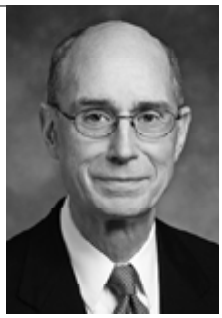
Pradhaan
Henry B. Eyring dwara
Pratham Adhyakshta ke
Pratham Salahkaar



Abhaar Dikhlaane Ka Chunaao

Hamare Swarg ke Pita sabhi kaaryon mein abhaari rehne ki aagya deta hai (dekhiye 1 Thessalonians 5:18), aur Woh chahata hai ki hum jo aashirvaad haasil karte hai ke liye abhaar prakat karein (dekhiye D&C 46:32). Hum jaante hai ki Unki sabhi aagyaaen hamari khushi ke liye hi hoti hai, aur hum yeh bhi jaante hai ki aagyaaon ka paalan na karne se durbhaagye hota hai.

Isliye khush rehne aur durbhaagye se bachne ke liye, hamein ek abhaari hriday rakhna chahiye. Humne apne jiwan mein kritigyata aur khushi ke beech ka sambandh dekha hai. Hum sab kritigyata mehsoos karna pasand karte hai, magar jiwan ke musibaton mein sada abhaari rehna aasaan nahin hai. Beemaari, niraasha, aur priyejanon ko khona hamare jiwan mein to kabhi kabhi hota rehta hai. Apne dukhon mein kathin ho jaata hai apne ashirvaadon ko dekh paana aur Parmeshwar dwara rakhe gaye ashirvaadon mein prasannta paana.

Achchi cheezon ki aadat pad jaane ke kaaran hamare liye ek chunaoti ho jaata hai apne ashirvaadon ko ginna. Jab hum apne ghar, khaane ka bhojan, ya doston our parivaaron ki chaahat kho dete hai, hum jaan paate hai hamein kitna abhaari hona chahiye tha jab woh hamare paas thi.

Sabse zyaada, kabhi kabhi hamare liye kathin hota hai un mahaan uphaaron ke liye paryaapt rup se abhaari rehna jo hum praapt karte hai: Ishu Masih ka janm, Unka Praeshchit, punarjiwan ka vaada, apne parivaaron ke saath anant jiwan ke mauke ka anand lena, susamachaar ka Punahsthaapna purohiti aur uske chaabiyon ke saath. Sirf Pavitra Aatma ke madad se hum mehsoos karna shuru kar sakte hai ki in ashirvaadon ka matlab kya hai hamare aur hamare priyejanon ke liye. Aur sirf tabhi hum abhaari rehne ki aasha kar sakte hai sabhi kaaryon mein aur Parmeshwar ke prati gaer abhaari rehne ki galti se bach sakte hai.

Hamein prarthna dwara puchna chahiye ki Parmeshwar, Pavitra Aatma ki shakti dwara, hamein madad karega musibaton ko anubhav karte samay bhi apne ashirvaadon ko achchi tarah pehchaanne mein. Woh hamein Aatma ki shakti dwara madad kar sakta hai un ashirvaadon ko pehchaanne aur unke prati abhaari rehne ke liye jiski hamein aadat pad jaati hai. Parmeshwar se prarthna dwara aysa maangne se hi mujhe zyaada madad mili hai “Kya Aap mujhe kisi ayse vyakti tak pahunchaaenge jiski main Aapke liye madad kar sakun?” Auron ko ashirvaad dene ke liye Parmeshwar ki madad karne se hi mainne apne khud ke ashirvaadon ko kareeb se dekha hai.

Ek samay mera prarthna ka jawaab mila tha jab ek anjaane dampati ne mujhe aspataal chalne ka nimantran diya. Wahan mainne ek shishu ko paaya itna chota ki mere hatheli ke barabar tha. Apne jiwan ke kuch hi hafton mein, woh kai surgeriyon se guzar chuki

thi. Daaktaron ne maata-pita ko bataya ki aur kathin surgery ki zaroorat hai Parmeshwar ke is chote bachche ke hriday aur phephdon (lungs) mein jaan barkaraar rakhne ke liye.

Maata-pita ke niwedan par, mainne shishu ko ek purohiti ashirvaad diya. Ashirvaad mein ek vaada tha ki jiwan zyaada samay ka hoga. Ashirvaad dene ke alawa, mainne khud ek abhaari hriday ka ashirvaad paaya.

