



# DUSRON KO MADAD KARNE KE LIYE MADAD PAANA

*Kaise hum long sakta aur koi ke madad lewe dekhrehk kare la apan koshish me?  
Dekhrehk ke intarviu aur pehle-Raviwaar ke council sabha me bhaag lo.*

Jab multupal sclerosis se peedit Kathy wheelcheyar me padh gayi, har raat ko usne zaroori madad paaya apne wheelcheyar se khaat par jaane ke liye. Yeh kaam kisi ek sadasye ke liye to bahot bhaari tha. Isliye elders korum ke sadasyon ne uske stithi pe saath samjhaota kiya aur ek yojna banaya use har shaam madad kare ke liye.<sup>1</sup>

Jiske hum long sewa karta jab u long ke zaroorat aur taaqat ke jaan leta hai, hum long ke saait janai ki u long ke zaroorat pura kare me hum long ke madad chahiye. Dekhrehk ke intarviu aur pehle-Raviwaar ke council sabhaen do ayse maokke hai dusron ko shaamil karne par charcha karne ke liye.

## **Dekhrehk ke Intarviu**

Har teen mahine par(quarterly) jo intarviu hote hai dekhrehk waali behno aur Sahayak Sanstha ke Adyakshta ya dekhrehk waale bhaaiyon aur elders korum adhyakshta ke beech ek hi *formal* report hota hai jo hum dekhrehk kiye logon par denge. Yeh intarviu ek hi maoka hai teen mahino me (1) saope gaye parivaar aur logon ke shaktiyon, zarooraton, aur chunaotiyon ke baare me salaah karne ka; (2) jaanna ki korum, Sahayak Sanstha, ya ward council kin zarooraton me madad kar sakte hai; aur (3) leedaron se seekhne ka aur dekhrehk ke koshishon me protsaahan paane ka.

Elders korum pradhaan aur Sahayak Sanstha pradhaan seedha bishop ko avashyak zarooraton ko batate hai aur unse salaah aur nirdeshan paenge.

Aapko dekhrekh ke intarviu par aur jaankaari [ministering.lds.org](http://ministering.lds.org) par milenge.

### **Dekhrehk ke Intarvius ko Arthpurn Banana**

Pradhaan Russell M. Nelson ka kehna ki dekhrehk ka prograam ek kabja (hinj) ka jodh hoga jispar Girjaghar ka kaarwaahi jhulega, Elder Gary E. Stevenson jo Barah Devduton ke Korum ka hai ne sikhaya, “Unka drishye (vision) tabhi pura hoga jab . . . shayad dekhrehk waale bhaai aur behno ko dekhrehk ke intarviu sikhaya jaaega aur us me shaamil kiya jaaega.”<sup>2</sup>

Dekhrehk waale bhaai aur behno ke liye paanch salaah:

- Salaah paane ke liye intarviu par jao. Seekhne ke liye tayaar raho.
- Tayaar raho un zarooraton ki charcha karne ke liye jinhe pura karne me tumhe madad chahiye.
- Us insaan ke shaktiyon aur chamtaon par gaor karo, na ki sirf zarooraton par.
- Un natija ke baare me salaah karo jisse tumhara dekhrehk safal hua ho.
- Adhyakshta (presidency) se sampark karo agar teen mahino ke alawa kabhi salaah zaroori pade.

Leadaron ke liye paanch salaah:

- Yeh zaroori nahi hai ki intarvius lambe ho, lekin paryapt samay nikale, ayse jagah par milne ki, jahan arthpurn ya thos baat-cheet ho sake.
- Dekhrehk karne waale bhaai ya bahan ki dekhrehk karne ke maake ka faaeda uthaaye.
- Ayse sawaal na puchein jisse lage ki aap sirf bhent geen rahe hai ya sampark pura kar rahe hai (“Kya aapne apna dekhrehk kiya hai?”). Ayse sawaal puchein jisse unhe jaise pesh aana hai aap sikha sake (“Aapko kya prerna mila jaise aapne us parivaar ke baare me praathna kiya? Kya hua jab aapne un prernaon par amal kiya?”).
- Dhyaan se sunein aur not kijiye.
- Ek saath salaah mashora karein. Dekhrehk karne waale saathiyon ko revelaishan milte hai unke liye jinse woh bhent karte hai.

### **Dekhrehk ke Intarvius ke baare me Sawaal aur Jawaabein**

*Ek dekhrehk ka intarviu kya hai?*

Yeh ek baat-cheet hai dekhrehk karne waale bhaai aur elders korum adhyakshta ke ek sadasye ke beech ya dekhrehk karne waale bahano aur ek Sahayak Sanstha adhyaksh ke sadasye ke beech ek aysi jagah par jahan unhe dhoondhne par Pavitra Aatma ka prerna mil sake. Iska natija hoga, dekhrehk karne waale bhaai aur bahanein Uddhaarkarta ke tarike se dekhbhaal, pyaar karne, sikhaane, aur sahanubhuti dene ki prerna paa sake.

