (1928–2015) blong Kworom blong Olgeta Twelef Aposol i bin tijim: "Rabis fasin long saed blong seks i putum wan fanis i stap blong Tabu Spirit wetem evri paoa blong leftemap tingting, givim laet mo paoa, i no kam. Hem i wekemap ol strong filing insaed long bodi mo long tingting. Wetem taem, hem i mekem se hanggri blong hem i no save stop, mo i pusum hem we i stap mekem rong blong go long sin we i moa bigwan."[5]

Wanem I No Rabis Tingting

Yumi bin luk wanem *hem i* rabis tingting, mo hem i impoten tu blong andastanem wanem *hem i no* rabis tingting, mo blong mas lukaotgud blong no talem se ol stret tingting, stret filing long bodi oli ol rabis tingting. Rabis tingting i wan *kaen* filing long bodi, be i gat tu olgeta filing long bodi we oli ol stret filing. Eksampol, yumi save wantem ol gudfala mo stret samting we bae i helpem yumi blong mekem wok blong Lod i hapen.

Tingting long hemia:

- **Filing ia blong wantem gat mane.** Filing ia, taem yu lukluk olsem nomo, i no wan rabis tingting. Pol i no bin talem se *mane* i stamba blong olgeta fasin nogud. Hem i talem se "*fasin blong lavem mane tumas* hem i stamba blong olgeta fasin nogud" (Fas Timoti 6:10; oli ademap italik). Ol tijing blong Jekob i givim moa klia lukluk: "Be bifo yufala i lukaotem ol rij samting, lukaotem kingdom blong God. "Mo afta we yufala i bin kasem wan hop long Kraes, bae yufala i kasem ol rij samting, sapos yufala i lukaotem olgeta; mo bae yufala i lukaotem ol samting ia wetem tingting blong mekem ol gud samting---blong givim klos long olgeta we oli neked, mo blong fidim olgeta we i hanggri, mo blong mekem ol prisena i go fri, mo givhan long ol sik pipol mo olgeta we oli harem nogud" (Jekob 2:18–19).
- **Blong gat ol stret filing long saed blong seks long hasban o waef blong yu.** Ol filing ia we God i givim, i help blong mekem wan mared i kam strong moa, i kam strong gud mo i stap wan. Be, *hem i* posibol tu blong gat ol filing we i no stret long hasban o waef. Sapos yu lukaot blong yuwan nomo i harem gud, o blong yu lukluk nomo blong stretem ol filing blong



From we Papa long Heven i givim fridom blong joes long yumi, yumi gat paoa ova long ol tingting, ol filing mo ol aksen blong yumi.

> bodi blong yuwan, nao yumi stap glis i go long ol filing blong rabis tingting, mo hemia i save spolem wan mared. Ki blong luklukgud mo holemtaet wan stret fasin long saed blong seks insaed long wan mared, hem i blong gat wan tingting we i klin gud mo i gat lav.

Impoten prinsipol i blong luklukgud long ol samting ia from wan samting we i stret—blong bildimap kingdom blong God mo blong mekem moa gudfala wok long wol ia. Be rabis tingting, hem i stap leftemap tingting blong yumi blong go aotsaed long ol stret baondri, ples we ol filing blong yumi oli ting nating long God, i mekem pipol i kam ol samting, mo i mekem ol samting, ol rij samting, mo iven paoa oli kam ol bigfala devel we oli kavremap ol gud filing blong yumi, mo i prapa spolem ol rilesensip blong yumi.

From Wanem Nao Plante Taem Yumi Stap Go From Rabis Tingting

Yumi save se rabis tingting i spolem man, mo i wan denja, nao ?from wanem nao hem i wan bigfala temtesen mo i stap long evri ples? ?From wanem nao yumi letem rabis tingting ia i winim yumi? Taem yumi lukluk antap nomo, i luk se selfis fasin o fasin blong nogat kontrol long yuwan i stamba blong rabis tingting. Olgeta samting ia oli kam afta, be strong stamba blong rabis tingting, hem i fasin blong stap emti. Wanwan i save foldaon long rabis tingting taem hem i stap traem blong fulumap wan hol we i stap long laef blong olgeta. Rabis tingting i wan giaman filing, wan rabis samting we i kam tekem ples blong lav, tru valiu, mo fasin blong disaepol we i stap strong oltaem.

Blong gat kontrol long ol filing, long wan wei, i wei we hat blong wan i stap long hem. "[From olsem wanem we man i tingting long hat blong hem, fasin blong hem i semmak nomo]" (Ol Proveb 23:7). Long weaples we yumi stap putum lukluk blong yumi long saed blong tingting mo spirit, bae wetem taem, bae i kam paoa we bae i lidim ol tingting, ol filing mo ol aksen blong yumi. Eni taem we yumi filim se yumi fesem temtesen blong gat rabis tingting, yumi nidim blong riplesem temtesen ia wetem wan samting we i moa stret.

Fasin blong stap nating i wan nara samting we i save mekem wan i gat ol rabis tingting. Taem yumi no gat samting i stap gohed insaed long laef blong yumi, bae yumi save foldaon isi long ol nogud fos. Taem yumi muv blong lukaotem blong mekem ol gudfala wok (luk long D&C 58:27) mo traehad blong yusum gud taem blong yumi blong mekem ol gud samting, bae yumi no save gat ol rabis tingting, o foldaon long ol nogud fos.

Olsem we Elda Dalin H. Oks blong Kworom blong Olgeta Twelef Aposol i eksplenem, se ol filing we yumi jusum blong folem, oli lidim aksen blong yumi, be tu, i mekem huia we bae yu kam: "Ol filing blong yumi oli talem

wanem bae i kam faswan long laef; ol fas samting long laef bae oli lidim ol joes blong yumi; mo ol joes oli talemaot wanem aksen blong tekem. Ol filing we yumi tekem aksen folem, i talem olsem wanem bae yumi jenisim fasin long laef, i talem wanem bae yumi mekem i hapen long laef, mo i talem huia bae yumi kam long laef."[6]

Long narafala toktok, yumi mas lukaotgud long ol filing we yumi letem yumi blong folem, be tu, ol tingting ia we oli pusum o mekem ol filing ia oli kam. Olsem we Alma i bin tijim, sapos ol tingting blong yumi oli no klin gud, "ol toktok blong yumi bae oli go agensem yumi" (Alma 12:14)

Meresin: Lav Olsem Hemia blong Kraes

Rabis tingting i wan samting we yu no save ronwe long hem. From Papa long Heven i givim fridom blong joes long yumi, yumi gat paoa ova long ol tingting, ol filing mo ol aksen blong yumi. Yumi no nid blong folfolem ol rabis tingting mo filing blong yumi. Taem temtesen i kam antap, yumi save jusum blong no go folfolem ol rod ia.

?Olsem wanem nao yumi stap winim temtesen blong gat rabis tingting? Yumi stat blong developem wan stret rilesensip wetem Papa long Heven mo jusum blong givim seves long ol narawan. Mo yumi mekem evri fasin blong yumi long saed blong relijin, olsem prea mo skripja stadi, we i stap invaetem Tabu Spirit long laef blong yumi. Long en, sikret tul hem i lav olsem hemia blong Kraes—we i klin gud, we i tru, lav we i ones, wetem wan tingting blong bildimap kingdom blong God mo blong putum ae i stap nomo long glori blong Hem. Lav ia i posibol nomo taem yumi gat Tabu Spirit i stap wetem yumi.

Blong karemaot ol rabis tingting, i nidim wan prea we i kam long hat, we yumi askem God blong karemaot ol filing ia, mo long ples blong olgeta, i putum bigfala lav (luk long Moronae 7:48). Hemia i kam posibol, olsem eni fasin blong sakem eni sin, tru long gladhat blong Atonmen blong Jisas Kraes.[7] From Hem, yumi save lanem blong lavem man long wei we Hem mo Papa blong yumi long Heven, Tufala i lavem yumi.

Taem yumi stap lukluk oltaem long Papa blong yumi long Heven, taem yumi stap laef folem fasfala mo seken bigfala komanmen—blong lavem God mo ol narafala man olsem we yumi lavem yumiwan bakegen (luk long Matiu 22:36–39)—mo taem yumi mekem evri samting we yumi save mekem blong laef olsem we Hem i bin tijim yumi, ol tingting we oli klin gud mo oli ones oli lidim laef blong yumi wetem wan paoa we i bigwan we i bigwan. Taem yumi joenem tingting blong yumi long tingting blong Papa, ol temtesen mo risal blong rabis tingting oli go lus, mo stret lav blong Kraes i tekem ples. Afta, yumi fulap long tabu lav ia we i tekem ples blong ol nogud fasin blong wol ia wetem ol naes wok blong bildimap kingdom blong God. ■

OL NOT

1. Luk long Dallin H. Oaks, "Joy and Mercy," *Ensign,* Nov. 1991, 75; mo Thomas S. Monson, "Finishers Wanted," *Ensign,* Julae 1972, 69.
2. Jes blong kasem samfala eksampol, luk long Doctrine and Covenants 88:121; Spencer W. Kimball, "President Kimball Speaks Out on Morality," *Ensign,* Nov. 1980, 94–98; Neal A. Maxwell, "The Seventh Commandment: A Shield," *Ensign,* Nov. 2001, 78–80; Russell M. Nelson, "Where Is Wisdom?" *Ensign,* Nov. 1992, 6–8. Blong luk sam moa woning long skripja agensem fasin blong gat rabis tingting, luklukbak long ol topik ia insaed long Guide to the Scriptures: Adultery; Carnal; Chastity; Covet; Fornication; Homosexuality; Lust; Sensual, Sensuality; Sexual Immorality.
3. Jeffrey R. Holland, "Place No More for the Enemy of My Soul," *Liahona,* Mei 2010, 44–45.
4. Blong ridim moa long saed blong topik ia, luk long Dallin H. Oaks, "Recovering from the Trap of Pornography," *Liahona,* Okt. 2015, 50.
5. Richard G. Scott, "Making the Right Choices," *Ensign,* Nov. 1994, 38.
6. Dallin H. Oaks, "Desire," *Liahona,* Mei 2011, 42.
7. Eksampol, luk long D. Todd Christofferson, "The Divine Gift of Repentance," *Liahona,* Nov. 2011, 38–41.

FAEF TINGTING BLONG GAT WAN LAEF WE I KLIN GUD

Elda Jefri R. Holan i givim faef tingting blong karembak mo holemtaet wan laef we i klin gud:

1. Nomo joenem ol pipol, ol samting, mo ol situesen we bae i spolem yu.
2. Lukaotem help.
3. Developem mo praktisim kontrol long yuwan blong sakemaot ol nogud samting we oli kam lidim tingting blong yu.
4. Riplesem ol nogud tingting wetem ol pikja blong hop mo ol memori we oli fulap long glad.
5. Tijim yuwan, mo stap long ples we Spirit blong Lod i stap long hem.

I kamaot long "Place No More for the Enemy of My Soul," *Liahona,* Mei 2010, 44–46.

GIVIM SEVES LONG WAN PLES WE I

Longwe Moa long

O weaples moa, Lod i nidim yu.

I Kam long R. Val Jonson mo Rejel Kolman
Ol Jos Magasin mo Pablising Seves

Nid ia i bigwan i stap.

Long stat blong yia 2013, i bin gat faef kes blong misel long Sahatari refuji kamp long Midel Is kantri ia, Jodan. I bin gat ova long 100, 000 refuji blong Siria, we oli fulap tumas long wan ples, we oli stap long denja blong kasem nogud sik ia. Gavman blong Jodan i bin putum plan blong bigfala kampen blong stikim man blong mekem se sik ia i no go olbaot. Plan, hem i blong givim stik meresin long 90,000 refuji blong Siria, we yia blong olgeta i stap bitwin 6 manis mo 30 yia, long tu wik taem nomo.

Be i gat wan problem i stap. Unites Nations Children's Emergency Fund (UNICEF) i bin gat meresin ia. Ministri blong Helt blong Jodan i gat ol klinik i stap. Wanem we oli no gat, oli ol narafala saplae—ol stik, ol kontena blong putum ol sap tul, ol aesbokis blong putum meresin—mo taem i stap go[1]

Nao tufala ia i kam, Ron mo Sandi Hamon, senia welfea misinari we oli stap olsem ol kantri daerekta long Jodan blong LDS Charities. From se Ron mo Sandi, tufala i bin stap wok finis wetem UNICEF mo Ministri blong Helt, kwiktaem oli joenem han blong faenemaot olsem wanem nao LDS Charities i save help.

Ron i talem: "Mifala i askem praes blong pem olgeta saplae ia. Taem oli talem long mifala, mifala i talem: 'Mifala i ting se LDS Charities i save help' Oli askem: '?Bae yufala i save hariap long hem? !Mifala i mas muv hariap wetem!' "

Long 20 aoa taem LDS Charities i bin apruvum blong oli pem olgeta saplae ia we i nid. "Taem mifala i bin talem long Ministri blong Helt mo UNICEF," Ron i talem, "oli bin sapraes wantaem. ?Olsem wanem nao wan NGO [non-gavman oganaesesen] i save muv kwiktaem olsem? Stik meresin kampen i bin save muv i go folem stret taem, be tu, i bin givim insperesen long wan kampen we i kavremap ful kantri mo oli bin stikem plante handred blong ol taosen man Jodan mo refuji blong Siria."

Oli stopem sik.

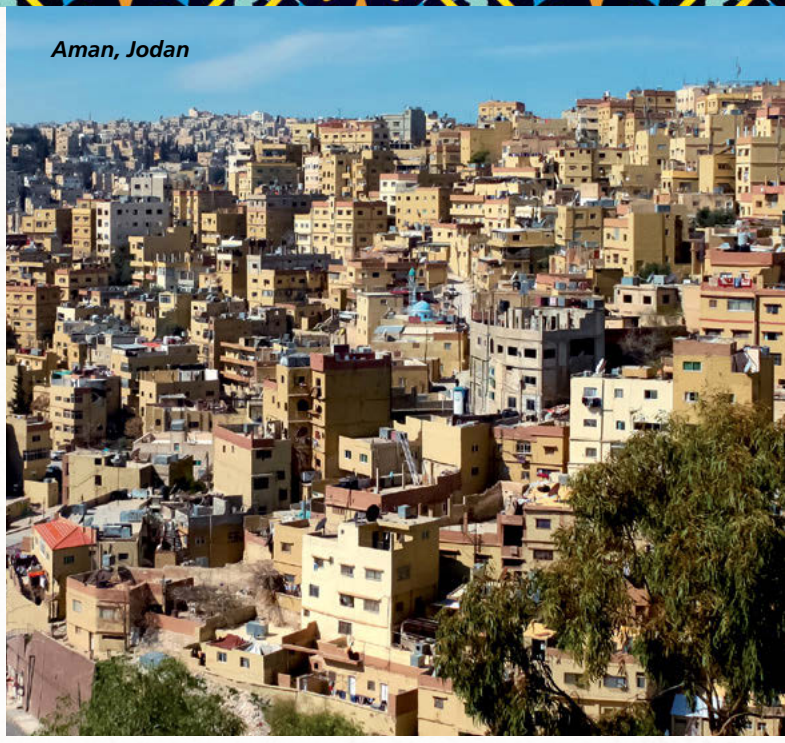
Antap long hemia, gudfala patnasip ia wetem UNICEF, Ministri blong Helt blong Jodan mo LDS Charities i bin stap olsem rod blong sam fiuja wok.

Olsem wanem nao Ron mo Sandi Hamon, tufala i bin kasem ples ia long wan impoten

LDS Charities i bin helpem 90,000 refuji blong Siria blong kasem stik meresin blong sik misel.

LEFSAED: FOTO WE SAMIR BADRAN, UNICEF-JORDAN; I GLAD BLONG SEREM; BAKGRAON PATEN MO FOTO BLONG AMAN, JODAN I KAM LONG © ISTOCK/THINKSTOCK

Jodan



Aman, Jodan

taem long Medel Is, i stap olsem wan testeman blong fet blong tufala Hamon mo insperesen we i stap biaen long misinari program blong ol kapol misinari blong Jos.

Oli Nidim: Ol Misinari Kapol

Long 2012, tufala Hamon i bin stap long misin olsem ol odinens wokman insaed long Reksbeg, Aedaho Tempol. Ron i gat wan gudfala bisnis blong pulum tut, mo i bin stap tij long Relijin Dipatmen long Brigham Yang Yunivesiti-Aedaho. Be nomol wok blong evri dei laef blong tufala i bin jenis wantaem taem tufala i kasem stret tingting long spirit blong putum pepa blong go long wan misin. Taem we tufala i go long hem, i mekem tufala i sapraes. Ol pikinini blong tufala we oli mared, oli stap long ol defren level long wok blong olgeta, mo Ron i no stap lukluk yet blong hem i stop long wok. Be Spirit i talem long tufala se oli nidim tufala mo evri samting bae i oraet nomo.

Olsem we i bin hapen, ol prishud lida long hedkwota blong Jos oli bin livim kakae mo stap prea blong faenem stret kapol blong wok olsem kantri daerekta blong LDS Charities long Aman, Jodan.

Sandi i talem: "Hem i bin klia se Lod i bin go fastaem long mitufala, i rere long evri smolsmol samting long saed blong wok we Hem i gat long mitufala. Mifala i save se Hem i mekem hemia long evri misinari we i givim seves. Hem i gud blong save se Sevya i stap stretem ol samting blong yu bifo yu go long misin, o iven bifo yu kasem ples."

Ron i talem: "Taem mitufala i luklukbak, mitufala i glad tumas we mitufala i neva talem wan ples, o askem blong go long wan kantri blong mekem misin blong mitufala. Taem mitufala i livim olgeta samting ia long han blong Lod, i letem Hem blong givim wan eksperiens long mitufala we bae i no hapen, sapos i no bin olsem."

Eksperiens ia i tekem tu blong wok wetem famli blong King blong Jodan long saed blong ol yumaniterian projek we famli blong king i wantem wok long olgeta. Tufala Hamon i bin wok wetem ol hospital mo ol klinik blong givim trening long ol wokman blong Jodan long saed blong sevem laef blong pikinini, we i mekem se i daonem namba blong ol niubon bebi. Trulong hadwok blong tufala mo samfala moa kapol misinari, LDS Charities i bin

OLSEM WANEM NAO BLONG GAT OL 6, O 12, O 18, O 23 MANIS WE OLI TOPWAN LONG LAEF BLONG YU

Wan kapol i save go long misin blong 6, 12, 18 o 23 manis, i dipen long situesen blong olgeta.

Antap long hemia, bigfala mane blong spendem long wan misin—haos—naoia i stap long limit blong i no ova long 1,400 US dola long ol kapol we oli givim seves, we oli kamaot long Yunaeted Stet, Kanada, Wes Yurop, Japan mo Ostrelia. Long saed blong ol narafala kantri, oli pem wanem we oli save pem.