Hamare Pita ki madad se, hum sab abhaari rehne ka chunaao kar sakte hai. Hum unse puch sakte hai ki woh madad karein hamare ashirvaadon ko achchi tarah pehchaane mein, kisi bhi paristhiti mein. Woh din, mainne khud ke hriday aur phephdon ke chaalu rehne ke chamatkaar ka bahut abhaar maana jo pehle nahin kiya tha. Ghar jaate samay mainne dhanyevaad diya mere bachchon ke ashirvaadon ke liye jo Parmeshwar aur aas-paas ke logon ki dayaluta ke chamatkaar the.

Sabse zyaada, mainne abhaar mehsoos kiya Praeshchit ke gawahi ke liye jo us maata-pita aur mere jiwan mein tha. Mainne aasha aur Masih ki jyoti ko unke chehron par chamakte dekha tha, unke ghor musibat mein bhi. Aur mainne us gawahi ko mehsoos kiya jo tum mehsoos karte ho jab Parmeshwar se dikhlaane ki maag karo kaise Praeshchit aasha aur prem jagata hai.

Hum sab prarthna mein abhaari rehne ka chunaao kar sakte hai aur Parmeshwar se nirdesh le sakte hai auron ki madad karne ko Unke liye—khaaskar saal ke is samay jab hum Uddhaarkarta ka janm manate hai. Pita Parmeshwar ne Apne Putra ko diya, aur Ishu Masih ne hamein Praeshchit diya, sabhi uphaaron aur daan se bada (dekhiye D&C 14:7).

Prarthna ke zariye abhaar prakat karna hamein in ashirvaadon ki star ko bataata hai aur hamare anye ashirvaadon ke bhi aur is tarah aur zyaada abhaari hriday ke uphaar ko paana.

IS SANDESH MEIN SE SHIKSHAN

Apne anubhavon aur ashirvaadon ko likhna hamein yaad dilaane mein madad kar sakta hai aur hamein kuch de sakta hai yaad rakhne ke liye. Jinko aap padhaati hai unse puche ki kya woh likh sakte hai woh kin cheezon ke liye abhaari hai taaki woh paaye hue ashirvaadon ko yaad rakh sake, vartamaan ke ashirvaadon ko pehchaan paaye, aur bhavishye ke ashirvaadon ki aasha karein.

Apne shikhsakon ko protsaahit karein ki woh Pradhaan Eyring ke uddharan par chale yeh puchte hue ki Swarg ke Pita unhein kisi ki or nirdesh karenge madad ya sewa karne ke liye.

YUVA

Kritigyata ka Ek Chunaoti Lijiye

John Hilton III aur Anthony Sweat Dwara

Hum sirf apne ashirvaadon—ko ginne ki baate na kare par use karein bhi! 100 cheezon ki suchi banae jiske liye tum abhaari ho. Agar aysa karna bahut zyaada lagta hai, to yeh kijiye:

1. 10 shaaririk gunon for likhein jiske liye tum abhaari ho.
2. 10 vaastavik sampatiyon ko likhe jiske liye tum abhaari ho.
3. 10 jiwit logon ke naam likhe jinke liye tum abhaari ho.
4. 10 mrit logon ke naam likhe jinke liye tum abhaari ho.
5. 10 prakritik cheezon ke naam likhe jiske liye tum abhaari ho.
6. Aaj ke baare mein 10 baat likhe jiske liye tum abhaari ho.
7. Dharti par 10 jaghaaon ke naam likhe jiske liye tum abhaari ho.
8. 10 aaj ke naye avishkaaron ko likhiye jinke liye tum abhaari ho.
9. 10 prakaar ke bhojan ke naam likhe jinke liye tum abhaari ho.
10. Susamachaar ke baare mein 10 baatein likhe jiske liye tum abhaari ho.

Jab hum aysi suchi tayyaar kar lenge, hum jaan paaenge ki 100 ki ek suchi mein Parmeshwar ke diye cheezon ki sirf shuruaat hui hain.

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Kriya ki Adhik Chamta

Is utpaadan ka adhyan karein, aur jaise upyukt ho, jin bahanon se aap bhent karti hai unse vichaar-vimarsh karein. In sawaalon ka istemaal karein apne bahanon ko mazboot karne mein madad karne ke liye aur Sahayak Sanstha ko apne jiwan ka chust bhaag banane ke liye.