*Kya yeh teen mahino ke intarviu ek dusre se milkar hi karne chahiye?*

Aam taur par yeh intarviu aamne saamne ki jaati hai, lekin phone ya online se bhi kar sakte hai agar aamne saamne milna asambhav ho. Aksar, dono saathi intarviu me bhaag lete hai jab theek ho.

*Dekhrehk waale intarviu ka lakshye kya hai?*

Dekhrehk ke intarvius dekhrehk karne waale bhaai aur bahano ke liye ek maoka hai abhi ke haalaat janne, bhavishye ke liye yojna banane, aur un logon ya parivaaron tak zaroori madad pahunchaane ke liye. Yeh ek maoka hai batane ke liye ki korum aur Sahayak Sanstha kaun se saadhan de sakte hai.

*Mai kaise gupt ya naazuk maamlo ka saamna karun?*

Dekhrehk karne waale bhaai aur bahanein gupt jaankaari sirf elders korum ya Sahayak Sanstha pradhaan ko bata sakte hai—ya sidhe bishop se. Gupt ya naazuk jaankaari pehle-Raviwaar ke council sabhaaon me nahi kahi jaani chahiye.

Aap dekhrehk ke intarvius par prashikshan (training) vidios [ministering.lds.org](http://ministering.lds.org) par dekh sakte hai.

### **Pehle-Raviwaar ke Council Sabhaein**

Dekhrehk ke intarvius ke saath saath, pehle-Raviwaar ke council sabhaein bhi ek tarika hai auron ko dekhrehk me shaamil karne ka. Sahayak Sanstha aur elders korum ke sabhaaon me, Aatma aur grup me auron ke madad se prerna bhaag lene waalon ko mil sakti hai.

Ek council sabha ka lakshye hai:

- “Ek saath salaah karein sthaaniye zimmedaariyon, maoko, aur chunaotiyon ke baare me;
- “Ek dusre ke samajh ke pehchaan aur anubhaavon; aur
- “Yojnaen bananao ki kaise tum Aatma se paaye prabhaaon pe amal karoge.”<sup>3</sup>

Council sabhaaein sirf baat-cheet pe nahi rukti, un sabhaon se hum Aatma dwara prerit ho kar chaahе niji rup se ya ek grup me kaarye karne ko nikalte hai. Sadasye ek chaahat mehsoos kare sake hai Prabhu ke kaam pura ke, i sabha long se.

### **Kuch Kare ke Neuta**

“Hum long ke praathna hai aaj,” bolis Elder Jeffrey R. Holland jon Barah Devduton ke Korum ke hai, “ki har ek aadmi aur aurat—aur hum long ke bada jawaan purush aur jawaan mahila—jaada bhakti [rakhi] dil se ek dusre ke dekhbhaal kare me, sirf Maseeh ke pavitra pyaar se prerit ho kar aysa karenge.”<sup>4</sup>

### **ISHU NE DUSRON KO SHAAMIL KIYA**

Ishu ne 5,000 ke bhid ko paanch roti aur do choti machliyon se bhojan khilaya. John 6:5-14 padhiye jaane ke liye ki ketna dafa Uddhaarkarta dusar long ke shaamil karis raha dekhrehk ke i kaam me.

“Dekhrehk ke Niyam” hum long ke sikhaawe ke kostin hai kaise ek dusre ke dekhbhaal karo—iske sandesh ke rakam nahi batawa jaai bhent kare la samay. Jab hum long jaan jaaega kiske sewa karta, Pavitra Aatma hum long ke prerna dei jaane ke kostin ki u long ke kon sandesh ke zaroorat hai hum long ke dekhbhaal aur daya ke alaawa.

Dusra long ke zaroorat ke baare me salaah lena dekhrehk ke intarviu ka mukhye bhaag hai. Ministering Principles article bhi dekhiye, “Unke Zaroorat par Salaah Lo” September 2018 ke lekh me.

### **NOT**

1. Dekhiye *Mormon Messages* video “Lift,” [lds.org/media-library](https://lds.org/media-library).
2. Gary E. Stevenson, “Ministering Interviews” (video), [ministering.lds.org](https://ministering.lds.org) me.
3. *Come, Follow Me—For Melchizedek Priesthood and Relief Society*, in *Ensign* ya *Liahona*, Nov. 2017, 140; [comefollowme.lds.org](https://comefollowme.lds.org) par bhi uplabdh hai.
4. Jeffrey R. Holland, “Be With and Strengthen Them,” *Ensign* or *Liahona*, May 2018, 103.