Blong kasem moa infomesen long wei blong aplae blong go long misin, mo blong ridim moa stori blong ol kapol misinari we oli bin gat ol top manis blong laef blong olgeta blong go long misin, go long lds.org/callings/missionary/senior.

givim trening mo ol tul long ol klinik, mo ol oganaesesen we oli wok wetem olgeta pipol we oli gat ol handikap. Long olgeta we tufala Hamon mo ol nara welfea misinari oli bin sapotem, i bin gat wan senta we i stap tijim ol woman we oli gat handikap long olsem wanem blong krietem mo mekem ol spesel klos mo ol handikraf. Olgeta skil ia oli save givim olgeta student wan janis blong lukluk long olgeta nid blong olgetawan mo nid blong ol famli blong olgeta.

Ol nara projek, i bin gat blong wok wetem ol narafala NGO mo gavman blong Jodan long saed blong ol imejensi wok mo lukluk tru long ol studen blong Jodan blong kasem wan long tufala skolasip evri yia blong go long Brigham Yang Yunivesiti. Wan long ol eksperiens we ol Hamon oli bin wok long hem wetem Latin Katolik Jos blong bildim ol rum blong skul blong ol Kristin man blong Irak we oli no bin gat wan nara ples blong mit long hem.

Wetem Lod Insaed long Plantesen blong Hem

Taem oli stap long Jodan, olgeta Hamon oli bin lanem se promes blong Lod i hapen tru long olgeta we oli wok blong Hem: "Bambae mi go long fored blong yufala. Bambae mi stap long raet han blong yufala, mo long lef blong yufala, mo Spirit blong mi bambae i stap insaed long hat blong yufala, mo ol enjel blong mi oli stap raonem yufala, blong sapotem yufala" (luk long D&C 84:88)

Ron mo Sandi Hamon mo ol nara yumaniterian misinari oli wok wetem famli laen blong king blong Jodan blong daonem namba blong ol niubon bebi we oli stap ded longwe.

Ron i talem: "God i stap wetem yumi long wok ia. Hem i stap insaed long plantesen ia wetem ol wokman blong Hem. Eni kapol we i go long misin, Lod blong plantesen i stap joenem mo wok wetem olgeta insaed long plantesen ia. Yumi no stap biliv long ol merikel long Jodan; yumi stap laef wetem ol merikel."

I tru nomo, ol enjel we oli bin filim se oli "raonem" olgeta, i gat plante kaen long olgeta, be tu, i gat olgeta enjel long wol ia, speseli ol pikinini blong olgeta, we i bin sapotem olgeta long tingting blong olgeta blong givim seves longwe long hom.

Mo afta, Lod i bin blesem famli blong olgeta wetem proteksen blong Hem mo paoa blong sapotem olgeta. Famli i mas mekem ol jenis long saed blong wok, mo oli mas muv i go long ol defren ples, mo sam helt problem long taem bebi i bon oli kam stret taem ol pikinini blong tufala oli tanem olgeta long Lod, oli toktok tugeta, mo oli bin prea mo livim kakae from wanwan long olgeta.

Ol blesing we ol pikinini blong olgeta oli kasem oli bin gud tumas, mekem se taem Brata mo Sista Hamon i kasem invitesen blong seftem tu yia misin blong tufala i go long tri yia, wanwan long ol pikinini blong tufala oli talemaot bigfala glad blong tufala. Oli bin filimsave se Lod i bin stap mekem wan samting we i spesel tumas long olgeta from risal blong seves blong papa mo mama blong olgeta.

Be yet, tufala Hamon i filim se blong stap longwe long ol pikinini, i wan sakrifaes. Blong stap long narasaed wol, longwe long olgeta we oli lavem tumas, i bin wan had samting. Be i no had olsem i bin had long taem blong bifo. Teknoloji i mekem i posibol blong famli i save wanem i gohed long laef blong wanwan olsem we i nid. Sandi i talem: "Ol kapol oli no stap stop blong toktok wetem ol famli blong olgeta. Mifala i bin stap toktok plante taem wetem ol famli blong ol pikinini we oli stap long hom. From FaceTime mo ol imel, ol fofala niu apupikinini blong mitufala, we oli bin bon i kam long wol taem mitufala i stap long seves, oli bin save mitufala mo oli hapi mo glad blong luk mitufala taem mitufala i gobak."

Stap Openem Ol Tingting mo Ol Hat

Samfala long ol blesing we ol Hamon oli filim se oli bin kasem aot long seves blong tufala, i we, ae blong tufala i open blong luk bigfala hat mo fasin blong mekem fren we ol pipol blong Jodan oli gat. Taem ol Hamon oli bin kasem koling blong tufala long fas ples, tufala i no save stret se ol pipol ia we bae oli givim seves long olgeta oli olsem wanem.

LEFSAED: FOTO WE LDS CHARITIES I GLAD BLONG SEREM; RAETSAED: FOTO WE OL HAMON OLI GLAD BLONG SEREM

Wan wari blong olgeta kapol we oli wantem go long misin, i blong stap longwe long ol pikinini mo ol apupikinini long ol impoten taem blong laef blong olgeta. Ol Hamon oli bin lanem, long sam defren wei, se Lod i blesem ol famli blong ol kapol we oli stap givim seves, mo teknoloji i save mekem se oli stap kolosap nomo long famli blong olgeta iven sapos oli stap nara-saed long wol.

Ron i talem: "Be mitufala i luk se ol Muslim fren blong mitufala oli naes mo gat bigfala hat. Mo mifala i save stret se sapos oli bin filim se mitufala i stap long denja, bae oli girap mo mekem evri ting blong protektem mitufala.

"Bigfala lav blong olgeta i bigwan tumas. Ol man Jodan oli no laekem blong save se sam narafala man oli no gat samting sapos oli save givhan. Oli bin stap welkamem ol refuji stat long taem bifo Deved finis i kam. Baebol i tokbaot long plante ples we i 'longwe bitim Jodan,' mo mitufala i stat blong saenem ol leta blong mitufala 'Longwe Bitim Jodan' blong luksave seves blong lav mo sore we mitufala i bin gat janis blong givim long kantri ia we i gat lav mo sore long histri blong hem. Blong plante handred yia, Jodan i bin wan ples blong jareti, mo Lod bin blesem ol pipol ia from jareti ia."

Taem tufala i wok kolosap wetem ol pipol blong Jodan, i mekem se tufala Hamon i developem samfala strong frensip. "Oli bin invaetem mitufala long plante Iftar kakae, we hem i kakae we i endem fasin blong livim kakae evri dei long taem blong Ramadan," Sandi i talem. "Ol Muslim fren blong mitufala oli bin invaetem mitufala tu blong go long ol lafet blong blokem woman, mared mo ol nara famli taem."

Jos i no stap mekem misinari wok o letem ol Muslim oli baptaes long Jodan o long eni ples we loa i blokem, mekem se tufala Hamon i no serem infomesen long saed blong Jos. Be, tufala i lukluk nomo blong bildimap mo holemtaet ol rilesensip—wetem famli laen blong king, ol lokol yumaniterian patna, ol nara kapol misinari we oli stap long misin wetem tufala, mo ol lida blong relijin mo gavman. Taem man i askem tufala blong tokbaot moa long saed blong Jos, tufala Hamon i leftemap tingting blong olgeta we oli askem kwestin blong oli go lukluk websaet blong Jos long LDS.org.

Koling Ia blong Go Givim Seves

Taem yu lukluk ol gudfala eksperiens we Ron mo Sandi tufala i bin gat, ?olsem wanem? ?Tufala i filim se tufala i spesel long medel blong ol narafala kapol we oli singaotem olgeta blong givim seves–o oli save singaotem olgeta blong givim seves?

Yes—mo no. Tufala Hamon i talem: "Mitufala i go givim seves long weaples mo long wanem taem we Lod i nidim wan kapol wetem ol spesel skil mo eksperiens blong mitufala long hem." "Be hemia i hapen tu long evri narafala senia misinari. Evri kapol we i gat paoa blong go long wan misin, Lod i bin mekem olgeta oli rere blong givim seves long ol wei we i spesel long olgeta. Oli nidim nomo blong praktisim fet inaf blong go long ples we Lod i nidim olgeta, mo bae Hem i yusum olgeta blong mekem samting i defren long laef blong ol narafala man."

"Ol kapol oli save mekem jenis i hapen," Elda Robet D. Hels blong Kworom blong olgeta Twelef Aposol i talem. "Ol kapol oli save mekem ol bigfala samting oli hapen we i no gat wan narafala man i save mekem. . . .

" . . . Ol rod we ol kapol oli save givim seves, i no gat limit long hem. I stat long sapot long misin ofis i go kasem lidasip trening, i go long famli histri, tempol wok, mo yumaniterian seves—i gat wan janis blong yusum eni skil o talen we Lod i blesem yu wetem. . . .

". . . Yu bin kasem plante samting long laef blong yu; go mo givim fri seves long wok blong Lod mo Sevya blong yumi. Gat fet; Lod i save weaples nao oli nidim yu long hem. Nid i bigwan tumas, ol brata mo sista, mo olgeta we oli glad blong mekem wok, oli smol nomo."[2] ■

OL NOT

1. Luk long "Mass Vaccination Campaigns in Syria, Jordan, Lebanon, Iraq and Turkey Amid Measles Outbreaks," 30 Epril 2013, unicef.org.
2. Robert D. Hales, "Couple Missionaries: A Time to Serve," *Liahona,* Julae 2001, 30, 31.

STAP PLIS MO ASKEM MAN I SORE

Long wan trip i go long wan siti kolosap insaed long Estonia, mi bin luk wan man we i stap plis mo askem mane. Mi sapraes tumas, from mi luksave man ia we mi bin save hem taem mi bin stap olsem wan misinari long taon ia, 10 yia bifo. Hem i stap pulum wan bigfala plastik we i fulap long botel, semmak olsem bifo, blong salem ol botel ia. Mi tingbaot se, oltaem, bae hem i askem sapos yu gat selen, mo sapos yu givim sam selen long hem, bae hem i askem sam moa long yu.

Mi sek wantaem blong luk hem. Afta 10 yia, hem i stap semmak nomo—i gat moa grei hea, be i luk se hem i bin stap laef long semfala laef ia blong askem mane long rod, dei afta dei. Mi tingbaot ol 10 gudfala yia we mi bin laef, mo long taem ia mi bin mared long tempol, mi winim skul blong mi, mi faenem wan gudfala wok, mo mi stap glad long wan gud helt.

Mi ting se hemia nao las taem we bae mi luk hem, mo mi filim se mi mas givim wan samting long hem. Problem i we, mi gat wan pepa mane nomo i stap, we mane blong hem i moa bitim wanem we mi wantem givim. Mi harem nogud long joes ia we mi gat—givim wan samting long hem, o givim hem moa bitim we mi wantem. Mi disaed se bae i no mekem wan samting i defren long mi, mo bae i mekem dei blong hem i wan hapi wan, mekem se mi givim mane ia long hem.

Tu dei afta, mi nao mi stap long semmak situesen, be tetaem ia, mi nao mi stap askem mane mo askem man blong i sore long mi. Mi bin mestem deit blong wan impoten aplikesen blong wan skolasip. Mi ting se mi sendem aplikesen tu wik bifo taem i klos, be mi sek bigwan taem mi jekem bakegen, mo luk se mi bin sendem i go wan dei i let.

Mane blong skolasip ia i 100 taem moa long mane ia we mi bin givim long man ia we i bin stap askem mane, mo mi luksave se hemia i wan defren situesen we i tanem i kambak long mi. Mi nao mi stap askem man i sore long mi, tru long prea long Papa blong mi long Heven, mo tru long imel i go long ol wokman blong yunivesiti. Oli bin talem se bae oli putum aplikesen i go, be bae oli raetem se aplikesen i kam let.

Prea blong mi i gat ansa mo mi bin gat blesing blong kasem skolasip, we i bin givhan long saed blong mane, i givhan long waef blong mi, mo miwan bakegen. Be moa impoten long eksperiens ia, hem i we i tijim mi wan bigfala lesen: ?olsem wanem? ?Yumi evriwan i no man blong stap askem samting long fored blong God? (luk long Mosaea 4:19). ■

Matiu Krandal, Harju, Estonia

Long wan trip i go long wan siti kolosap insaed long Estonia, mi bin luk wan man we i stap plis mo askem mane. Mi sapraes tumas, from mi luksave man ia we mi bin save hem taem mi bin stap olsem wan misinari long taon ia, 10 yia bifo.

PIKJA I KAM LONG STAN FELOS

OL ENJEL WE NEM BLONG TUFALA I MASTA MO MISIS DANN

PIKJA I KAM LONG WILSON ONG

Be Sista Dann i strong se hem nao wetem hasban blong hem, bae tufala i tekem kaekae i go long anti mo anggel blong mi.

Mi bin stap luk Tivi, taem mama blong mi i ringim mi blong talem se brata blong hem, we i gat 92 yia, Anggel Floid, mo waef blong hem, Anti Mili, tufala i sik wetem flu mo tufala i no gat kaekae long haos blong tufala. I no gat wan long tufala we i oraet inaf blong go long stoa blong pem eni samting. Anggel Floid mo Anti Mili, tufala i no gat wan famli we i stap kolosap long tufala, mekem se i no gat wan i stap blong helpem tufala.

Mama blong mi i askem sapos mi save help. Mi wan nomo mi memba blong Jos long pat blong famli ia, mo oli bin askem mi blong stap help long ol defren taem bifo. Problem i we, mi mi stap long Yuta, YSA, mo anti mo anggel blong mi, tufala i stap long Hemet, Kalifonia, YSA.

Mi talem long mama blong mi blong givim mi smol taem blong mi tingting long wanem blong mekem. Mi gat wan fren we i stap kolosap long Hemet, mekem se mi bin ringim hem mo askem sapos hem i save eniwan we i stap long Hemet. Hem i talem se i gat wan woman we hem i bin givim seves wetem long Redland Kalifonia Tempol, nem blong hem Sista Dann we i wan Rilif Sosaeti presiden longwe.

Taem Sista Dann i ansarem telefon, mi stat olsem: "Halo Sista Dann. Yu no save mi, be nem blong mi i Nansi Litel, mo mi stap long Yuta. Mi mi wan memba blong Jos, be anti mo anggel blong mi we oli stap long Hemet, tufala i no memba blong Jos. Tufala i sik mo tufala i no gat kakae long haos blong tufala." Mi talem ples we tufala i stap long hem, we i long-we long ples we hem i stap long hem, mo mi eksplenem se mi jes wantem gat wan infomesen abaot wan restrong we i stap kolosap long tufala, we i save karem kakae we i tan i go long tufala.

Be Sista Dann i strong se hem nao wetem hasban blong hem, bae tufala i tekem kakae i go long anti mo anggel blong hem. Tufala i bin gat sam supsup we tufala i mekem mo sam bred, mo mama blong hem i jes mekem sam kuki biskit. Mi talem no, be hem i strong se bae tufala i go.

Samfala aoa afta, Sista Dann i ring mo talem long mi se evri samting i oraet. Mama blong mi i bin ring afta blong talem long mi wanem we anggel Floid i tokbaot long visit blong tufala ia. Hem i talem: "Ol enjel oli kam long haos blong mi, nem blong tufala, Masta mo Misis Dann. Tufala i kam wetem fulap kaekae: ol frut, ol vejetebol, supsup we oli kukum, bred mo samfala kuki biskit. Ol kuki ia oli ol beswan long eni narafala we mi bin kakae bifo." Famli Dann i bin visitim anggel blong mi, helpem tufala wetem nid blong tufala, mo afta, Brata Dann i tekem Anti Mili blong mi we i no gat paoa, mo i gat sik blong Alsaema (lusum tingting) i aot long bed i go long wan jea long kijin blong mekem se Sista Dann i save fidim hem.

Taem Anggel Floid i ringim mama blong mi blong tokbaot visit blong tufala Dann, hem i krae. Hem i talem se hem i neva mitim sam pipol we oli gat kaen fasin mo oli kea. Hem i talem long mama blong mi se mi mi laki blong stap laef long Yuta mo gat "evri Momon" ia oli raonem mi.

Fo dei afta long visit, Anggel Floid i wokbaot i go long leta bokis blong hem, mo i glis mo i foldaon. Hem i bangem hed blong hem mo fo dei afta, hem i ded. I no gat wan i luk hem bifo hem i ded, be nes nomo we i stap lukluk long tufala long haos, mo Brata mo Sista Dann.

Mi talem tangkyu from eksampol we i olsem hemia blong Kraes we wan long ol Rilif Sosaeti sista we i stap longwe, wan we mi no mitim hem yet, i bin helpem anti mo anggel blong mi. ■

Nansi Litel, Yuta, YSA

WAN TAEM BLONG MEKEM FAMLI HISTRI

Olsem wan mama we mi gat tu yangfala gel, plante taem mi mekem eskius se mo no save tekpat long samfala samting we mi wantem, from nomo se i no "taem" blong mekem. Wan long olgeta samting ia i wok blong famle histri.

Nomata we mi bin tekpat long indeksing olsem wan gudfala aktiviti blong Sabat dei, mi bin stap mekem eskius se mi no gat taem o save blong akseptem blong mekem wok blong famli histri blong mi long tetaem ia.

Hat blong mi i jenis long wan moning, sam manis i pas, taem mi bin sidaon long tempol. Taem mi bin luklukbak long ol dedman long ol kad blong tempol, mo prea se bae oli akseptem ol tempol odinens we bae oli mekem long bihaf blong olgeta, mi talem long miwan: "?Bae i moa gud sapos olgeta ia oli ol memba blong famli blong mi bakegen? Bae mi laekem blong mekem wok long bihaf blong olgeta." Spirit i konfemem long mi se sapos hemia nao ol tingting we oli stap long hat blong mi, nao bae Lod i helpem mi blong mekem wok blong famli histri, speseli long Sabat dei. Bae Hem i save helpem mi blong faenem taem mo save blong mekem ol stamba tingting ia oli kamtru.

Long Sandei ia, mi bin go hom, mo go long websaet ia long intanet, FamilySearch.org. Wota blong ae blong mi i fulap taem mi luk ol nem blong ol bubu blong mi. Wanem we i joenem mi long olgeta i kam strong. Wanem we i ademap lav blong mi long olgeta, i ol foto mo pepa wok blong famli, we bubuwoman blong mi i ademap i no longtaem i pas, we i mekem se ol memba blong famli ia oli olsem se oli stap laef. Mi filim glad taem mi bin mekem hemia wetem tu yia pikinini blong mi, we i bin lanem blong luksave ol pikja blong bigfala bubuman blong hem mo ol olfala bubuwoman, mo hem i stap singaotem olgeta long nem blong olgeta. Mi bin filim semmak olsem Presiden Rasel M. Nelson, Presiden blong Kworom blong Olgeta Twelef Aposol i bin filim taem hem i bin talem: "Sabat i wan gudfala janis blong mekem ol famli oli kam kolosap mo strong moa. Yes, long en, God i wantem se wanwan long yumi, olsem ol pikinini blong Hem, blong i gobak long Hem olsem ol Sent we yumi endao, yumi sil long tempol olsem ol famli, sil wetem ol bubu blong yumi, long famli laen blong yumi" ("The Sabbath Is a Delight," *Liahona,* Mei 2015, 130).

