

Pradhaan
Thomas S. Monson
Dwara



“Woh Ji Utha Hai”

EK BHAVISHYEVAKTA KI GAWAHI

“Isaayi dharm ka daawa hai,” jaise Pradhaan Thomas S. Monson ne kaha, ki Nazareth ke Ishu maut se ji uthe. “Punahsthaapna ki vaastavikta ek aadmi ko aur sabhi ko woh shaanti deti hai jo samajh se baahar hai” (dekhiye Philippians 4:7).¹

Aage bole jaane udharan mein, Pradhaan Monson Uddhaarkarta ke Punahsthaapna ki gawahi aur uske liye abhaar prakat karte hai aur kehte hai ki kyunki Putra ne maut se vijay paaya, Pita ke sabhi bachche jo dharti par aayenge phir se ji paaenge.

Maranshilta ke baad ka Jiwan

“Main vishwaas karta hoon Gethsemane mein Masih dwara kiye kaarye ko hum kabhi puri tarah nahin samajh paaenge, magar main apne jivan ke har din abhaari hoon Unke praeshchit waale balidaan ke liye jo hamare liye tha.

Antim samay mein Woh mukar sakta tha. Magar Usne aysa nahin kiya. Woh sabse niche jhuka taaki Woh sabhi ko bacha sake. Aysa karne se, Usne hamein is maranshil jivan ke baad ki zindagi di. Usne hamein Adam ke Patan se waapas laaya.

“Main apne rom rom se, Unka abhaari hoon. Usne hamein jeena sikhlaya. Usne hamein marna sikhlaya. Usne hamare mukti ka maarg tayyaar kiya.”²

Mrityu ke Andhere se Chutkara Paana

“Kuch stithiyon mein, jaise bahut takleef aur beemaari mein, mrityu daya ka farishta bankar aata hai.

Magar zyaadatar, hum use maanav jaati ki khushiyaali ka dushman sochte hai.

“Mrityu ka andhera hamesha punahsthaapit sachchaai ki jyoti se door ho jaata hai. Swami ne kaha, ‘Punarjiwan aur jivan main hi hoon.’ ‘Jo koi mujhpar vishwaas karta hai, woh yadi mar bhi jaaye, to bhi jiyega: Aur jo koi jiwit hai aur mujhpar vishwaas karta hai woh anantkaal tak nahin marega.’

“Yeh aashwaasan— haan, kabra ke baad— ke jivan ka pavitra pushti bhi hamein Uddhaarkarta ke vaada kiye shaanti ko dega jaise Usne Apne chelon ko ashwaasan diya: ‘Main tumhein shaanti diye jaata hoon, apni shaanti tumhein deta hoon: jaise sansaar deta hai, main tumhein nahin deta. Tumhara mann na ghabraye aur na dare.’”³

Woh Yahan Nahin Hai

“Hamare Uddhaarkarta ji uthe. Maanav itihaas ke sabse mahimamay, sukh dene waali, aur protsaahit karne waali ghatna ghat chuki thi—maut par vijay paane ka. Gethsemane aur Calvary ki peeda aur dukh beet chuke the. Maanav jaati ki mukti nishchit thi. Adam ke Patan ko palta gaya tha.

“Us pehli Easter ke subha ka khaali kabra Job ke sawaal ka jawaab tha, ‘Agar koi vyakti mar jaaye, kya woh phir ji sakta hai?’ Jo meri awaaz ko sun sakte hai, main ghoshna karta hoon, woh phir se ji paaenge. Hum jaante hai, kyunki hamare paas prakat hue sachchaai ki jyoti hai. . . .

“Mere priye bhaaiyon aur bahanon, hamare

zyaada dukh ke samay, hum gehri shaanti mehsoos kar sakte hai us pehli Easter ke subha ke devdut ki shabdon mein: 'Woh yahan nahin hai: kyunki woh ji utha hai.'"⁴

Sabhi log Phir Ji Uthenge

"Hum haste, hum rote, hum kaam karte, hum khelte, hum pyaar karte, hum jeete hai. Aur phir hum mar jaate hai. . . .

"Aur mare hue hum rehte agar ek Aadmi aur Uske mission ki baat na hoti, woh hai Nazareth ka Ishu. . . .