Vishwaas • Parivaar • Sahayak

Prabhu, Unka Girjaghar, parivaarein, aur samaajon ko dhaarmik mahilaaon ke prabhaao ki zaroorat hai. Vaastav mein, Elder M. Russell Ballard jo Barah Devduton ke Parishad ke hai ne sikhlaaya ki "Girjaghar ki har ek bahan jisne Prabhu ke saath vaade kiye hai ke paas ek divye zimmedaari hai jiwan ko bachaane ka, duniya ki mahilaaon ko raah dikhaane ka, Zion ke parivaaron ko mazboot karne ka, aur Parmeshwar ke raajye ko banaane ka."[1]

Kuch bahane shaayad sochenge ki kya woh in unche lakshye ko praapt kar sakti hai. Magar jaise Eliza R. Snow (1804-87), Sahayak Sanstha ki dusri maha pradhaan, ne samjhaaya, "Koi bahan itni akeli nahin hai, aur uska prabhaao itna kam ki woh bahut kuch na kar paaye Parmeshwar ke raajye ke liye is dharti par."[2] Bahan Snow ne yeh bhi sikhlaaya ki Sahayak Sanstha ka aayojan hua tha "har achche aur prabhaaoshaali kaam ki purti ke liye."[3]

Sahayak Sanstha mein bhaag lena hamare chamtaaon ke prabhaao ko badhaati hai har bahan ko vishwaas badhaane, parivaaron aur gharon ko mazboot karne, aur ghar aur duniya bhar mein sewa pradaan karne se. Aur saobhaagye se, hamare vyaktigat aur Sahayak Sansthaaon ki koshishein badhi nahin honi chahiye aur na ki dikhaawa ke liye, magar woh saaodhaani se aur lagataar diye jaane chahiye. Dhaarmik kriya jaise daenik vyaktigat aur parivaarik prarthna, daenik dharamshaastra adhyyan, aur lagataar Girjaghar niyuktiyon ko pura karna madad karti hai vishwaas aur Prabhu ke raajye ko badhaane ke liye.

Un bahanon ke liye jo sochti hai ki kya yeh gupt daan ka kuch faaeda hota hai, Elder Ballard pushti karta hai: "Har bahan jo sachaai aur dhaarmikta ka samarthan karti hai buraai ke prabhaao ko kam karti hai. Har bahan jo apne parivaar ko mazboot karti aur surakshit rakhti hai woh Parmeshwar ka kaarye karti hai. Har bahan jo Parmeshwar ki putri ki tarah jeeti hai auron ke liye ek uddhaaran ki raushni ban jaati hai aur dhaarmik prabhaao ke beej boti hai jinke fal kai varshon tak dikhenge."[4]

Hamare Itihaas Se

Eliza R. Snow, jisne Sahayak Sanstha ki secretary ki sewa pradaan ki thi Nauvoo ki sthaapna ke samay, ko Pradhaan Brigham Young (1801-77) dwara niyukt kiya gaya tha Girjaghar ke sabhi shaakaon mein bhraman karne ke liye, bishop ko Sahayak Sanstha ki sthaapna apne wards mein karne ke liye.

Bahan Snow ne sikhlaaya: "Agar Israel ke kisi bhi putriyaan ya maataaen ko apni vartamaan chamtaaon ki kriya mein thodi bhi kami mehsoos hoti hai, woh ab paryaapt sambhaaona paaegi har achchaai ki shakti aur chamta ko pura karne ke liye jiski unmein bahut kaabliyat hai.... Pradhaan Young ne shuruaat ki hai ek vishaal kriya ki adhik chamta aur upyogita ki."[5]

VIVARAN

1. M. Russell Ballard, "Women of Righteousness," *Liahona,* Dec. 2002, 39.
2. Eliza R. Snow, "An Address," *Woman's Exponent,* Sept. 15, 1873, 62.
3. Eliza R. Snow, "Female Relief Society," *Deseret News,* Apr. 22, 1868, 81.
4. M. Russell Ballard, *Liahona,* Dec. 2002, 39.
5. Eliza R. Snow, *Deseret News,* Apr. 22, 1868, 81.

Dharamshaastra mein se

1 Corinthians 12:4–18; 1 Timothy 6:18–19; Mosiah 4:27; Articles of Faith 1:13

Main Kya Kar Sakti Hoon?

1. Main kaise bhent kiye hue bahanon ko madad kar sakti hoon apni chamta aur kaabliyat ko pehchaanne mein ki woh ek dhaarmik prabhaao ho sakti hai?

2. Main kaise apne anokhe uphaaron aur chamta se auron ko ashirvaad dila sakti hoon?

Aur zyaada jaankaari ke liye, dekhiye www.reliefsociety.lds.org.

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