Stat long fas eksperiens ia, mi bin gohed blong tekpat long wok blong famli histri long Sabat dei. Mi bin gat blesing blong mekem ol wok blong tempol blong samfala memba blong famli we oli ded finis. Wan blesing we i stap i blong lanem abaot laef blong ol famli blong mi mo kam kolosap moa long ol bubu blong mi we oli no memba blong Jos. Hem i mekem tingting blong mi i strong blong kipim ol kavenan blong mi, mo blong stap strong kasem en blong i stap olsem wan strong jen long famli blong mi we i no save finis.

Nomata we i gat plante wok yet we i stap blong mekem, mi mi glad long Papa blong mi long Heven from paoa blong mi we i kam bigwan moa blong mi save tekpat long wok ia blong Hem, speseli long dei blong Hem. Long mi, Sabat hem i wan glad. ■

Rejel Lewis, Yuta, YSA

Mi filim glad taem mi bin mekem hemia wetem tu yia pikinini blong mi, we i bin lanem blong luksave ol pikja blong bigfala bubuman blong hem mo ol olfala bubuwoman, mo hem i stap singaotem olgeta long nem blong olgeta.

PIKJA I KAM LONG WILSON ONG

I bin hapen se mi gat wan smol pleiple we i Kapten Moronae, mo mi putum i stap long poket blong sot blong mi long ful skul yia blong i mekem mi tingbaot olsem wanem Kapten Moronae i bin tijim mi.

KAPTEN MORONAE I BIN HELPEM MI BLONG TIJ LONG PRAEMERI SKUL

Mi bin stap long medel blong wan had yia, we mi stap tijim ol pikinini blong 13 kasem 14 yia. Mi jes kam hom, we mi aot long wan had miting wetem asisten prinsipol blong skul, we mi go pas long wan intaviu blong skelem wok blong mi. Mi mi wan niufala tija, mo mi nid blong krietem plante long ol lesen blong mi, nao mi faenem se mi stap traehad blong mekem ol studen oli gohed blong mekem wok mo gat intres. Nao, storian blong mitufala i go kasem poen we nid i stap blong mi mas fosem ol studen blong mi blong mekem wan joes—mekem wok o fesem trabol—mo blong mi mas mekem folem ol woning blong mi.

Mi aot long konfrens miting ia wetem tingting blong mi i slak mo mi filim se wok i tumas. Mi putum tingting se miting ia, bae i stap olsem kwestin blong dei blong mi taem mi stap stadi long ol skripja blong mi long nekis dei. Mi no save biliv. Ol ansa oli kam long mi taem mi bin stap ridim Buk blong Momon.

Mi bin prea long moning ia blong lanem, aot long skripja, olsem wanem blong kam wan tija we i gud moa. Tabu Spirit i bin tijim mi taem mi bin stap rid abaot Kapten Moronae long Alma 44. Long poen ia long stori ia, Kapten Moronae mo ol man blong Nifae oli raonem gud ol man blong Leman long Saedon reva, mo oli bin fraet tumas, mekem se ol man blong Leman oli putum ol tul blong faet blong olgeta i go daon. Mi gohed blong ridim, mo tingting se mi wantem tumas blong kam olsem Kapten Moronae long klasrum: mi givim oda, mi trastem miwan, mo mi gat sakses.

Mi bin ridim tru long storian we i stap mo luk se Moronae i stap talem long Serahemna mo ol man blong Leman se oli mas mekem wan joes: "yufala i givim ol tul blong faet blong yufala long mifala, mo bae . . . mifala i lego yufala i laef, sapos yufala i go long rod blong yufala mo yufala i nomo kambak blong faet agensem mifala," sapos no "bae mi givim oda long ol man blong mi blong oli mas foldaon long yufala" (Alma 44:6, 7). !Mi luksave se hem i stap mekem wanem we bos blong mi i bin talem long mi blong mekem! "Givim olgeta tufala joes, mo mekem folem joes ia," hem i talem. Wetem hemia long maen blong mi, mi disaed blong folem moto blong Moronae, "Luk, bae yumi endem faet ia" (Alma 44:10).

Nao wetem olgeta prinsipol we mi lanem long wan skripja stori abaot wan long ol hiro blong mi, mi gobak long klas, wetem bigfala tras long plan blong faet blong mi. I bin hapen se mi gat wan smol pleiplei we i Kapten Moronae, mo mi putum i stap long poket blong sot blong mi long ful skul yia blong i mekem mi tingbaot olsem wanem Kapten Moronae i bin tijim mi blong lukaotem wan klasrum. Taem mi stap givim tufala joes ia long ol studen, fasin blong olgeta i kam gud, mo oli bin wok, mo mifala i wok wan. Taem yia i finis, mo i bin had yet, be wetem prea we mi kasem ansa, mo wetem paoa blong skripja, mi bin "endem faet ia." ■

Ben Floid, Wasington, YSA

PIKJA I KAM LONG ALEN KANS

STAP LIVIM KAKAE MO STAP PREA FROM EMA

I Kam long Sesili Norang

Afta we gel blong mi i stap long windo mo i foldaon, mi ting se bigfala fraet blong mi ia nao i kam.

Famli blong mi i jes kambak long wan naes-fala holidei. Afta sapa, mi letem tu long ol pikinini blong mitufala, Makes we i gat fo yia, mo Ema we i gat tri yia, tufala i pleiplei long bedrum we i stap long stori apatmen we i stap long nambafo stori. Long Denmak, ol windo oli pulum i go antap blong i open. Plante taem ol windo oli lok i stap, be mifala i bin livim olgeta oli open smol long taem blong holidei blong mifala, blong mekem se win i kam insaed long haos.

Taem mi stap wasem plet, kwiktaem mi filim se wan samting i rong evriwan. Mi ron i go long living rum, mo semtaem Makes i ron long step i kamdaon. Hem i stap sing-singaot wetem fraet, i stap talem se Ema i foldaon aot long windo—mo windo ia i stap 12 mita antap long graon we simen i kavremap. Mi ron i go daon, mi stap sing-singaotem nem blong Ema. Mi luk smol gel blong mi i slip daon long simen, olsem se hem i nomo pulum win. Hem i sopsop evriwan taem mi pikimap hem, mo mi ting se bigfala fraet we mi bin gat i kamtru. Hasban blong mi, we i bin folem mi i go aotsaed, i tekem hem long han blong hem, mo kwiktaem i givim wan prishud blesing long hem.

Ambulens i kam kwik, mo Makes mo mi i talem wan prea taem ol paramedik (ol nes blong ambulens) oli wok long Ema. I no longtaem afta, mifala evriwan i stap insaed long ambulens we i stap go long hospital.

Long "intensive care unit", samfala memba blong famli oli kam blong givim sapot long mifala. Makes i go hom wetem ol kasen blong hem, mo hasban blong mi mo mi i stap, mitufala i no save situesen blong Ema.

Afta we mifala i wet gogo we mitufala i luk se i wan longfala taem, wan long ol dokta i kam, i askem olsem wanem aksiden ia i hapen. Oli talem se, plante taem, taem wan i foldaon antap olsem i kamdaon, bae i gat ol kil insaed long bodi mo i gat smol janis nomo blong wan i laef i stap. Ema, pelvis (bun daon long bak) i brok mo i kil bigwan long hed, be ol smol kil long bodi blong hem bae oli kam-gud kwiktaem. Dokta i talem se maet wan enjel i holem hem taem hem i stap foldaon.

Nomata we hem i wan merikel we Ema i laef, hem i no wekap yet, from kil long hed blong hem. Hasban blong mi mo tufa-la gudfala fren blong hem, oli givim wan narafala blesing long Ema. Long blesing ia, Ema i kasem promes se bae hem i kam gud evriwan, mo bae i no gat problem afta long hemia, mo hemia bae i wan gudfala eksper-iens long laef blong hem. Mi bin filim wan bigfala tangkyu from paoa blong prishud. Ful naet, mifala i talem ol prea.

Ema i wekap long koma blong hem fo dei afta. Long ol fo dei ia, ol fren, ol memba blong Jos, mo ol narawan oli bin livim kakae mo oli bin prea from hem. Mi bin filim ol prea blong ol fetful Sent oli kam raonem mi, oli mekem famli blong mi mo mi i stap

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strong. Mi bin filim olsem we Papa long Heven i bin putum han blong Hem raon long mi mo i givim fulap kamfot long mi.

Stek blong mifala i bin livim kakae long dei ia bifo hem i bin wekap. Mifala i biliv se Papa long Heven i bin harem ol prea blong mifala mo taem Ema i bin wekap, i wan stret ansa blong taem ia we stek i bin livim kakae. Stat long tetaem ia i go, Ema i kam oraet kwiktaem. Faef dei afta, hem i talem fas tok-tok blong hem afta long aksiden ia, mo naen dei afta, hem i kamaot long hospital. Hem i bin spendem faef wik long wan wiljea, mo afta i statem tritmen blong bodi.

Samples wan manis afta long aksiden, bak blong mi i go nogud from mi stap leftemap Ema. Wan filing we mi nomo gat paoa long bodi, be tu, long spirit i kam kavremap mi. ?Olsem wanem nao bae mi gohed blong lukaot gud long hem?

Wan naet, mi filim sem we mi no gat paoa, mo mi harem se ol samting oli tumas long mi. Mi aot long haos, mo mi go long wan pak mi sidaon long wan stul. Mi prea long Papa long Heven blong wan aoa olsem. Long fas taem long laef blong mi, mi bin filim merikel paoa blong Atonmen blong Sevya we i kavremap mi. Evri sobodi, evri harem nogud we mi bin stap tekem, Hem i tekemaot long mi; evri hevi trabol, Hem i karemaot long solda blong mi afta long prea ia. Ema i bin stap yet long wiljea blong hem, mo mi stap karem tritmen from bak blong mi, be mi bin gat paoa blong gogohed.

Wan yia afta, Ema i save ronron, i laf, i talem stori, mo i tingting olsem we wan gel blong fo yia i sapos blong tingting.

Yumi save se i gat wan Papa we i stap long Heven we i lavem yumi, we i kea long yumi, mo i save yumi wanwan. Hem i save wanem jalenj nao yumi stap go tru long hem. Bae mi neva gat tu tingting long ol merikel we Hem i givim long yumi tru long prea, fasin blong livim kakae, mo prishud blesing. ■

Woman we i raet i stap laef long Kapitol blong Denmak.

?WANEM NAO YUMI STAP MEKEM TAEM TES I KAM?

"Taem ol had samting oli hapen long laef blong yumi, ?wanem nao yumi stap mekem long stret taem ia? ?Yumi konfius, o gat tu tingting, o Spirit i ronwe long yumi? ?I kilimdaon fet blong yumi o olsem wanem? ?Yumi stap blemem God o ol narafala man from situesen we yumi stap long hem? O ?fas samting we yumi stap mekem, i blong tingbaot huia yumi—se yumi ol pikinini blong wan God we i gat lav? ?Hemia i kam wetem wan ful tras se bae Hem i letem yumi safa smol long wol ia *from se* Hem i save se bae i blesem yumi, olsem faea we i klinim doti, blong yumi kam olsem Hem mo blong kasem ples blong yumi long taem we i no save finis?

Elda Donal L. Holstrom blong Presidensi blong Olgeta Seventi "I *Am* a Child of God," *Liahona,* Mei 2016, 27.

I Kam long Elda Rasel M. Nelson
Presiden blong Kworom blong Olgeta Twelef Aposol

Stanap Olsem Wan Tru Man blong Mileniom

Yufala i wan "jenere-sen we God i jusum." we God i odenem finis yufala blong mekem wan bigfala wok—blong help blong mekem ol pipol blong wol ia oli rere from Seken Kaming.

Plante pipol oli tokbaot yumi, se yumi ol *tru man blong mileniom*. Mi mas talem se taem ol man we oli mekem stadi oli stap singaotem yu long toktok ia mo oli tokbaot wanem nao stadi blong olgeta i talem abaot yu—ol samting we yu laekem, we yu no laekem, ol filing blong yu, mo ol fasin blong yu, ol samting we yu strong long hem mo olgeta we yu no strong long hem—mi no filim gud i stap. I gat wan samting long wei we oli yusum toktok ia *mileniom* we i no stret long tingting blong mi. Mo yes, mi no intres tumas long wanem *ol ekspet (man blong stadi)* oli gat blong talem abaot yu, be mi intres moa blong save wanem Lod nao i talem long mi abaot yu.

Taem mi prea abaot yu, mo askem Lod olsem wanem *Hem* i stap filim abaot yu, mi filim wan samting we i defren evriwan long wanem ol man blong stadi ia oli stap talem. Ol filing long saed blong spirit we mi bin kasem abaot yu, i lidim mi blong biliv se toktok ia, *mileniom,* maet i stret long yu—be from wan defren risen, be i no hemia we ol ekspet ia oli stap andastanem.

Toktok ia, *mileniom* i stret long yu long wei ia we i mekem yu stap tingbaot se huia *rili yu,* mo wanem nao *ril* stamba tingting blong yu long laef ia. Wan tru man blong mileniom i wan we i tijim, mo oli tijim hem long saed blong gospel blong Jisas Kraes long laef bifo laef long wol ia, we i mekem ol kavenan longwe wetem Papa long Heven long saed blong sam samting we i nidim paoa long tingting—wetem tu, ol samting *long saed blong klin fasin* we i nidim paoa long tingting blong mekem—mo hem i mekem olgeta samting ia long taem we hem i stap long wol.

Wan tru man blong mileniom i wan man o wan woman we God i trastem hem inaf blong sendem hem long wol long taem blong dispensesen ia we i moa impoten long histri blong wol. Wan tru man blong mileniom i wan man o wan woman we i stap laef naoia blong help blong mekem ol pipol blong wol ia oli rere from Seken

OL PIKJA OLI KAM LONG SKOTI RIFSNAEDA

BUK
BLONG
MOMON
Wan Narafifa Testeman blong
Jilas Kraes

Kaming blong Jisas Kraes mo taem ia we bae Hem i rul blong wan taosen yia. Yu no mestem toktok blong mi—yu yu bon i kam long wol blong yu stap wan tru man blong mileniom.

Kwestin hem i: "?Olsem wanem yu save stanap mo laef olsem wan tru man blong mileniom?" Mi gat fofala tingting blong givim blong yu folem.

1. Lanem Huia Rili Yu

Tekem taem blong tingting wetem prea long saed blong ol tru samting ia:

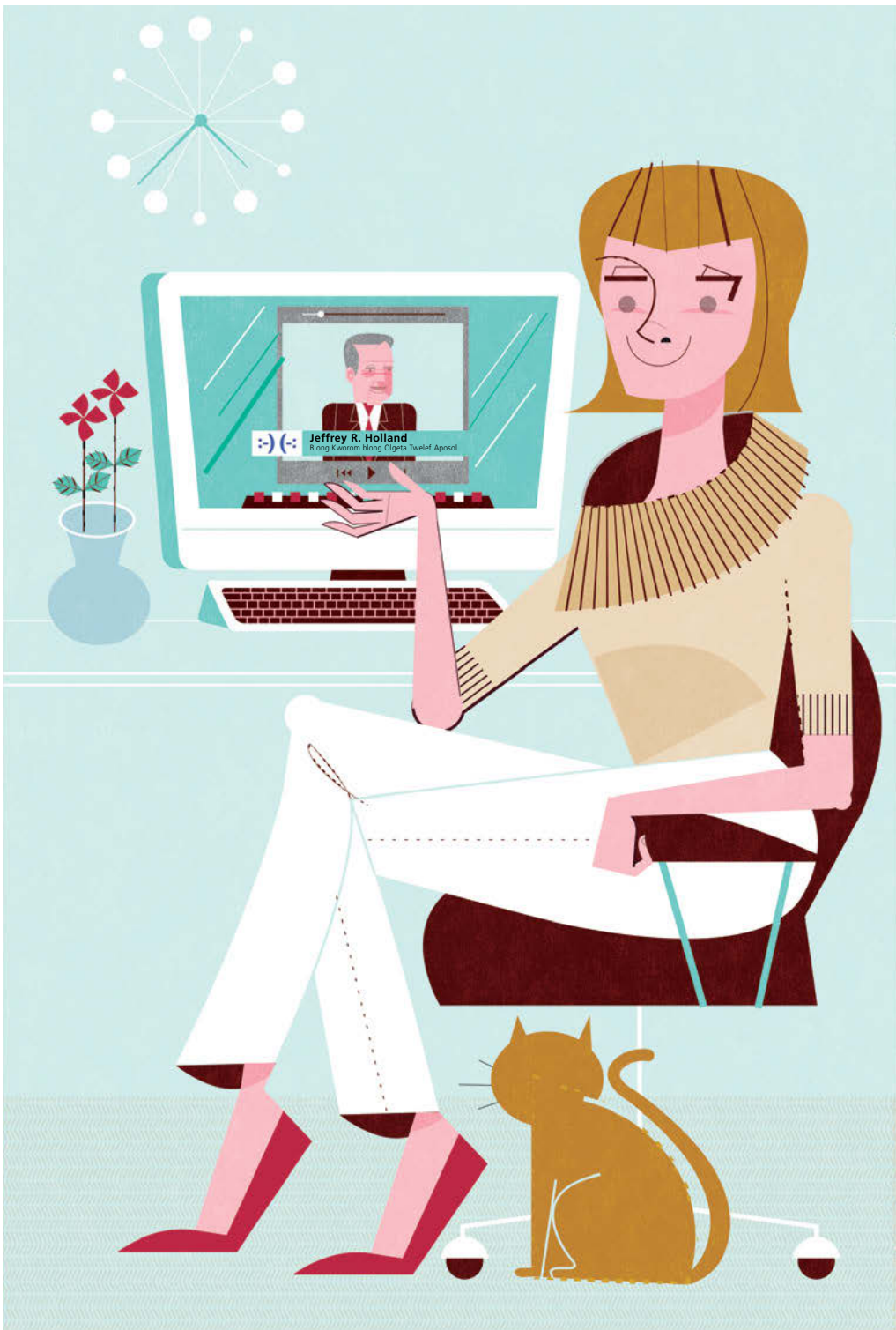
- Yu yu wan boe o gel blong God we Hem i jusum yu.
- Hem i mekem yu folem fasin blong Hem.
- Oli bin tijim yu long spirit wol, blong yu rere from eni samting mo evri samting we bae yu fesem long las pat blong ol las dei ia (luk long D&C 138:56). !Tijing ia i stap strong insaed long yu!

Yu yu stap laef long taem blong "leven aoa." Lod i talem se hemia i las taem we bae Hem i singaotem ol wokman blong Hem oli kam long plantesen blong Hem blong pulum tugeta olgeta we Hem i bin jusum aot long ol fo kwota blong wol ia. (Luk long D&C 33:3–6.) Mo oli bin sendem *yu* i kam blong tekpat long kam tugeta ia. Bakegen mo bakegen, mi bin luk stret long ae blong mi strong paoa blong ol tru man blong mileniom taem oli stap tekem save long saed blong trutok i go long ol narafala man. !Hemia i pat blong aedentiti blong yu, mo stamba tingting blong yu olsem sid blong Ebraham (luk long Galesia 3:26–29)!

I no longtaem i pas, waef blong mi Wendi, mo mi, i gat wan gud eksperiens longwe long Siberia. Olgeta we oli travel wetem mitufala long dei blong rere ia long Irkutsk, i gat misin presiden, Gegori S. Brinton; waef blong hem, Sali; mo riten misinari boe blong tufala, Sam, we i bin go long wan misin long Rasia. Mifala i visitim naes lek Baekal mo wan ples blong maket long saed blong lek ia.