"Main apne pure hriday aur mere aatma ki uttejna se, apne gawahi dene ki awaaz ko uthaunga ek khaas gawaah ke rup mein aur kahunga ki Parmeshwar jiwit hai. Ishu Unka Putra hai, Pita ka Eklauta, sharir mein. Woh hamara Muktidaata hai; Woh hamara Maadhyam hai Pita se baate karne ka. Wohi tha jo krus par mara tha taaki hamare paapon ka praeshchit ho sake. Woh Punarjiwan ka pehla fal bana. Kyunki woh mare, sabhi phir se ji uth paenge."⁵

Ek Niji Gawahi

"Main apna niji gawahi bayaan karta hoon ki maut ko hara diya gaya hai, kabra par vijay paa liya gaya hai. Unke dwara pavitra kiye gaye shabd jinhone use jiya hai sabhi ke liye vaastavik gyaan ban jaaye. Unhein yaad rakhiye. Unki Parwaah karein. Unka Sammaan karein. Woh ji utha hai."⁶

VIVARAN

1. "He Is Risen," *Liahona*, Apr. 2003, 7.
2. "At Parting," *Liahona*, May 2011, 114.
3. "Now Is the Time," *Liahona*, Jan. 2002, 68; John 11:25-26; 14:27 bhi dekhiye.
4. "He Is Risen," *Liahona*, May 2010, 89, 90; Job 14:14; Matthew 28:6 bhi dekhiye.
5. "I Know That My Redeemer Lives!" *Liahona*, May 2007, 24, 25.
6. *Liahona*, Apr. 2003, 7.

IS SANDESH MEIN SE SHIKSHAN

Pradhaan Monson ke sandesh ke dohraane ko batlaane ke baad, Easter ke sahi arth par unke gawahi par dhyaan dein. Aap parivaar ke sadasyon se yeh sawaal puch sakte hai: "Aapko kaisa mehsoos hua jab aapne jaana ki ek jiwit bhavishyevakta ne in sachchaaiyon ki gawahi in dinon mein di hai? Aap kaise

in shikshan ko apne jivan mein laagu karoge?" Apni gawahi dene ki soche.

YUVA

Main Unhein Phir Se Dekhunga

Morgan Webecke Dwara

Mere pita ne hum sab bachchon ko khaas hone ka ehसाas dilaya. Woh humse prem karta aur asaani se maaf kar diya karta tha. Woh sab kuch karta jisse ki hum sab khush rehte, aur usne yeh saaf batlaya tha ki woh hamare liye sabse behtar chahata tha. Main unse bahut prem karti thi.

Jab main 6th kaksha mein thi, mere pita ek caar durghatna mein chal base. Main aur mera parivaar to bahut niraash the. Hamare parivaar mein ek bhaari khoklapan ho gaya tha. Pitaji hi woh ek aadmi tha jispar hum nirbhar the. Unke mrityu ke baad madad maagne ke bajaae, mainne krodh aur peeda ko palne diya. Mainne nishchay kar liya tha ki yeh sab Parmeshwar ki karni thi. Mainne dharamshastra padhna aur prarthna karna chod diya tha. Main girjaghar jaati thi isliye ki meri maa chahati thi. Main apne Swarg ke Pita se door rehne ki koshish karti thi.

Phir main Jawaan Mahilaaon ke camp mein gayi pehli baar. Main naye saheliyaan banana pasand karti thi, magar phir bhi apne dharamshastra nahin padhti thi. Antim raatri ko, humne gawahi dene waale sabha mein bhaag liya. Mainne woh mehsoos kiya jo lambe samay se nahin kiya tha: Aatma. Mainne un ladkiyon ki prashansa ki jo jaakar apni gawahi deti thi, magar main baethi rahi kyunki mainne socha mere paas gawahi nahin thi. Achanak mujhe laga ki main bhi uthun. Mainne apna muh khola, sochti rahi kya kehna hai. Tab mainne kaha main Jawaan Mahilaaon ke camp se khush hoon. Phir mainne khud ko kehte suna ki main jaanti hoon Ishu Masih mere liye mare aur ki Swarg ke Pita mujhse prem karte aur ki Girjaghar sachcha hai.

Mujh mein ek ashcharyejanak shaanti aayi. Dhanyevaaad is anubhav ke liye jisse ki main keh sakti hoon ki main jaanti hoon ki main apne pita ko phir dekh sakungi Uddhaarkarta ke Praeshchit aur Punarjiwit hone se.



Prem karein, Suraksha dein, aur Shakti dein

Prarthnashilta se 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 jivan ka chust bhaag banane ke liye.