Taem mifala i gobak long bas blong mifala, mifala i luk se Sam i nogat. Sam taem afta, hem i kambak, wetem wan medel yia woman, we nem blong hem i Valentina. Long lanwis blong Rasia, Valentina i talem: "Mi wantem mitim mama blong yangfala man ia. !Fasin blong hem i gud tumas, hem i waes, mo fasin blong hem i kaen! !Mi wantem luk mama blong hem!" Valentina i laekem wei we Sam i luk, we i fulap long laet mo gud tingting.

Sam i soem Valentia long mama mo papa blong hem, i givim hem wan pepa abaot Sevya, i mekemsua se ol



misinari oli go visitim hem. Taem ol misinari oli go luk hem wetem wan kopi blong Buk blong Momon, hem i promesem se bae hem i ridim. Sam narafala woman we oli wok long maket oli glad tu blong luk niufala buk ia we Valentina i bin kasem. Mifala i no save yet en blong stori ia, be from spesel laet we Sam i saenem, Valentina mo samfala fren blong hem oli kam blong save gospel.

Ol tru man blong mileniom, olsem Sam, oli save stret se huia olgeta. Oli ol disaepol blong Jisas Kraes we oli givim ful tingting blong olgeta, we oli holem evri janis we oli gat blong helpem olgetawan mo ol narawan blong rere from mileniom rul blong Sevya blong yumi.

From hemia, i strongfala tingting blong mi blong talem long yufala blong lanem samting *yufalawan fastaem* blong save huia stret yufala. Askem Papa long Heven long nem blong Jisas Kraes olsem wanem nao Hem i stap filim abaot yu mo misin we yu gat long ples ia. Sapos yu askem wetem wan tingting we i tru, wetem taem, bae Spirit i talemaot long yu ol trutok we bae i jenisim laef blong yu. Raetemdaon ol filing ia, luklukbak long olgeta plante taem, mo folem olgeta stret olsem we yu bin raetemdaon.

Mi promesem yufala se taem yufala i stat blong blong kasem wan smol pat nomo long olsem wanem nao Papa long Heven i stap lukluk yu mo wanem nao Hem i stap dipen long yu blong mekem long bihaf blong Hem, !bae laef blong yu i neva semmak bakegen!

2. Lukluk from—mo Rere—blong Mekem Samting we I No Posibol I Hapen

Oltaem nomo God i bin stap askem ol pikinini blong Hem blong kavenan blong mekem ol had samting. From se yu yu ol boe mo gel blong God we i stap mekem mo kipim ol kavenan, mo yu stap laef long las pat ia blong ol las dei, Lod bambae i askem *yu* blong mekem ol samting we i had. Hemia yu no save mestem—ol tes blong kavenan blong Ebraham oli no bin stop wetem Ebraham (luk long D&C 101:4–5).

Mi save se yu save harem nogud taem wan i askem yu blong mekem wan samting we i bitim evriwan paoa blong yu. Mi bin wan memba blong Kworom blong Olgeta Twelef Aposol blong 19 manis nomo, taem Presiden Spensa W. Kimbol (1895–1985) i ded. Long fas miting blong Fas Presidensi mo Kworom blong Olgeta Twelef Aposol folem odinesen blong Presiden Esra Taf Benson (1899–1994), Presiden i bin givim ol stret wok long Olgeta Twelef blong mekem. Instraksen blong Hem long mi, i tekem olgeta toktok ia: "Elda Nelson, yu bambae yu mas openem ol ples long ol kantri long Is Yurop blong prijim gospel long olgeta."

Mo oli bin sendem yu i kam blong tekpat long pulum kam tugeta olgeta we God i bin jusum olgeta. Bakegen mo bakegen, mi bin luk stret long ae blong mi strong paoa blong ol tru man blong mileniom taem oli stap tekem save long saed blong trutok i go long ol narafala man.

Hemia long 1985. Long ol taem ia we politik i no strong mo yumi singaotem Kolkol Wo, i bin gat wan bigfala simen wol i seperetem taon ia blong Belin, be tu, ful Is Yurop i stap anda long strong rul blong ol komunis. Ol Jos oli klos, fasin blong relijin i wosip i no save hapen nating from i tabu.

Mi bin spendem plante taem blong wok blong mi blong katem openem ol hat blong sevem laef blong man, be mi *no* gat eksperiens ia we bae i lidim mi blong biliv se mi save openem ol ples long sam kantri blong oli save prijim gospel long olgeta. Be yet, wan profet i bin givim wok long mi, mekem se mi go blong mekem wanem we mi luk se i wan samting we i no posibol blong mekem.

Long stat nomo, ol samting oli kam blokem rod blong mi. Mi stap go long ol kantri ia we mi no save se mi stap go wea. Iven taem we mi bin save faenem nem blong wan stret man blong gavman, bae i hapen se miting i kansel long las minit, o oli pusum i gobak. Long wan kantri, oli seftem taem blong miting blong tu dei, mo oli putum ol temtesen long fored blong mi blong testem mi—sam oli trik blong tekem blak maket mane, o tekpat long ol nara rabis aktiviti. Long wan nara taem, !oli statem miting mo askem stret afta se mi ma go *naoia nomo*!

Be Lod i bin save mekem wok blong Hem (luk long 2 Nifae 27:20–21), mo mi bin gat spesel janis ia blong lukluk wan merikel i hapen, wan afta narawan—oltaem, mo nomo, *afta* we mi bin tingting had long hem, mo mi bin prea strong from.

Samfala kantri oli kam blong luksave Jos bifo Bigfala Wol blong Belin i brokdaon. Ol narafala kantri oli kam blong luksave Jos afta. Long 1992, mi bin save givim ripot long Presiden Benson se !Jos i bin stanap long tetaem ia long evri kantri blong Is Yurop!

Olsem wan tru man blong Mileniom we Lod i save dipen long

yu, bambae *yu*mekem histri tu i hapen. Bae oli askem yu blong akseptem ol wok we i gat jalenj long olgeta, mo blong kam wan tul long han blong Lod. Mo bambae Hem i mekem se yu save mekem samting we i no posibol blong mekem.

?Olsem wanem nao bae yu save mekem samting we i no posibol blong mekem? Taem yu mekem wanem i nid blong mekem blong fet blong yu long Jisas Kraes i kam strong, taem yu mekem i kam antap save ia blong yu long saed blong doktrin we oli tijim insaed long Jos we i kambak, mo taem yu no stop blong lukaotem trutok. Taem oli askem yu blong mekem ol samting we i no posibol blong hapen, yu—olsem wan tru man blong Mileniom, we rus blong yu i fas strong long doktrin we i klin tru—bae yu save mekem wan step wetem fet mo gogohed mo wetem glad, mekem evri samting we i stap long paoa blong yu blong mekem ol samting tingting blong Lod oli kamtru (luk long D&C 123:17).

Bae i gat ol dei we tingting blong yu bae i slak evriwan. !So yu mas prea blong gat strong paoa long tingting blong yu no givap! Bambae yu nidim paoa ia from se bae i no longtaem, bae i no wan popula samting blong stap olsem wan Lata-dei Sent. Sore tumas, sam long olgeta we yu ting se oli ol fren blong yu, bae oli stap tanem baksaed blong olgeta long yu. Mo bae yu luk se sam samting i no stret nating.

Be mi promesem yu se taem yu folem Jisas Kraes, bae yu faenem se yu gat paoa wetem pis mo tru glad. Taem yu stap kipim olgeta kavenan blong yu long fasin we i stret we i stret, mo taem yu stap difendem Jos mo kingdom blong God long wol tedei, bae Lod i blesem yu wetem paoa mo waes tingting blong mekem samting we i no posibol blong mekem.

3. Lanem Olsem Wanem blong Kasem Paoa blong Heven

Evriwan long yumi i gat ol kwestin i stap. Blong lukluk blong lanem samting, andastanem samting mo luksave trutok i wan impoten pat blong eksperiens blong yumi long laef ia. Plante samting oli bin stap mekem wok blong stadi long olgeta. Yu tu, bae yu lanem samting long wan wei we i gud moa taem yu askem ol kwestin wetem insperesen.

Stret naoia, i gat sam long yufala we i stap traehad blong save wanem bae yu mekem wetem laef blong yuwan. Sam narawan bae i stap askem olgetawan sapos God i fogivim sin blong yufala. Plante long yufala

i stap askem olgetawan se huia mo weaples nao kompanion we i no save finis i stap long hem—mo olgeta we oli sapos blong stap oli stap wea.

Sam bae i save gat kwestin se from wanem Jos i stap mekem ol samting we hem i stap mekem naoia. Maet sam long yufala i no save stret olsem wanem blong kasem ol ansa long ol prea blong yufala.

Papa blong yumi long Heven mo Pikinini blong Hem, Tufala i stanap rere nomo blong ansarem ol kwestin blong yufala tru long givhan blong Tabu Spirit. Be i stap long yufala blong lanem olsem wanem nao blong yufala i kwalifae, o bae yufala i laef long wan wei we i inaf blong kasem olgeta ansa ia.

?Bae yufala i stat wea? Stat blong spendem moa taem long ol tabu ples. Tempol hem i wan tabu ples. Semmak tu long japel, ples ia we yufala i mekem bakegen ol kavenan blong yufala evri Sandei taem yufala i kakae sakramen. Mi invaetem yufala blong mekem apatmen blong yufala, ples blong slip blong yufala, hom blong yufala, o rum blong yufala i wan tabu ples; wan ples we i sef we yu save go long hem blong aot long ol tudak samting blong wol ia.

Prea i wan ki. Prea blong save wanem blong stop blong mekem, mo wanem blong stat blong mekem. Prea blong save wanem blong ademap long ples blong yu, mo wanem blong karemaot blong mekem se Spirit i save stap wetem yu oltaem.

Askem strong long Lod blong kasem presen blong luksave ol samting. Afta, laef mo wok had blong stap klin inaf blong kasem presen ia, blong mekem se taem ol samting we oli hapen long wol we i mekem ol tingting oli fasfas, bambae yu save stret wanem we i tru mo wanem nao i no tru (luk long 2 Nifae 31:13).

Givim seves wetem lav. Taem yu givim seves long olgeta we oli lusum rod blong olgeta, o oli harem nogud long saed blong spirit i save openem hat blong yu blong kasem revelesen we i blong yuwan.

Spendem moa taem—plante moa taem—long ol ples we Spirit i stap long hem. Hemia i minim se spendem moa taem wetem ol fren we oli stap wantem mo lukaotem blong gat Spirit i stap wetem olgeta. Spendem moa taem long ol ni blong yu blong prea, moa taem wetem ol skripja, moa taem wetem wok blong famli histri, moa taem insaed long tempol. Mi promesem yu se taem yu givim oltaem wan gudfala pat blong taem blong yu, bambae Hem i dabdabolem wanem we i stap.

Bae oli askem yu blong akseptem ol wok we i gat jalenj long olgeta, mo blong kam wan tul long han blong Lod. Mo bambae Hem i mekem se yu save mekem samting we i no posibol blong mekem.

Yumi stap sastenem 15 man, olsem ol profet, sia mo reveleta. Taem wan smol problem i girap—mo i luk se problem ia i stap kam bigwan evri dei—olgeta 15 man ia oli faet wetem trabol we i stap, oli traem luk wanem bae i hapen long evri defdefren rod we i stap, mo oli wok had blong lukaotem blong harem voes blong Lod. Afta we mi livim kakae, prea, stadi, tingting hevi mo toktok wetem ol Brata blong mi long saed blong ol hevi problem, bae i hapen plante taem se bae mi wekap long naet from mi kasem sam tingting long saed blong ol problem ia we mi stap wari long olgeta. Mo ol Brata blong mi oli gat ol semfala eksperiens.

Fas Presidensi, mo Kworom blong Olgeta Twelef Aposol oli toktok tugeta, mo oli serem evri samting we Lod i stap lidim mifala blong andastanem mo blong filim, hemia long wanwan blong mifala mo olsem wan grup. Mo afta, mifala i stap luk Lod i muv tru long Presiden blong Jos blong talemaot tingting blong Lod.

Fasin blong wok blong profet ia, oli bin folem long 2012 taem oli jenisim yia blong go long misin, mo bakegen taem oli mekem ol niufala jenis insaed long hanbuk blong Jos, hemia folem fasin blong samfala kantri we oli stap pasem loa blong letem mared bitwin man mo man, mo bitwin woman mo woman i hapen. Wetem fulap la mo sore long evriwan, mo speseli ol pikinini, mifala i faet strong longtaem blong andastanem tingting blong Lod long saed ia.

Wetem plan blong fasin blong sevem man long maen, mo wetem hop blong Hem blong wanwan long ol pikinini blong Hem i kasem laef we i no save finis, mifala i stap lukluk long ol plante defren wei we i posibol, we i save kam antap. Mifala i stap mit oltaem insaed long tempol, mo livim kakae, mo prea blong lukaotem moa daereksen mo insperesen. Mo afta, taem Lod i givim insperesen long profet blong Hem, Presiden Tomas S. Monson, blong talemaot maen mo tingting blong Lod, wanwan long yumi, long tabu taem ia, i filim wan konfemesen long saed blong spirit. Hem i wan spesel janis long mifala, olsem Ol Aposol, blong sastenem wanem we Lod i talemaot long

Presiden Monson. Revelesen we i kam long Lod mo ol wokman blong Hem i wan tabu rod blong folem, mo i wan spesel janis blong yu tu, blong yu kasem revelesen blong yuwan.

Ol dia brata mo sista blong mi, yufala i save kam blong save maen mo tingting blong Lod from laef blong yuwan, semmak olsem we mifala, Ol Aposol, i stap mekem from Jos blong Hem. Semmak olsem we Lod i askem *mifala* blong lukluk gud samting, lukaotem mo tingting hevi, livim kakae mo prea, mo stadi mo faet from ol strong kwestin, Hem i stap askem *yu* blong mekem semmak taem yu stap lukaotem ol ansa blong ol kwestin blong yuwan.

Yu save lanem olsem wanem blong harem voes blong Lod tru long kwaet voes blong Spirit.[1] Bae yu luk se Google, Twitter, mo Facebook, oli save help, !be oli no stap givim ol ansa blong ol impoten kwestin we yu gat!

Ol dia yang fren blong mi, yufala i save kam blong save maen mo tingting blong Lod from laef blong yufalawan. Yufala i no nid blong askem yufalawan se yufala i stap o no long ples we Lod i nidim yufala blong stap long hem, o sapos yufala i stap mekem wanem we Hem i nidim yufala blong mekem. !Yufala i save kam blong save! Tabu Spirit "bae i talem long yufala evri samting we yufala i mas mekem" (2 Nifae 32:3).

4. Folem Ol Profet

Long 1979, taem mi bin stap olsem jeneral presiden blong Sandei Skul, oli bin invaetem mi blong go long wan semina blong ol Ripresentativ blong Rijin, mo long tetaem ia, Presiden Kimbol i bin givim wan toktok wetem insperesen, long saed blong openem ol doa blong nesen we long taem ia oli bin klosem doa long Jos, olsem Jaena. Hem i bin givim jalenj long evriwan we i bin stap blong lanem Mandarin lanwis, blong mekem se mifala i save proposem blong ol skil blong wok blong helpem ol pipol blong Jaena.

Long mi, jalenj blong Presiden Kimbol i olsem wan wok we i kam long profet. Mekem se long naet ia, mi bin askem waef blong mi, Dantsel, sapos hem i glad blong lanem Mandarin lanwis wetem mi. Hem i agri, mo mitufala i faenem wan tija blong helpem mitufala. Yes, mitufala i no kam blong lanem gud blong toktok Mandarin, be mitufala i lanem inaf blong mekem se taem oli bin invaetem mi long nekis yia blong hem (tru long sam bigfala samting we i bin hapen we mifala i no ting long hem) blong go long Jaena olsem wan tija we i stap visit blong tijim man blong

katem hat blong man, nao mi bin save akseptem invitesen ia.

Nao yumi muv faef yia afta, i go kasem 1985, yia afta we oli bin singaotem mi long Kworom blong Olgeta Twelef. Wan dei, mi kasem wan erjen rikwes blong go long Jaena blong mekem wan operesen long hat long top sta blong nesen ia, we long Jaena oli lukluk long hem olsem wan hiro. Mi eksplenem se wok blong mi long Jos i mekem se bae mi no save go, be ol dokta long Jaena oli plis long mi blong go hariap blong mekem operesen ia we bae i save sevem laef.

Mi tokbaot problem ia wetem kworom presiden blong mi mo Fas Presidensi. Mi bin filim se, olsem wan gud wok long ol pipol blong Jaena, i gud blong mi go mo mekem operesen ia.

Hemia mi bin mekem. !Mi glad tumas we operesen i bin go gud! Mo tu, i bin hapen se hemia i las operesen long hat we mi bin mekem. Hem i long Jaenan, Jaena, long 4 Maj 1985.

Nao yumi muv i go bakegen i go kasem Oktoba 2015. Oli bin invaetem mi mo Wendi blong gobak long Sandong Yunivesiti Skul blong Helt long Jaenan. Mitufala i sapraes blong wan "olfala fren" i welkamem mitufala, mo mifala i mitim bakegen ol dokta ia we mi bin tijim olgeta 35 yia bifo. Wan haelaet blong visit blong mitufala i blong mitim boe mo apuboe blong top opera singga ia. Evri gudfala eksperiens ia oli bin hapen from wan risen: !mi bin folem kaonsel blong wan profet blong stadi long Mandarin lanwis!

Ol profet oli stap luk wanem i stap kam long fiuja. Oli stap luk ol bigfala denja we enemi i putum i stap, o bambae i putum yet long rod blong yumi. Ol profet oli stap luk tu, ol bigfala rod mo janis we oli stap blong olgeta we oli lisin *wetem tingting ia blong save obei.* !Mi save se hemia i tru.! Mi bin gotru long hemia miwan plante taem we plante taem.

Lod i bin promesem yumi se bae Hem i neva letem wan profet i lidim yumi i go long rong rod. Presiden Harol B. Li (1899–1973) i talem: "Maet bae yu no laekem wanem we i stap kam long atoriti blong Jos. Maet i agensem politik tingting blong yu. Maet i agensem tingting blong sosaeti blong yu. Maet i save spolem samfala pat blong sosol laef blong yu. Be sapos yu lisin long olgeta samting ia, olsem se oli kamaot long maot blong Lod Hemwan, wetem longfala tingting mo fet, promes i we, 'ol get blong hel oli no save win agensem yu; yes, mo Lod God bae i ronemaot ol paoa blong tudak long fored blong yu, mo bae i mekem se ol heven oli seksek from gud blong yu, mo from glori blong nem blong hem' (luk long D&C 21:6)."[2]

Be taem yu save se wan profet i wan profet, yu save prea long Lod, wetem tingting i stap daon, mo wetem fet, mo askem blong yuwan yu witnes long wanem we profet blong Hem i bin talem.

Maet bae yu no save andastanem fulwan evri toktok blong wan profet we i stap laef. Be taem yu save se wan profet i wan profet, yu save prea long Lod, wetem tingting i stap daon, mo wetem fet, mo askem blong yuwan yu witnes long wanem we profet blong Hem i bin talem.

Samples raon long 40 B.K.B. plante man blong Nifae oli bin joenem Jos, mo Jos i bin gro. Be ol sikret plan oli stat blong gro, mo plante long ol lida blong olgeta oli bin haed long medel blong ol pipol, mo i bin had blong luk hemia. Taem ol pipol oli kam we oli gat moa mo moa hae tingting, plante long ol man blong Nifae oli "*jikim samting we i tabu, oli tanem baksaed long spirit blong profesi mo blong revelesen*" (Hileman 4:12).

Ol semfala denja ia oli stap long medel blong yumi tedei. Nogud tru samting we i stap i we "ol wokman blong Setan" (luk long D&C 10:5), oli stap raon long evri sosaeti. Mekem se yufala i mas lukaotgud se yufala i stap folem kaonsel blong hu (luk long Hileman 12:23).

Ol brata mo sista blong mi we mi lavem yufala. Yufala i bon i kam long wol blong yufala i stap ol tru man blong mileniom. Yufala i "jeneresen we God i makemaot" (Fas Pita 2:9), we God i bin odenem yufala finis blong mekem wan bigfala wok—!blong help blong mekem ol pipol blong wol ia oli rere from Seken Kaming blong Lod! ■

I kamaot long wan wol divosen blong ol yang adalt, "Becoming True Millenials," we i bin hapen long Brigham Yang Yunivesiti–Hawae long 10 Jenuware 2016. Blong kasem ful toktok blong hem, go long broadcast.lds.org.

OL NOT

1. Long Febwari 1847, kolosap tri yia afta we Profet Josef Smit i bin ded from gospel, hem i bin kamaot long Presiden Brigham Yang mo givim mesej ia long hem: "Talem long ol pipol blong oli mas gat tingting i stap daon, mo oli mas stap fetful, mo oli mas meksua blong kipim Spirit blong Lod mo bae Spirit ia i lidim olgeta long stret rod. Lukaotgud, mo no tanem baksaed long smol kwaet voes; bae i tijim yufala wanem yufala i wantem mekem mo weaples blong go long hem" (insaed long *Teachings of Presidents of the Church: Joseph Smith* [2007], 98).
2. *Teachings of Presidents of the Church: Harold B. Lee* (2000), null85.

Merikel blong Mediom Faea

I Kam long
Deved A. Edwods
Ol Magasin blong Jos

Traem tingting se i gat wan yang man, we i stap hemwan long haos, mo i hanggri i stap (yes mi save, be yu traem gat pikja ia). Naoia, traem tingting long yang man ia, we i disaed blong mekem wan hot jis sanwij hemwan nomo blong fas taem.[1] Traem tingting se papa mo mama blong yangfala man ia i neva tijim hem olsem wanem blong rusum wan jis sanwij, mo hem i neva luk wan man i mekem.

Be, yang man i putum evri samting i stret insaed long bred blong hem: jis, smol bata aotsaed long bred (mo smol mayones insaed). Nao, hem i go karem fraepan mo putum antap long stov. (Bae yumi tekem tu se hem i no gat lektrik tul blong mekem sanwij blong hem.)

Nao, i gat wan tingting ia i strong long maen blong hem—wan tingting we plante pipol oli no luksave blong gat tingtingolsem: "Sapos mi mekem hit ia i go antap, bae i tan hariap moa."

Traem tingting se bae wanem i hapen afta. (O yu no traem blong tingting nomo.)

Bae sanwij blong hem i braon gud mo i faefaerap taem oli kakae, o bae jis blong hem i kam sopsop gud we i lastik—be i no save gat tugeta. Ating bae bred blong hem i lukluk mo i filim olsem ston blong volkenu mo jis i no sopsop gud, we i no gudgud tumas.

Olsem we yu luk, problem blong hem i from hem i no luksave samting (we i save gat ekskius from) mo from hem i no save wet longtaem (mo hemia i no gat eskius from). Sapos bae hem i ripitim semfala mistek ia long nekis taem, bae hem i no gat gudfala eskius, from bae hem i no save talem se hem i no save, be bae hem i save talem se hem i no save wet longtaem.

Blong mekem sanwij ia i stret, bae hem i mas faenem merikel ia blong mediom faea.

MEDIOM I NO STRONG EVRIWAN

Mediom faea long wan stov i stret wan blong mekem wan rus jis sanwij, mo plante nara kakae, from se i letem kaekae i tan gud be i no drae insaed. Wan samting nomo we i nogud long hem, i we i nidim plante moa taem, mo yumi mas lukluk long hem oltaem, we i minim se wan i mas *save wet longtaem*.

Lod i talem se : "gohed wetem fasin blong stap wet longtaem gogo kasem taem yufala i kam stret evriwan" (luk long D&C 67:13). Long ples ia Hem i stap tokbaot fasin blong kam stret evriwan ia we i bitim fasin blong mekem ol naes rus jis sanwij; Hem i wantem yumi blong kam moa olsem Hem. Jisas Kraes hem i stret eksampol blong fasin blong save wet longtaem. Mo pat blong folem eksampol blong Hem, i minim blong mekem ae blong yumi i lukluk i go longwe mo bigwan moa, i lukluk i go bitim taem naoia, mo i stap luk bigfala praes we i kam taem yumi gat disiplin o kontrol long yumiwan, taem yumi gat fet, fasin blong obei, hadwok we i gogohed mo i strong, save tekem ol had samting, mo gat lav—long nara toktok, blong gat fasin blong save wet longtaem.

Yumi save talem se mining blong hem, blong gat fasin blong save wet longtaem i minim blong save wet, we yumi luk se i no wan intresting samting nating, be olsem we Presiden Dita F. Ukdof, Seken Kaonsela long Fas Presidensi i bin tijim yumi, hemia i moa bitim blong stap wet: "Blong gat fasin blong save wet longtaem i minim blong mekem samting mo wet semtaem, blong stap strong. I minim blong stap wetem wan samting mo mekem evri samting we yumi save mekem—stap wok, stap hop, stap praktisim fet; stap gotru long hadtaem wetem strong fasin, iven taem we ol samting we hat blong yumi i wantem i kam sloslo. Fasin blong save

OL NOT

1. Yes, i tru, yang man ia i wan man Amerika. Hem i save kam long wan nara ples tu, we i stap fraenem flaoa, mekem gato, mekem Kartoffelpuffer, Köttbullar, ol totila, o raes blong fas taem. Wei blong mekem hemia bae i semmak nomo.
2. Dieter F. Uchtdorf, "Continue in Patience," *Liahona,* Mei 2010, 57.

BAKGRAON PIKJA I KAM LONG GILE68/ISTOCK/THINKSTOCK

OL SANDEI LESEN

Topik blong Manis la:
Blong Kam Moa Olsem Kraes

wet longtaem i no blong stap strong nomo; ! Hem i blong stap strong wetem gud fasin!"[2]

Hem i no blong sakem jis sanwij antap long fraepan mo fogetem; hem i blong luklukgud long hem, mo tantanem wanwan taem, long raet taem.

Hem i no blong go tru long skul o seminari o jos; hem i blong wok blong lanem samting o blong wosip.

Hem i no blong stap wet nomo blong kasem wan testemoni long saed blong Buk blong Momon from se yu askem nomo; hem i blong ridim, stadi, tingting hevi, prea, mo laef folem ol tijing we oli stap insaed long buk ia.

Hem i no blong jes sidaon i stap taem ol fren oli stap mekem fani abaot relijin blong yu; hem i blong prea from olgeta mo rili wantem olgeta blong gat wan jenis long hat, mo mekem wanem yu save mekem blong hemia i hapen.

Hem i no blong jes wet kasem taem yu gat 16 yia blong go long wan deit; hem i blong lanem blong lavem blong stap obei mo stap traem blong andastanem olsem wanem blong folem kaonsel blong profet we bae i blesem yu.

?Yu yu wantem samting naoia nomo—o yu yu wantem Samting we i raet?

MUV FORED

"Blong wet long Lod, i minim blong planem sid blong fet mo fidim 'wetem fulap kea, mo wetem fasin blong save wet longtaem' [Alma 32:41]. . . .

"Blong stap wet long Lod i minim blong 'stap strong' [Alma 45:17] mo 'muv fored' wetem fet, 'wetem wan stret mo klin hop' [2 Nifae 31:20]."

Elder Robert D. Hales of the Quorum of the Twelve Apostles, "Waiting upon the Lord: Thy Will Be Done," *Liahona*, Nov. 2011, 72.

WAJEM WAN VIDIO

Wajem Presiden Dita F. Ukdof i eksplenem olsem wanem nao fasin blong save wet longtaem i go wetem ol masmalo long lds.org/go/101656.

TANEM FAEA I GO DAON

Fasin blong save wet longtaem mo gat kontrol, o kontrol long yuwan, tufala samting ia i pat blong "frut blong Spirit" (luk long Galesia 5:22–23). Nomata se i gat ol ejen samting we i nidim blong yumi lukluk kwik long olgeta fastaem, (semmak olsem sam kaekae we i nidim hot faea), yumi mas meksua se yumi stap wok blong gat moa fasin blong save wet longtaem mo moa kontrol long yumiwan. Sapos yu stap filim se hemia i stap hapen, hem i wan saen se Spirit i stap wok insaed long laef blong yu.

Merikel blong mediom faea bae i givim yu wan rus jis sanwij we i stret gud, bae i givim hambega we i no bon be i tan stret insaed, ol braon poteto be i no ol blak poteto, mo raes we i sopsop gud i no raes we i strong mo i lastik. Be fasin blong save wet longtaem bae i mekem ol stret wok insaed long laef blong yu (luk long Jemes 1:4), i stap helpem yu blong muv fored blong kam moa olsem Jisas Kraes, i tekem Tabu Spirit i kam lidim tingting blong yu, mo long en, i helpem yu blong tekem yu i go long laef we i no save finis.

Taem we bae yu stap luksave ol samting we oli mekem se bae yu no save wet longtaem, tingting long rus jis sanwij ia (o eni nara kaekae we i stret long yu) mo wanem bae yu sakrifaes long hem taem yu letem fasin blong no save wet i lidim ol aksen blong yu. Sapos yu rong from yu no stap wet longtaem, nao joenem klab. Yu save sakem sin, mo traem bakegen blong folem eksampol mo ol tijing blong Jisas Kraes. I gat moa bitim wan rus jis sanwij blong mekem, mo i neva let tumas blong lanem abaot fasin blong kam stret evriwan wei i kam tru long fasin blong stap wet longtaem. ■

JOENEM STORIAN

OL SAMTING BLONG TINGTING HEVI LONG OLGETA LONG SANDEI

- ?Wanem tes nao we i stap gogohed oltaem long laef blong yu i mekem se yu no save gat fasin blong save wet longtaem?
- ?Olsem wanem nao yu save praktisim moa fasin blong save wet longtaem long evriwan long ol situesen ia?

OL SAMTING WE YU SAVE MEKEM

- Stadi long ol skripja long saed blong fasin blong save wet longtaem olsem we oli raetem i stap insaed long Guide to the Scriptures (Gaed long ol Skripja).
- Wetem famli o long jos, toktok raon long ol gol we yu gat from sam spesel samting we yu save mekem blong mekem se yu gat moa fasin blong save wet longtaem.

TRAEM TINGTING
SE OLI BILDIMBAK YU

"Maet yu filim se laef blong yu i prapa nogud evriwan.... Papa blong yumi long Heven i save mo bambae Hem i bildimbak yumi. Plan blong Hem i blong bildimap yumi i kam wan samting we i gud moa bitim bifo—i moa gud evriwan bitim wanem yumi tingting long hem."

Presiden Dita F. Ukdof, Seken Kaonsela long Fas Presidensi, Epril 2016 jeneral konfrens.

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PAOA BLONG STAP STRONG BLONG GOGOHED

I Kam long Jesika Tena olsem we hem i talem long Lin Krandal

Samples wan manis bifo long namba 16 betdei blong mi, famli blong mi i go long wan trip long trak, krosem Yunaeted Stet blong visitim sam long ol ples blong histri blong Jos. I bin oraet long mi blong stap long trak longtaem, from se oltaem, famli blong mi i gat gud taem. Mi tingbaot se mi go insaed long trak long dei ia afta we mifala i bin visitim Winta Kwota, long Nebraska. Ren i ren bigwan. Mi go sidaon long jea biaen, mi karem wan blangket, mo mi benem mi, mi stap lisin long ren gogo mi slip.

Nekis samting we mi save, mi filim se mi stap tantanem mi we i no gat kontrol long hem. Sam taem afta, mi bin lanem se trak blong mifala i flae mo i banggem simen fanis. Mi tingboat smol se wan i talem se leg blong mi i brok mo bae oli katem mi.

I no longtaem afta, taem mi stap kam oraet long hospital, papa blong mi i kam long rum blong mi. Hem i sidaon long saed blong mi long bed blong mi, mo i holem han blong mi. Be mi bin filim save finis wanem bae hem i talem long mi.

Hem i talem: "Gel blong mi, ?yu yu save se yu stap wea?"

"Long hospital," mi ansa.

"?Mo yu yu save wanem i bin hapen?"

"Yumi gat wan aksiden long trak."

"Eniwan i tokbaot long yu wanem i hapen long haf famli?"

Mi stop mo mi ansa no.

Hem i talem se evriwan bae i oraet—be mama nomo. Hem i no laef.

Mi ting se bae mi harem nogud bigwan wantaem, be no. Mi sek, be mi no save from wanem, mi bin filim pis, wan swit filing se mi save trastem God se ol samting bae oli oraet.

Mi slip i stap long hospital ia, mi tingbaot wan ples ia blong histri blong Jos we mifala i bin visitim tu dei bifo aksiden i hapen: Bus blong Martin, long Waeoming. Plante paeionia oli ded long ples ia from hanggri, mo from sno mo strong kolkol. Mi tingbaot we mi luk ol hip blong ol ston antap long ol gref, mo mi tingting se i nidim hamas fet blong nara haf blong ol paeionia blong oli tekem ol hankat blong olgeta mo muv i go. Stori ia i bin tajem mi. Taem mi bin stap tingbaot stori ia, mi bin save se ol paeionia oli bin stap strong mo gogohed, mo mi tu, bae mi mas mekem olsem, mo bae mi mas stap strong tu from ol yangfala brata mo sista blong mi.

Fasfala filing blong pis we mi bin filim long fas taem i bin stap wetem mi blong wan wik mo haf olsem. Mi bin stap sidaon long wiljea, mi stap lukluk ol faeawok tru long windo blong hospital long nambafo Julae, taem tingting ia i kasem mi—mama blong mi i go finis. Bae hem i no stap

OL PIKJA OLI KAM LONG MIKAEL MULAN

taem bae mi graduet long skul. Bae hem i no stap taem bae mi kasem endaomen blong mi long tempol. Bae hem i no stap long taem blong mared blong mi. Hem i go finis.

Tetaem ia nao ol samting oli stat blong oli had long mi. Leg blong mi i soa nogud, mo mi nomo wantem kakae. Mi stap wajem TV, be mi no stap luk samting, mekem se mi stap slip nomo. Famli blong mi i wari long mi from se mi no stap krae tumas.

Wota blong ae blong mi i kam bigwan nao taem mifala i go hom long Oregon, we haos i emti i stap. Kwiktaem nomo, mi mas mekem samfala responsabiliti blong mama, mo ol brata mo sista blong mi oli kam long mi taem oli harem nogud. Mi traem blong mi stap strong from olgeta. Be i no bin isi.

Taem mi gobak long skul, ol samting i had smol. Evriwan i bin harem abaot aksiden, mo taem oli no save, nao oli harem taem ol tija oli stap presentem mi olsem gel ia we i kasem wan aksiden. Mi filim se oli stap putum mi long wan kona.

I bin had tumas, speseli taem papa blong mi i bin mared bakegen naen manis afta we mama i bin ded. Mi bin save se stepmama blong mi bae i gud long famli blong mifala, mo mifala i nidim hem, be hem i bin had blong stretem tingting blong mi long hemia.

I no evri samting i bin tudak long tetaem ia. Mi bin filim plante lav we i kam long Papa blong mi we i stap long Heven, long famli blong mi mo long ol lida blong Jos blong mi. Wanem we i bin helpem mi blong kam oraet mo muv fored afta long aksiden, i blong stap mekem ol simpol samting we i bin mekem fet blong mi i kam strong moa. Evri dei, mi stap spendem wan aoa bifo mi go long bed blong ridim ol skripja blong mi, blong prea, mo blong raet long jenol blong mi we mi putum i stap insaed long kabod blong klos blong mi. Insaed long praevet ples ia, insaed long kabod blong klos blong mi, mi no nid blong mi stap strong from ol brata mo sista blong mi. Mi save krae olsem we mi bin nidim, mo mi bin save talemaot ful hat blong mi long God. Mi talem long Hem stret olsem wanem mi stap filim, mo hamas nao mi misim mama blong mi. Mi save se Hem i stap harem mi, from ol plante kwaet sore we mi bin filim. Kabod blong klos ia i kam wan tabu ples long mi.

Taem mi bin stap mekem ol simpol samting ia, i bin helpem mi blong joen i stap wetem God, be i no blong stap pusum Hem i go longwe, mo stap gat ol konkon filing. Mi no bin luk se aksiden ia i olsem we God i stap spolem famli blong mi. Mi bin fiim moa paoa blong save stap wet longtaem, mo folem tingting blong Hem, mo gohed blong muv fored tru long ol dei we oli bin had. Mo i bin gat samfala dei we oli rili *had*.

Afta we papa blong mi i mared bakegen, mi bin wantem blong soem wan gudfala eksampol long ol brata mo sista blong mi, mo mi no wantem gat ol nogud filing long stepmama blong mi, mekem se mi bin gohed blong putum tras blong mi long God. Wan aktiviti insaed long buk blong Progres blong Miwan, i bin lukluk blong mekem laef long hom i gud moa taem mi mekem rilesensip blong mi wetem wan memba blong famli i kam strong moa, hemia long tu wik taem. Wanem we i stap, gol i blong traem blong stap olsem Kraes, mo soem lav tru long ol aksen. Mi bin disaed blong traem mo givhan long stepmama blong mi.

Wetem famli blong hem we i joen long hemia blong mifala, i gat plante plet blong stap wasem. Mekem se mi stat long ples ia nao. Taem mi givim seves ia long tufala wik afta, mi bin filim se mi save lavem stepmama blong mi, mo save gat longfala tingting wetem hem nomata mi no glad long wanem i bin stap hapen. Taem mi bin lukluk nomo blong givim seves, hemia i bin helpem mi blong gotru long ol taem we oli had, hemia from se mi bin filim Spirit i bin stap wetem mi.

Mi stil no andastanem evri samting long saed blong aksiden mo from wanem i hapen long famli blong mi, mo i gat yet ol dei we i had tumas. Be semmak olsem ol paeionia, mi bin putum tras blong mi long God mo mi kasem paoa blong stap gogohed. ■

Hem we i raet, i stap long Yuta, YSA.