Vishwaas, Parivaar Sahayak

Uddhaarkarta ki tarah, bhentkarne waale shikshak ek ek ko lekar bhent karte hai (dekhiye 3 Nephi 11:15). Hum jaante hain ki hum bhentkarne waale shikshak ke rup mein safal hai jab hamare behne keh sake: (1) meri bhent karne waali shikshak mujhe dhaarmik rup se madad karti hai; (2) main jaanti hoon ki meri bhent karne waali shikshak meri aur mere parivaar ki bahut khyaal rakhti hai; aur (3) agar mere paas samasyaen hoti hai, main jaanti hoon meri bhent karne waali shikshak madad karegi mujhe kuch kehne ka intazaar kare bagaer.¹

Hum kaise bhent karne waale shikshak ke rup mein ek bahan se prem, ki suraksha, aur ko shakti de sakte hai? Niche diye gaye 9 sujhaao hai jo *Daughters in My Kingdom: The History and Work of Relief Society* pustika ke adhyaaye 7 mein paaya jaata hai bhent karne waale shikshak ki sahayta ke liye:

- Har din uske aur uske parivaar ke liye prarthna karein.
- Prerna haasil karein uske aur uske parivaar ko jaanne ke liye.
- Use aksar bhent karne jaaye jaanne ke liye woh kaisi hai aur use sahanubhuti aur shakti dene ke liye.
- Aksar bhent karne, phone par

baat karne, patra likhne, e-mail, text sandeshon, aur saadhaaran daya ke kaarye karne se unse sampark banaye rakkhe.

- Usse Girjaghar sabhaaon mein milein.
- Use madad karein jab zaroorat pade, beemaari, ya koi aur tatkaal madad pahunchaane ke liye.
- Use dharamshastra aur Shikshan Sandesh Bhenton mein se sikhlaaye.
- Uske liye achcha uddhaaran banke prerna dein.
- Ek Sahayak Sanstha neta ko unke sewa ke aur us bahan ke dhaarmik aur shaaririk swaasthye ki jaankaari dein.

Hamare Itihaas Se

“Bhentvaarta shikshan duniya bhar ke Antim-din Sant mahilaaon ke liye ek zariya ban gaya hai prem, poshan, aur sewa karne ka— ‘us daya ke saath kaarye karna jo Parmeshwar ne [hamare] andar daala hai,’ jaise Joseph Smith ne sikhlaya.”²

Ek bahan jo haal hi mein vidhwa hui thi ne apne bhent karne waale shikshak ke baare mein yeh kaha: “Unhonne suna tha. Unhonne mujhe sahanubhuti di. Woh mere saath royi. Aur unhonne mujhe gale lagaya. . . . [Unhonne] mujhe un shuruuat ke

akelepan ke kuch mahino ke ghor niraasha aur dukh se nikalne mein madad ki thi.”³

Saansarik kaaryon mein haath batana bhi ek tarah ka sewa hai. October 1856 ke maha sammelan mein, Pradhaan Brigham Young ne batlaya ki haathgaadi purvaj gehre barf mein fase the 270–370 meel (435–595 km) door. Usne Salt Lake Shahar ke Antim-din Santon ko unke bachaao ke liye bulaya aur achchi tarah “un cheezon par dhyaan dene ke liye jo saamaajik hai.”⁴

Lucy Meserve Smith ne likha tha ki usi sammelan kendra mein mahilaaon ne apne niche pehne hue garm kapdon aur mojon ko wahin nikaala aur haath gaadiyon mein daala un thand mein fase purwajon ki madad ke liye. Phir unhonne kambal aur kapde ikattha kiya unke liye jo kam saamaan ke saath aayenge. Jab haathgaadi chaalak pahunche, shahar mein ek imarat mein “unke liye samaan jama the.”⁵

VIVARAN

1. Dekhiye Julie B. Beck, “What I Hope My Granddaughters (and Grandsons) Will Understand about Relief Society,” *Liahona*, Nov. 2011, 113.
2. *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 112.
3. *Daughters in My Kingdom*, 119–20.
4. Brigham Young, “Remarks,” *Deseret News*, Oct. 15, 1856, 252.
5. Dekhiye *Daughters in My Kingdom*, 36–37.

Dharamshastra mein se

Luke 10:38–39; 3 Nephi 11:23–26;
27:21

Main Kya Kar Sakti Hoon?

- 1.** Main kaise jaan sakti hoon meri bahanon ki kya zaroorat hai?
- 2.** Kaise meri bahanein jaan paaengi ki main unke baare mein parwaah karti hoon?

Aur zyaada jaankaari ke liye,
dekhिये reliefsociety.lds.org.