LEFTEMAP HAT BLONG YU

"Maet yu filim se laef blong yu i prapa nogud evriwan. . . . Maet yu fraet, kros, krae wetem harem nogud, o safa wetem fasin blong tu tingting. Be semmak olsem Man blong Lukaot long Sipsip i faenem sipsip blong Hem we i lus, sapos yu talem o leftemap hat blong yu i go long Sevya blong wol, bae Hem i faenem yu.

"Bae Hem i sevem yu.

"Bae Hem i leftemap yu mo karem yu antap long solda blong Hem.

"Bae i tekem yu i gobak hom."

Presiden Dita F. Ukdof, Seken Kaonsela long Fas Presidensi, "Bambae Hem i Putum Yu Antap long Ol Solda blong Hem mo Tekem Yu I Gobak Hom," ***Jeneral Konfrens Ripot*****, Mei 2016.**

I Kam long Elda
D. Tod Kristofeson
Blong Kworom blong
Olgeta Twelef Aposol

OLSEM WANEM BLONG MEKEM KRAES I STAP LONG MEDEL BLONG LAEF BLONG YUMI

Jisas i winim stret fasin blong stap wan evriwan wetem Papa blong Hem taem Hem i folem fulwan tingting blong Papa blong Hem, hemia long saed blong bodi mo long saed blong spirit. Taem Hem i tokbaot Papa blong Hem, Jisas i talem: "Oltaem mi stap mekem olgeta samting we hem i wantem" (Jon 8:29). From se hem i bin tingting blong Papa, Jisas i bin agri blong Hem i ded, "wanem we Pikinini i wantem bae i kam wan pat blong wanem we Papa i wantem" (Mosaea 15:7). From se Hem i bin lukluk long Papa nomo, hemia nao i bin wan long risen from wanem seves blong Jisas i bin klia mo i bin gat paoa. I no gat eni kaen tu tingting we i kam spolem Hem.

Long semfala wei, yu mo mi, i save putum Kraes long medel blong laef blong yumi mo kam wan wetem Hem semmak olsem we Jisas i wan wetem Papa (luk long Jon 17:20–23). Yumi save stat blong sakemaot evri samting long ol laef blong yumi afta yumi bildim bak ol laef blong yumi wetem ol impoten samting i kam faswan wetem Sevya long medel. Faswan, bae yumi putum ol samting i stap we i mekem i posibol blong stap tingbaot Hem oltaem—stap prea oltaem, stap stadi mo tingting hevi long ol skripja, stadi wetem tingting long ol tijing blong ol Aposol, stap rere evri wik blong tekem sakramen wetem fasin blong stap klin inaf, Sandei wosip, stap rekodem mo stap tingbaot wanem we Spirit mo eksperiens i stap tijim yumi abaot fasin blong stap wan disaepol. Maet i gat ol nara samting we bae oli kam long tingting blong yu we i go stret wetem situesen blong laef blong yu long tetaem ia. Taem we yu putum inaf taem mo rod i stap from ol impoten samting ia, blong stap putum laef blong yu i lukluk nomo long Kraes, mo stretem yu blong ol samting ia oli stap, nao yu save stat blong ademap ol narafala responsabiliti mo ol nara impoten samting, olsem taem mo samting we yumi gat, olsem edukesen, ol famli responsabiliti, mo ol samting we yuwan, yu wok from. Long wei ia, wanem we i impoten, bae i no save go draon long medel blong ol gudfala samting blong laef blong yumi, mo ol samting we oli no impoten tumas bae oli no kam faswan, o bae oli go lus nomo.

Nomata se hemia bae i no isi blong mekem, yumi save oltaem, muv fored wetem fet long Lod. Mi save talem tru se, wetem taem, tingting long hat mo paoa blong oltaem tingbaot mo folem Sevya, bae i gro. Yumi mas wok wetem longfala tingting from risal ia, mo prea oltaem blong save luksave samting mo kasem help we i kam long heven we yumi nidim (luk long 2 Nifae 32:9). ■

I kam long wan divosen blong Brigham Yang Yunivesiti- Aedaho we hem i bin givim long 27 Jenuware 2009.

YUT

?OLSEM WANEM YU BIN YUSUM HEMIA?

Famli blong mi mo mi i bin gotru long sam bigfala taem blong tes, mo naoia, mifala i no gat wan man we i kasem prishud we i stap insaed long hom blong mifala. Ol tes oli mekem se mifala i stap nildaon long prea. Mi talem tangkyu blong gat ol skripja mo blong save ridim olgeta evri dei. Ol skripja oli bin tijim mi se, nomata ol desisen blong ol narawan oli save jenisim laef blong mi, hamas mi impoten, i bigwan tu i stap. Mi talem tangkyu tumas blong save se mi save toktok wetem Papa blong mi long Heven long eni taem long dei o long naet. !Hemia i wan blesing!

Heli D., 17 yia, Aedaho, YSA

I Kam long Rosmeri Takerei

Taem mi bin yangfala, mi spendem plante aoa blong stap lukluk mama blong mi insaed long kijin. Bae hem i kukum ol gudfala kaekae, bred, kuki, mo pae blong famli blong mifala. Afta sam taem, mi bin stat blong ridim ol resipi, blong folem ol instraksen, mo kukum kaekae. Mi no nidim blong dipen long mama blong mi—mi save mekem miwan.

Semmak olsem we yumi lan blong kuk, yumi lanem gospel mo developem testemoni blong yumi taem yumi mekem. Afta we Lihae i talem long famli blong hem long saed blong drim blong hem abaot tri blong laef, Nifae i talem se hem i bin wantem blong "luk, mo harem, mo save long ol samting ia" hemwan (1 Nifae 10:17). Long nara toktok, long Nifae, i no bin inaf blong lisin nomo long testemoni blong Papa blong hem. Hem i bin wantem blong lanem wanem we papa blong hem i bin save finis.

Resipi blong lanem gospel i gat samfala samting nomo blong mekem. Yu save yusum ol fofala tingting ia blong helpem yu blong lanem gospel wetem famli blong yu, long jos, o long taem we yuwan i stap stadi.

1. Rere blong lanem samting.

Statem stadi blong yuwan wetem wan prea. Askem Papa long Heven blong helpem yu blong andastanem wanem we yu stap ridim finis. Raetemdaon wan o tu kwestin, mo lukaotem ansa blong hem. Tabu Spirit bae i testifae long trutok taem yu stap ridim, tingting hevi, mo prea (luk long Moronae 10:5).

Rere blong lanem gospel long Jos taem yu stap ridim lesen bifo yu go long Jos. Ol lesen we oli stap long *Come, Follow Me* (Kam Folem Mi), yu save faenem olgeta long LDS.org, mo tu insaed long Gospel Library (Gospel Laebri, long fon).

2. Tekpat long wanem we yu stap lanem.

- Ridim samting blong yu andastanem. Namba blong ol pej we yu stap ridim, sapos yu stap rid hariap, i no impoten bitim wanem we yu stap andastanem taem yu stap rid. Maet yu mas ridim bakegen ol sentens ia plante taem. Yusum wan diksonari blong lukluk gud ol toktok we yu no save. Eksampol. ?*Dispensesen* i minim wanem? Yu save yusum Guide to the Scriptures (Gaed long Ol Skripja) blong faenem mining blong hem.
- Askem ol kwestin long saed blong wanem nao yu stap ridim. Maet yu stap askem yuwan: ?Wanem nao i bin stap hapen long Jerusalem long taem we Lihae mo famli blong hem oli aot long Jerusalem? ?From wanem ol pipol oli no bin lisin long Lihae?
- Traem blong ansarem ol trifala kwestin ia long saed blong eni tijing blong gospel: ?From wanem tijing ia i bin impoten long ol pipol ia long tetaem ia? ?Olsem wanem tijing ia i blong *yumi* praktisim tedei? ?Olsem wanem nao tijing ia i blong *mi*?
- Lukaotem ol paten, rod we i semmak, o samting we i joen. Eksampol. ?Wanem nao ol paten o rod blong folem, long wei we Nifae i fesem wanem i bin kam

WAN RESIPI BLONG STAP *LANEM SAMTING*

Traem ol fofala step ia blong mekem toktok blong God i swit gud long sol blong yu.

agensem hem? ?Olsem wanem nao wokbaot blong famli ia long waelples i semmak long wokbaot blong ol man Isrel taem oli bin aot long Ijip?

- Raetemdaon ol filing mo tingting we oli kam long yu insaed long wan jenol. "Taem yu stap raetem-daon ol impoten tingting ia, plante taem, bae moa tingting i kam. Mo tu, save ia we bae yu kasem, bae i stap wetem yu long ful laef blong yu" (Rijad G. Skot, "To Acquire Knowledge and the Strength to Use It Wisely," *Liahona,* Ogis 2002, 12, 14). I moa gud blong reatemdaon wanem nao ol impoten tingting ia i minim long laef blong yu.
- Droem wan pikja. Wan nara wei blong raetemdaon wanem we yu stap lanem i blong droem samting ia. Wan taem, taem mi bin stap visitim wan fren long famli haos naet, bubuwoman blong hem i bin serem sam stori blong hem abaot fet mo prea. Bifo lesen i stat, fren blong mi i givim pepa mo kala pensel long ol yang pikinini blong hem, blong oli save dro ol stori taem bubuwoman blong olgeta i stap talem ol stori ia. Blong dro ol pikja, i mekem se oli stap lisin, mo oli stap askem kwestin tu taem stori i stap go, blong andastanem gud samfala pat blong stori.

3. Stadi mo laef folem gospel evri dei.

Blong stap lanem samting, i nidim man i hadwok smol; yumi nidim blong praktisim tingting blong yumi blong stap andastanem samting (luk long Mosaea 12:27). Elda M. Rasel Balad blong Kworom blong Olgeta Twelef Aposol i talem kaonsel ia long yumi, "blong yumi mas putum wan taem mo wan ples blong stadi long ol skripja evri dei, nating we hem i blong sam minit nomo" ("When Shall These Things Be?") *Ensign,* Dis. 1996, 60). Taem yumi stap stadi oltaem, fasin blong lanem samting i kam isi moa. Eksampol. Mi faenem se taem mi stap ridim ol japta blong Aesea long Buk blong Momon (be i no blong skipim olgeta), nao mi stat blong andastanem olgeta.

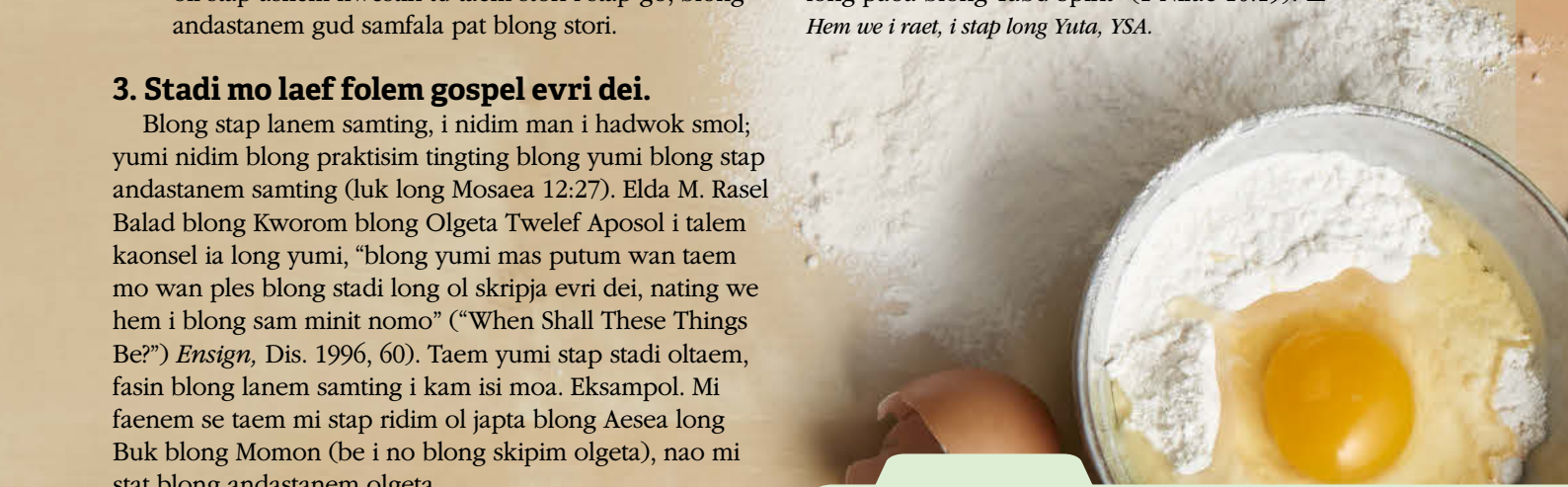
Taem i kam blong lanem gospel, hem i no inaf blong save samting long waes blong yumi. Yumi nidim blong mekem tu wanem we yumi lanem. Taem yumi stap tekem aksen long trutok we yumi lanem, Tabu Spirit i konfemem hemia long yumi, mo long wei ia, testemoni blong yumi i stap gro. Taem yumi stap laef folem trutok ia oltaem, yumi stat blong mekem wan jenis, blong jenisim laef blong yumi long Jisas Kraes.

4. Serem wanem we yu stap lanem.

Taem yumi stap tokbaot long ol narawan abaot wan prinsipol blong gospel wetem ol toktok blong yumiwan, hem i helpem yumi blong tingbaot prinsipol ia mo filim Spirit, we i stap mekem testemoni blong yumi i kam strong moa. !Plante taem, wan gud taem blong serem samting i long taem blong famli haos naet! Yu save serem ol samting we yu lanem tu taem yu toktok wetem ol fren long skul, o wetem ol memba blong famli long taem blong kakae.

Taem yumi stap folem ol fofala simpol step ia, mo stap strong blong luklukgud blong save Sevya, yumi gat promes ia se "bae [yumi] kam blong save ol sikret blong God, tru long paoa blong Tabu Spirit" (1 Nifae 10:19). ■

Hem we i raet, i stap long Yuta, YSA.



FOFALA SAMTING WE YUMI NIDIM

"Yu mo mi i nidim ol help blong stadi we oli gud evriwan, mo yumi no mas dipen tumas long save long saed blong spirit blong ol narafala man. Yumi nidim nomo blong gat wan tru hat we i wantem blong lanem samting, gat Tabu Spirit olsem kompanion blong yumi, gat ol tabu skripja, mo gat wan maen we i laef mo i stap askem kwestin."

Elda Deved A. Bedna blong Kworom blong Olgeta Twelef Aposol "A Reservoir of Living Water" (Jos Edukesen Sistem faeasaed blong ol Yang Adalt, 4 Feb 2007), 3, si.lds.org.

"Sam pipol i talem long mi se mi nidim blong gat ol fren we oli no serem ol standet blong mi blong mekem se hemia blong mi i kam strong moa. ?I tru ia?"

Long en, blong mekem ol standet blong yu oli kam antap, i kam taem yu stap lanem samting mo stap laef folem gospel blong Jisas Kraes, mo ol fren oli save helpem yu, o stopem yu blong mekem hemia. Ol fren oli save gat bigfala paoa blong lidim tingting blong yu—stat long wei we yu tingting, toktok, mo mekem samting kasem wanem kaen man o woman bae yu kam. *Blong Ol Yut Oli Kam Strong* i talem: "Jusum gud ol fren blong yu we oli sapotem ol valiu blong yu, blong mekem se yufala i save sapsapotem mo leflefteмap tingting blong yufala blong laef folem ol hae standet blong laef." Ol kaen fren olsem, oli stap helpem yu blong laef folem gospel blong Jisas Kraes, kipim ol standet blong yu, mo kam wan man o woman we i gud moa.

Be, i no evri pipol we yu joen wetem we oli gat ol semmak standet olsem yu, o oli ol memba blong Jos. Hem i impoten blong stap wan fren long evriwan, mo blong tritim olgeta long wei we Sevya i wantem yu blong tritim olgeta—wetem lav mo wetem fasin we i kaen. Taem yu stap gohed blong laef folem ol standet blong yu, yu save stap olsem "wan gudfala eksampol long ol Kristin man, blong oli save folem fasin blong toktok blong yu, mo fasin blong yu we i stret, mo fasin blong bilif blong yu, mo fasin blong yu blong lavem ol man, mo fasin we yu stap mekem laef blong yu i klin gud" (Fas Timoti 4:12). Tru long eksampol blong yu, bambae oli luk se yu stap gat ol blesing taem yu stap laef folem ol standet we oli hae, mo yu save leftemap tingting blong olgeta blong mekem semmak.

Lukaotem blong Tabu Spirit i lidim yu—mo gat paoa long tingting blong tekem aksen folem ol kwaet toktok blong Hem—taem yu jusum gud ol fren mo traehad blong kam strong long ol standet blong yu.

Ol Tru Fren

Long fas yia blong mi long medel skul, mi stap fraet smol se bae mi no save faenem ol fren we oli respektem ol standet blong mi. Afta wan sot taem, mi kam gud fren wetem wan long klas, mo mi talem long boe ia se mi mi wan Momon. Hem i askem mi long saed blong hemia, mekem se mi givim hem wan kopi *Blong Ol Yut Oli Kam Strong*. Stat long dei ia, hem i stop blong stap swea long fored blong mi. Sapos ol fren blong yu oli ol tru fren, bambae oli respektem ol desisen blong yu mo bambae oli helpem yu blong holemtaet ol standet blong yu.

Kandela M., 13 yia, Buenos Aires, Ajentina

Folem Kaonsel blong Ol Profet

Samtaem i had blong stanap agensem temtesen sapos yumi stap folem ol fren we oli mekem ol nogud joes, o oli stap traem blong mekem yumi mekem ol nogud joes. Ol profet oli bin talem long yumi insaed long *Blong Ol Yut Oli Kam Strong* se ol fren "bambae oli lidim tingting blong yu long wei we yu tingting, mekem samting, mo bambae oli iven save lidim yu long wanem kaen man o woman we bae yu kam" ([2011]). Mi ting se yumi sapos blong gat ol fren we oli wantem respektem ol standet blong yumi mo iven soem intres blong luk se yumi mas holemtaet ol standet blong yumi.

Kalvin W., 16 yia, Arisona, YSA

Tingbaot Ol Standet blong Yu

Ol fren we oli no gat ol semfala standet olsem yumi, oli save mekem se yumi nomo strong mo daonem ol standet blong yumi. Taem mi muv

Ol ansa ia oli blong help mo blong gat tingting, oli no ol ofisol toktok we oli kam long Jos abaot doktrin blong Jos.

i go long niufala skul blong mi, mi bin traem blong joenem ol narawan mo talem sam long ol samting we ol pipol raon long mi bae oli talem. Kolosap mi fogetem ol standet blong mi taem mi stap traem blong kam olsem evri narafalawan. Mi save se blong bildimap ol standeti blong yumi, yumi nidim ol fren we oli sapotem mo gat ol semfala standet. Mi glad tumas se mi bin faenem ol fren olsem, from se oli mekem mi stap tingbaot ol standet blong miwan.

Logan J. 15 yia, Yuta, YSA

Kipim Standet blong Yu I Hae I Stap

Olgeta fren wetem ol defren kaen standet oli no oltaem mekem yu strong long standet blong yu, be taem yu fren wetem olgeta, yu save givim olgeta wan gudfaa eksampol blong folem. Taem yu gat ol fren we oli serem ol semfala bilif, i save leftemap tingting blong yu blong kipim standet blong yu i hae i stap, mo i save helpem yu blong stanap from samting we i raet.

Waren S., 14 yia, Oregon, YSA

Ol Gudfala Fren Oli Ol Blesing

Sapos ol fren oli no gat ol semfala standet olsem yumi, i save mekem se i had moa blong stap strong long ol standet blong yuwan. Taem mi stap ridim *Blong Ol Yut Oli Kam Strong,* oltaem i helpem mi blong jusum ol gudfala fren we oli gat respek long mi. Naoia, mi stap rere blong go long wan misin, mo mi save se taem mi stap raon long ol pipol we oli gat semfala standet olsem mi, i stap helpem mi blong stap fetful long gospel.

Ner M., 19 yia, Buenos Aires, Ajentina

Hang Strong long Rel blong Aean

Blong gat ol fren wetem ol gudfala standet, hem i stret samting we yu wantem. Yu wantem se raon long yu, i gat ol fren we oli stap helpem yu blong stap obei long ol komanmen, mo oli stap pusum tingting blong yu blong laef long wan fasin we i stret mo gud. Hang strong long rel blong aean, we i lidim yu i go long tri blong laef, be i no bigfala bilding ia we i gat plante spes long hem. Taem yu stap sarenda long fasin we i no stret mo i nogud, bae i lidim yu long ol temtesen. Gat ol gudfala fren we bae oli lidim tingting blong yu blong laef folem gospel.

Ani P., 13 yia, Yuta, YSA

Prea blong Faenem Ol Fren

Afta we mi mo famli i muv i go long wan niu stet, mi bin prea oltaem blong faenem ol fren we bae mi save storian abaot gospel wetem olgeta. Taem mi bin stap prea, mi filim gud insaed, mo samfala manis afta, mi faenem sam fren we oli gud tumas. Mi bin save dipen long sapot blong olgeta, mo oli bin helpem mi blong kam antap blong lavem gospel ia moa. Mi save se ol fren oli impoten, mo oli save mekem se i isi moa blong yumi laef folem gospel.

Sera P., 16 yia, Yuta, YSA

PAOA BLONG OL FREN BLONG LIDIM TINGTING BLONG YU

"Evriwan i nidim ol gudfala fren. Huia i stap long grup blong ol fren blong yu bae i lidim wei we yu tingting mo fasin blong yu, semmak olsem we bae yu lidim tingting mo fasin blong olgeta. Taem yu serem ol semfala valiu wetem ol fren blong yu, yu save mekem wanwan long yufala i kam strong moa mo yufala i save leflefteamap tingting blong yufala. Tritim evriwan wetem fasin we i kaen mo wetem fasin we i hae. Plante we oli no memba oli bin kam long Jos tru long ol fren we oli yusum olgeta long ol aktiviti blong Jos."

Presiden Tomas S. Monson, "That We May Touch Heaven," *Ensign,* Nov. 1990, 46.

KWESTIN WE I STAP KAM ANTAP

"?Afta long prea mo skripja stadi, wanem nao hem i bes wei blong mekem testemoni blong mi i kam strong moa?"

Sendem ansa blong yu, mo sapos yu wantem, sendem wan gudfala kwaliti foto blong yu bifo long namba 1 Novemba 2016, i go long liahona.lds.org o tru long imel i kam long adres ia liahona@ldschurch.org.

Plis raetem olgeta infomesen ia: (1) ful nem, (2) deit we yu bon long hem, (3) wod o branj, (4) stek o distrik, (5) leta blong yu blong givim raet, mo, sapos yu no gat 18 yia yet, papa o mama blong yu i mas raetem leta i kam blong givim raet (oli akseptem tu tru long imel) blong pablisim ansa mo foto blong yu.

Bae oli save jekem mo oli save katemaot sam pat blong ol ansa blong oli stret gud mo oli klia blong man i andastanem.

I Kam long Julia Ventura
I kamaot long wan tru stori

*1. Mi gat wan famli long wol ia. Oli gud tumas long mi (*Children's Songbook, *188).*

"Karem ol tul blong huk. !Taem blong go huk nao!" Papa i talem.

Heden i toktok smol mo lukluk i go raon. Evri samting i saen gud mo bisi. !Oli gat ful lek ia blong olgetawan nomo!

Hem i folem papa blong hem, nao Heden i wokbaot biaen long trak, i leftemap bigfala bokis blong tul blong huk i go biaen long trak. Bokis i hevi, be hem i no bin wantem save. Bae hem i save karem samting i hevi moa sapos hem i blong go huk wetem Papa.

Ol tul blong huk oli mekem noes taem Papa i stap pulumaot olgeta.

Hem i talem: "Mi luk olsem se Dan i slip yet. "?Bae yu go wekemap hem?"

Heden i pulum win. "Yes, i stret."

Hem i fogetem gud se smol brata blong hem, Dan, bae i mas kam tu. Oltaem nomo bae Dan i ronron olbaot mo i stap toktok bigwan. !Bae i ronemaot evri fis i go ia!

Hem i lukluk long windo we i open. "Dan, taem blong wekap nao."

Be Dan i slip we i slip.

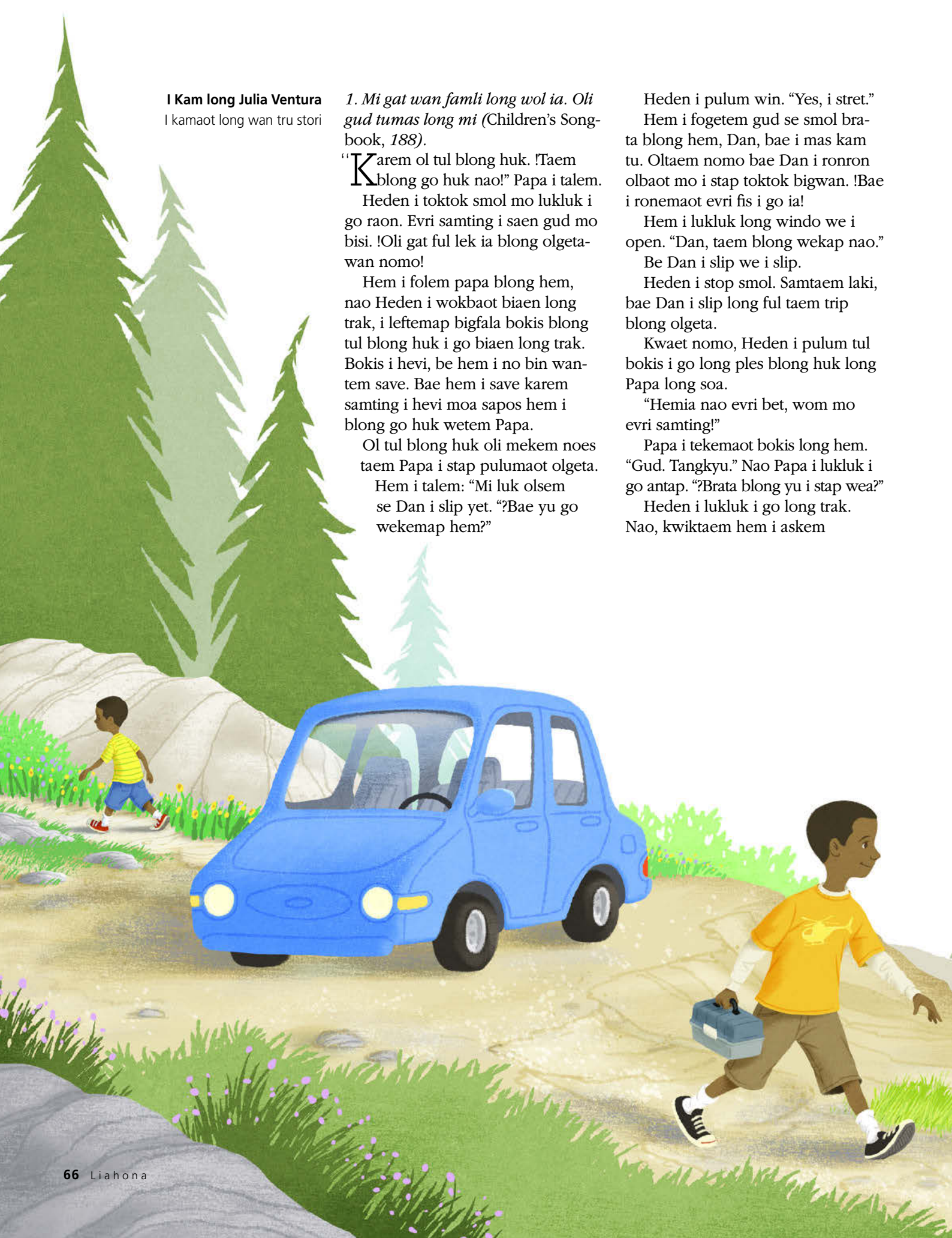
Heden i stop smol. Samtaem laki, bae Dan i slip long ful taem trip blong olgeta.

Kwaet nomo, Heden i pulum tul bokis i go long ples blong huk long Papa long soa.

"Hemia nao evri bet, wom mo evri samting!"

Papa i tekemaot bokis long hem. "Gud. Tangkyu." Nao Papa i lukluk i go antap. "?Brata blong yu i stap wea?"

Heden i lukluk i go long trak. Nao, kwiktaem hem i askem



hemwan se bae *hem* i filim olsem wanem sapos hem i wekap hemwan long wan niu ples. Bae i no gud nomo. Heden i tingting. Maet bae hem i stap fraet. Mo Dan i gat faef yia nomo.

"Papa, wet smol taem. Bae mi kambak kwiktaem." Be taem hem i lukluk i go insaed long trak, !Dan i lus finis!

Heden i nomo harem noes blong ol bebet blong bus nao. Evri samting i kwaet wantaem.

"!Dan i no stap!" Heden i singaot.

Papa i hariap i kam, mo i lukluk-gud insaed long trak.

Papa i talem: "Ating i stap lukaotem yumitu. "I no longtaem nating. Bae hem i no stap longwe."

Heden i traem blong stap kwaet, be kat blong hem i tantanem. "?Bae mi save prea?"

"Mi ting se hemia wan gud tingting."

Heden i talem tangkyu long Papa long Heven from smol brata blong hem mo i askem blong tufala i save faenem Dan naoia, blong mekem se bae hem i no save fraet.

Taem Heden i finis, hat blong hem i harem gud.

Papa i putum han blong hem long solda blong Heden. "?Sapos yu yu Dan, Bae yu go wea?"

Heden i luk se doa long narasaed blong trak i open i stap. Maet Dan i no luk tufala long saed blong lek. Hedem i poen i go long wan smol rod long bus. Hem i talem: "Maet bae mi go olsem."

Nao tufala wokbaot hariap folem smol rod ia.

Evri seken i pas, i olsem se i slo mo i hevi. Taem hem i stap wokbaot i go, Heden i stap prea long hat blong hem. Afta smol taem, oli kam long ples we rod i tanem, mo nao hem i luk Dan long fored.

"!Dan!" Heden i singaot.

Dan i tanem raon wantaem mo smael. "?Be yutufala i go wea?"

Taem i flae bakegen. Heden i resis i go long Dan mo i haggem hem strong.

"Mi glad tumas we mi faenem yu," Heden i talem. Kwiktaem, Hem i talem wan prea blong tangkyu long hat blong hem.

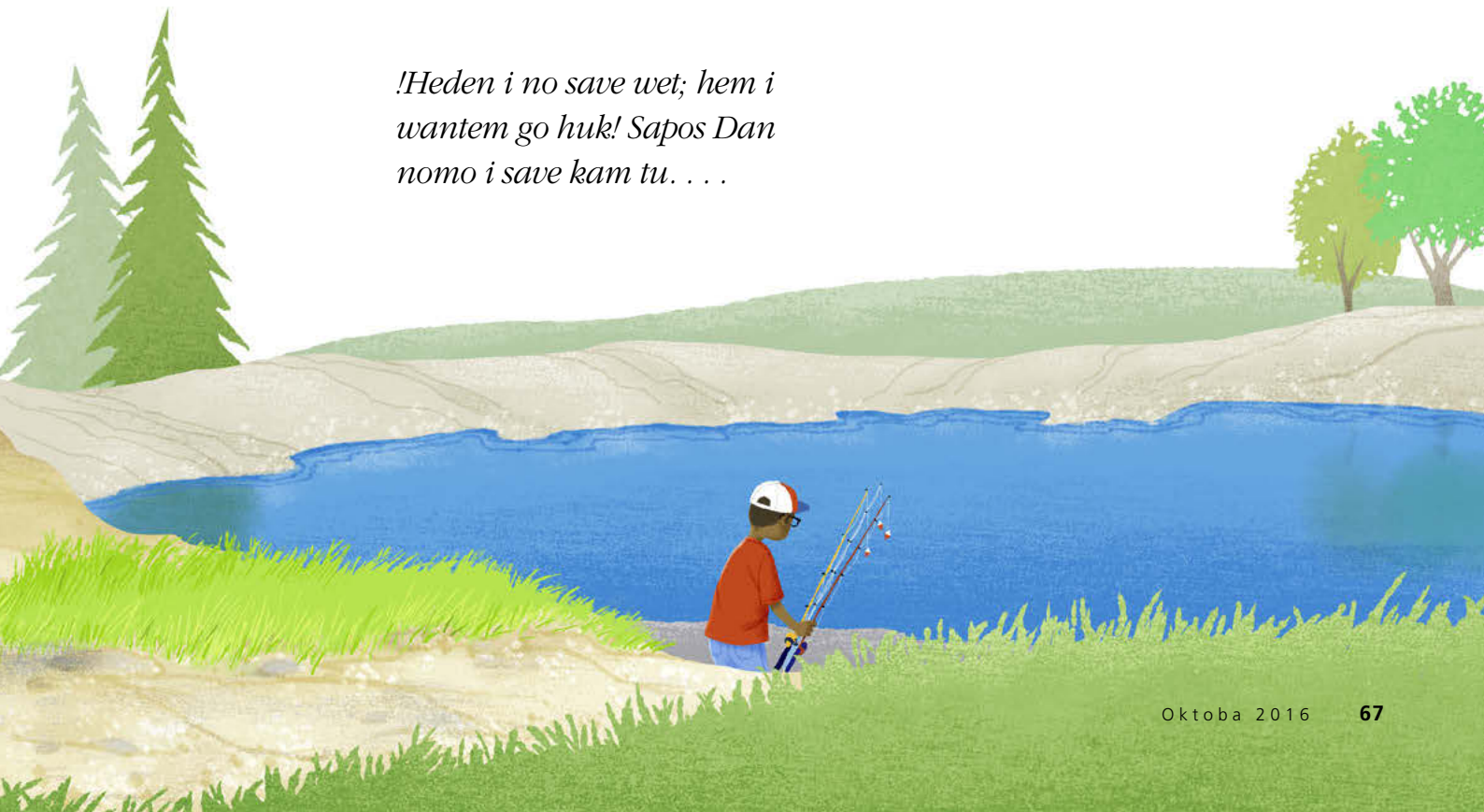
Dan i smael nomo. "?Be wehem ol fis?"

Hedem i se: "Yu kam bambae mi soem long yu." Leg blong hem i sikras blong ron i go kasem lek. "Bae yumi luk huia i kasem fas fis. Bae mi putum kaekae long huk blong yu." ■

Hem we i raet, i stap long Jojia, YSA.

I Go Huk

!Heden i no save wet; hem i wantem go huk! Sapos Dan nomo i save kam tu. . . .



I kam long Elda Gari E. Stivenson
Blong Kworom blong Olgeta Twelef Aposol

?Olsem wanem bae mi save mekem hom blong mi i wan ples blong pis?

Yumi save mekem ol hom blong yumi oli kam ol ples we oli gat pis mo oli tabu semmak olsem tempol.

Help blong kipim haos blong yu i klin mo ol samting oli stap long wan ples blong oda.

Hanggem wan pikja blong Jisas o blong tempol long haos blong yu.

Putum ol skripja oli stap long ol rum we famli blong yu i save stadi mo save stap lan tugeta.

I kamaot long "Sacred Homes, Sacred Temples," Liahona, *May 2009, 101–03.*

PEJ BLONG YUMI

Hem i bin gud tumas blong go long tempol wetem famli blong mi. Hem i bin wan longfala trip, stat long taon i go long tempol—kolosap 14 aoa. Mifala i bin spendem wan wik kolosap long tempol. Mi tingting tumas se bae mi kasem 12 yia mo bae mi mekem ol baptaes blong ol bubu blong mi. Wan long singsing we mi laekem tumas, hem i: "I Love to See the Temple" (Mi lavem blong luk tempol.) Mi wantem mared long tempol mo gat wan famli we i no save finis. Mi save se tempol i haos blong Lod.

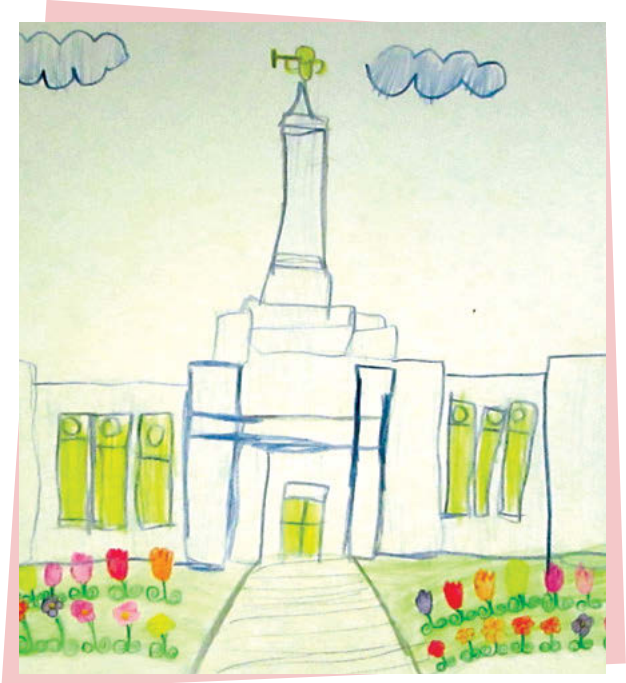
Julia K. 11 yia (long taem we oli tekem foto), Goyas, Brasil

I kam long Alen E. 10 yia (long taem we hem i bin dro), San Salvado, El Salvado

YUMI LAVEM BLONG LUK TEMPOL

Taem mi bin stap droem samting ia, mi bin stap tingting se, bae i olsem wanem sapos mi folem olgeta komanmen; bae mi save go insaed long tempol wan dei, semmak olsem papa mo mama blong mi, mo sil mo gat famli blong miwan we i no save finis. Mi lavem famli blong mi mo Papa long Heven.

Manolita G. 8 yia (long taem we hem i bin dro), Jimaltenango, Gwatemala



Yangfala sista blong mi mo mi, i laekem blong go long tempol long Merida, Yukatan, Meksiko, evri taem we i taem blong wod blong mifala blong go. Mifala i spendem taem long ol flaoa garen, mo mifala i stap pleplei wetem ol nara pikinini we oli kam long tempol. Mi stap rere blong go insaed long tempol wan dei.

Marta S. 6 yia (long taem we hem i bin dro), Yukatan, Meksiko

!Alo, ol fren!

Nem blong mi Stori. Mi bin stap long Tekmenistan. Hemia wan kantri long Sentrol Esia. Mi laekem blong rid, dro mo somap. Mi laekem blong stap lukluk ol sta wetem papa blong mi. !Famli blong mi mo mi, mifala nomo i memba blong Jos long FUL kantri blong mifala!

Wan Storian abaot Stori

I Kam long Jil Haking
Ol Magasin blong Jos

STAP PREA FROM MISI

Wan dei, afta long wan bigfala win, puskat blong fren blong mi, Misi, i go lus. Mifala i lukluk evri ples, be mifala i no save faenem hem. Mi talem se mifala i prea. Ol fren blong mi oli no save olsem wanem blong mekem, nao mi soem long olgeta. Mifala evriwan i nildaon mo wanwan i talem prea blong mifala. Nao mifala i stanap, mo stat blong lukaotem puskat bakegen. Wan gel i ron i kam long mifala mo talem se hem i faenem Misi. Mi bin hapi se mi bin serem pat blong gospel wetem ol fren blong mi.

LANEM SAMTING AOT LONG WANWAN LONG YUMI

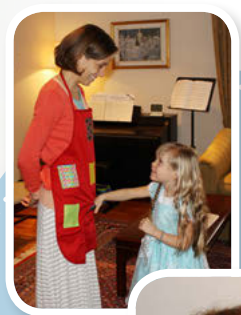
Sista blong mi, Saraea, mo mi i bin go long wan skul wetem ol pikinini we oli kam long plante defren kantri. Mifala i laekem blong lanem samting aot long wanwan blong mifala mo gat wan gudfala taem.

OL HANWOK MO GUDTAEM

Saraea mo mi i invaetem ol fren blong mitufala blong kam pleiplei. Mifala i peint, mekem ol hanwok, mo go piknik. Long Krismes taem, mifala i gat smol drama wetem ol fren we oli neiba.

SENDEM EKSAMPOL BLONG YUFALA

?Olsem wanem nao yu stap folem Jisas taem yu stap stanap stret? Putum leg long pepa, mo wetem wan pen, makem leg blong yu long pepa, mo sendem stori blong yu wetem foto blong yu, wetem raet blong papa mo mama blong yu. Sendem tru long intanet long websaet ia liahona.lds.org (klikim "Submit an Article") o sendem tru long imel liahona@ldschurch.org.



JOS LONG HOM

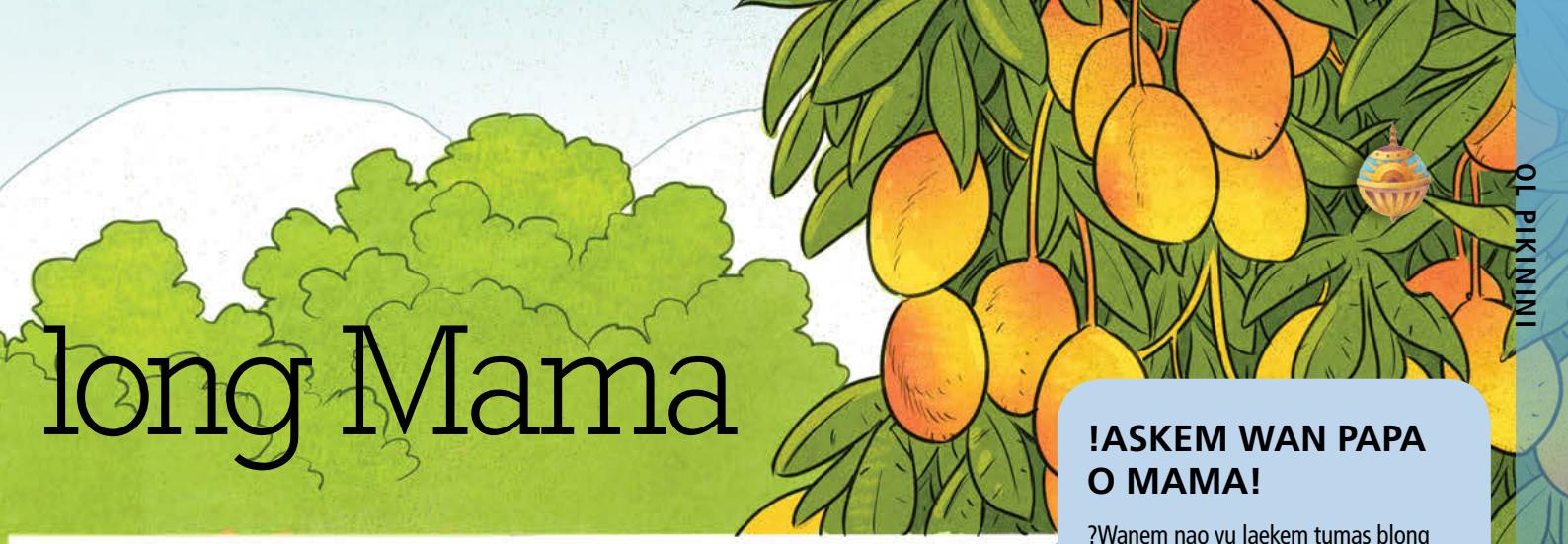
From se mifala nomo i ol memba blong Jos, mifala i stap gat jos long haos blong mifala nomo. Mifala i gat sakramen miting, taem blong singsing, sering taem, mo lesen blong Praemeri. Mi bin plei piano long taem blong singsing.

Ol Lesen we Oli Kam

I Kam long Elda Jairo Masagardi
Blong Olgeta Seventi

PIKJA I KAM LONG MAT SMIT

long Mama



Taem mi stap gro i kam antap, taem mi bin gat eni mane, mama blong mi bae i tekem mane ia we i naes gud—we i no benben tumas o i no doti—bae i givim i go long wan wokman blong Jos we mifala i stap go long hem. Hem i bin mekem hemia ful laef blong hem. Hem i talem: "Hemia i blong God." Ol toktok ia oli bin stap long tingting blong mi stat long tetaem ia. Taem mi bin baptaes long Jos blong Jisas Kraes blong Ol Lata-dei Sent we mi wan bigman finis, i no bin had long mi blong pem taeting, from se mama blong mi i bin tijim mi blong obei long loa ia.

Mama blong mi i bin tijim mi tu blong stap ones, iven sapos hem i minim blong mekem ol samting we i had. Neiba blong mifala i stap planem evri kaen frut mo vejetebol. Samtaem, frut blong tri blong hem bae i karem kaekae i kam long saed fanis blong mifala. Wan taem, mi pikimap sam long ol frut ia mo tekem i go long mama blong mi. Hem i lukluk mi mo talem: "Hemia i no blong yumi ia." Mi no save bilivim. Mi talem: "?Yu talem olsem wanem ia? !Frut i stap long saed fanis blong yumi!" Bakegen hem i talem: "Hemia i no blong yumi ia." Nao hem i tekem han blong mi, mo mifala i wokbaot i go long haos blong ol neiba. Mitufala i askem olgeta blong oli fogivim mifala from mifala i tekem frut ia. Mama blong mi i talem se sapos mifala i wantem wan samting, mifala i mas karem long fasin we i ones.

Maet papa mo mama blong yufala i no ol memba blong Jos, o yu no agri oltaem wetem ol joes blong olgeta. Stil yu save lanem ol tru prinsipol aot long olgeta, olsem fasin blong stap ones, responsabiliti, dipen long yuwan, mo wok had. Olgeta prinsipol ia bambae oli ol bigfala blesing long laef blong yu. ■

!ASKEM WAN PAPA O MAMA!

?Wanem nao yu laekem tumas blong stap olsem wan papa o mama?

?Wijwan pat nao i moa had blong mekem?

?Wanem nao i mekem yu yu hapi?

?Wanem i moa impoten samting we yu stap mekem evri dei?

?Olsem wanem nao gospel i helpem yu blong kam wan papa o mama we i moa gud?

?Wanem i las samting we yu mekem evri dei?

?Wanem nara kwestin nao yu save askem?

!Stap olsem sado blong mama o papa long wan dei! Raetemdaon o dro insaed long jenol blong yu wanem we yu bin lanem. Talem tangkyu long papa mo mama blong yu from evri samting we tufala i stap mekem.

Ol Woman Hiro insaed long Buk blong Momon

Igat fulap woman insaed long Buk blong Momon we oli ol gudfala eksampol long yumi. !Hemia trifala hiro kad blong yu ademap long ol kad we yu stap kolektem! Yumi no save nem blong evriwan, be yumi save lanem samting aot long eksampol blong olgeta. ?Olsem wanem nao yu save kam olsem ol woman ia long Buk blong Momon?

?Yu save faenem ol narafala woman ia insaed long ol skripja? !Mekem ol hiro kad blong yuwan mo sendem wan pikja i kam long mifala!

- 1 Nifae 7:19. Olgeta woman ia oli bin soem strong paoa long ting-ting taem oli stanap long saed blong Nifae. ?Huia olgeta?
- 2 Nifae 5:6. Olgeta woman ia oli bin biliv long God mo oli bin folem Nifae long waelples. ?Huia olgeta?
- Alma 56:47–48. Olgeta woman ia oli bin tijim ol pikinini blong olgeta long saed blong God. ?Huia olgeta?

[Ol Ansa: gel mo waef blong Ismael; ol sista blong Nifae; ol mama blong ol strong soldia]

OL PIKJA OLI KAM LONG JARED BEKSTRAN

!Katem, benem, mo kipim jalenj kad ia!

!Mi Save Kasem wan Testemoni!

Saraea i bin kasem wan testemoni se hasban blong hem, Lihae, i wan profet blong God. Yu tu, yu save kam olsem Saraea, taem yu kasem wan testemoni blong yu mo afta, yu serem wetem ol narawan!

- ☐ Ridim 1 Nifae 5:7–8.
- ☐ Raetemdaon testemoni blong yu, o serem wetem wan fren o wan memba blong famli.
- ☐ Mi givim jalenj long miwan blong . . .

_____

!Mi Save Biliv!

Waef blong Lamonae i bin gat fet, o i bin biliv se Amon i wan profet blong God. Yu tu, yu save stap olsem waef blong Amon, taem yu biliv long profet mo ol aposol blong tedei!

- ☐ Ridim Alma 19:2–5, 8–10.
- ☐ Wajem wan toktok blong konfrens we i kam long Presiden Monson. ?Yu yu biliv se hem i wan profet blong God?
- ☐ Mi givim jalenj long miwan blong . . .

_____

!Mi Save Toktok!

Morianton i wan nogud man. Hem i kilim wan wokman blong hem, mo hem i disaed blong talem long Kapten Moronae abaot ol samting we Morianton i bin mekem. Yu save stap olsem haosgel ia; !yu save toktok taem ol samting oli no go stret!

- ☐ Ridim Alma 50:30–31.
- ☐ Sapos wan i stap fosem yu, o sapos yu luk we oli spolem wan narawan oltaem, go talem long wan adalt we yu trastem.
- ☐ Mi givim jalenj long miwan blong . . .

_____

Stap Wokbaot I Go long Promes Graon

Jared mo brata blong hem i bin stap long wan vale wetem ol famli mo ol fren blong tufala. Jisas Kraes i bin visitim brata blong Jared. Jisas i talem long hem blong hem i bildim ol bot blong tekem ol pipol blong hem oli go krosem solwota i go long graon blong promes.

Ol pipol oli bildim ol bot we i no gat windo long olgeta. Brata blong Jared i bin wari long olsem wanem nao bae oli pulum win mo lukluk samting. Jisas i talem se oli mekem samfala hol insaed long bot blong ea i kam insaed.

OL PIKJA OLI KAM LONG EPRIL STOT

?Be weswe nao long laet? Brata blong Jared i mekem 16 ston we oli waet evriwan. Hem i askem Jisas blong tajem ol ston ia wetem fingga blong Hem blong mekem ol ston ia oli saen gud.

Brata blong Jared i bin luk Jisas i tajem wanwan ston wetem fingga blong Hem. Ol ston ia oli saen strong. From se hem i bin gat bigfala fet, !brata blong Jared i bin luk Jisas Kraes!

God i bin sendem ol bigfala win blong pusum ol bot ia oli krosem ol solwota. Taem oli kasem graon blong promes, ol Man blong Jared oli bin prea blong talem tangkyu long God blong protektem olgeta.

Yumi save kam olsem brata blong Jared taem we yumi trastem God mo gat fet long Jisas Kraes. ■

I kamaot long Ita 2–3, 6

Miusik I Stap Mekem Mi Mi Hapi

PIKJA I KAM LONG EPRIL STOT

I kam long Presiden Godon B. Hinkli (1910–2008)

OL BIGFALA WAES MAN BLONG JOS BLONG LOD

God i stap wivim bigfala mat blong Hem folem bigfala plan we Hem i gat.

Ol bigfala waes man blong oganaesesen blong wok ia mo blong ol man we oli stap singaotem olsem lida, i wan pruf blong hemia. Ol Jeneral Atoriti, evriwan oli wanwan man, mo wanwan i gat wanwan fasin blong hem. Wanwan i karem samting i kam long responsabiliti blong hem, mo i tekem fulap defren kaen eksperiens mo bakgraon. Taem ol poen oli kam antap blong toktok raon long olgeta long ol liding kaonsel blong Jos, wanwan i fri blong talemaot tingting blong hem. Taem wan i stap mo i stap lukluk fasin blong wok ia i hapen, bae i laekem tumas blong witnesem paoa blong Tabu Spirit we i stap lidim olgeta man ia. Wanwan i talem ol defren tingting be oli no talem ol defren tingting ia long fasin we i strong, mo long en, ol tingting oli kam sopsop mo evriwan i joen wan. "Haos blong mi i wan haos blong oda," Lod i talem (luk long D&C 132:8). Taem mi stap luk fasin blong wok ia i hapen, oltaem fet blong mi i kam niu bakegen. . . .

Sam oli stap talem wari blong olgeta se Presiden blong Jos, plante

taem, i wan olfala man, mo mi stap ansa oltaem: "!Hemia wan blesing!" Wok long dispensesen ia, i kam antap tru long fasin we Profet Josef Smit i stap olsem wan tul long han blong God. Long tetaem ia, hem i yangfala mo strong; man ia, tingting blong hem i no bin stap long ol kastom blong taem blong hem. Maen blong hem i yangfala, mo i wan tingting we Lod i save trenem, i save tantanem olsem klei blong mekem pot, long stat blong wok blong Hem.

Man we i bin kam biaen long Josef i bin yangfala tu taem hem i mas tekem bigfala responsabiliti blong lidim wan ful grup blong ol pipol oli krosem ol waelples blong stap olsem paeonia blong wan niufala graon.

Be ol stamba blong doktrin blong yumi oli stanap strong nao, mo yumi stanap strong olsem wan pipol, hemia kasem taem we Lod i talem se yumi mekem samting i defren. Yumi no nidim ol niufala rod. Yumi nidim blong putum ful tingting long ol tabu prinsipol we oli stap talem finis. Yumi nidim blong stap tru long lida blong yumi, we God i bin jusum finis. Hem i profet, sia mo reveleta blong yumi. Bambae yumi neva stap mo no gat wan profet sapos yumi laef long wan wei we i klin inaf blong gat wan. Hem i no nid blong hem i yangfala. Hem i gat mo bambae hem i gohed blong gat ol yangfala man blong travel raon long wol blong mekem wok blong seves blong Hem. Hem nao i prisaeding hae pris, hem nao i man we i holem evri ki blong tabu prishud, mo hem i voes blong revelesen we i kam long God i go long ol pipol blong Hem.

I gat wan olfala proveb we i talem: "Yut blong tekem aksen. Olfala blong gat waes."

Long maen blong mi, mi harem se hat blong mi i harem gud mo i gat pis blong save se blong fesem fiuja, bae yumi gat wan Presiden we God i bin disiplinim hem, i tijim hem, i traem hem mo i testem hem; we hem i mekem tru fasin blong hem i strong long wok, mo hem i tru long wok we hem i bin mekem tru long ol yia blong seves, we fet blong hem i gro bigwan, mo hem i stap kolosap nomo long God from hem i bin lanem hemia ova long plante, plante yia. . . .

Yumi no nid blong fraet from fiuja, sapos yumi hang strong long ol prinsipol we God i talemaot. ■

I kamaot long "He Slumbers Not, nor Sleeps," Ensign, *Mei 1983, 5–8. Oli jenisim fasin blong raetem toktok blong i folem standet blong tedei.*

FOTO I KAM LONG MERI YUSUNIAN, MIUSIOM BLONG JOS HISTRI I GLAD BLONG SEREM FOTO IA

SAM NIU TINGTING

?Weaples nao bae mi faenem paoa long tingting blong save gogohed?

"Maet yu filim se laef blong yu i prapa nogud evriwan. Maet yu bin sin. Maet yu fraet, kros, stap krae, o trabol long ol tu tingting. Be semmak olsem Man blong Lukaot long Sipsip i faenem sipsip blong Hem we i lus, sapos yu talem o leftemap hat blong yu i go long Sevya blong wol, bae Hem i faenem yu. Bae Hem i sevem yu. Bae Hem i leftemap yu mo karem yu antap long solda blong Hem. Bae i tekem yu i gobak hom."

Presiden Dita F. Ukdof, Seken Kaonsela long Fas Presidensi, "Bae Hem I Putum Yu Antap long Ol Solda blong Hem mo Tekem Yu I Go Hom," *Jeneral Konfrens Ripot,* Mei 2016.

I Stap Tu Insaed long Magasin Ia

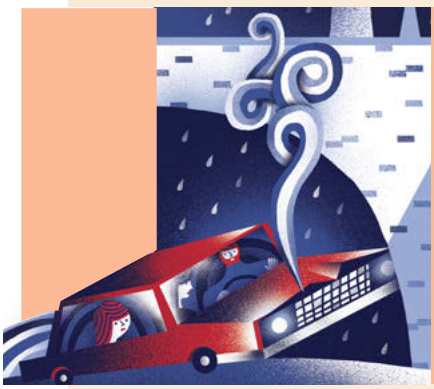
BLONG OL YANG ADALT

Stanap Olsem Wan Tru Man blong Mileniom

Blong stap olsem wan tru man blong Mileniom, i moa bitim yia we yu gat—hem i blong help blong mekem wol ia i rere from Seken Kaming blong Jisas Kraes.

p. 46

BLONG OL YUT



PAOA BLONG STAP STRONG BLONG GOGOHED

p. 58

Long medel blong tes we i bin had moa long laef blong mi, sam simpol samting oli bin helpem mi blong joen i stap wetem God, be i no blong stap pusum Hem i go longwe, mo stap gat ol konkon filing.

BLONG OL PIKININI

Ol Lesen we Oli Kam long Mama

p. 72

!Askem mama mo papa blong yu ol kwestin ia blong faenemaot wanem nao oli laekem moa blong stap olsem wan papa mo mama!

4 02132 90852 8
BISLAMA

JOS BLONG
JISAS KRAES
BLONG
OL LATA-DEI SENT