

Lahona

Tri Samting we
Oltaem Yumi
Save Talem
Tangkyu From

pej 12

Luksave, mo Stretem
Problem blong Abius, ol
pej 5, 18

Stap Faenem Ol Ansa long
Wan Taem blong Giaman,
pej 24

Olsem Wanem Ol Mitinghaos
blong Yumi Oli Helpem Yumi
long Wosip blong Yumi, pej 38

JOS I STAP
LONG
PLES IA

Busan
Saot Kori





FOTO: KAM LONG GETTY IMAGES

Long Busan, i gat wan long ol 12 stek long Saot Koria.
I gat hedkwota blong wan misin long Busan. Hemia sam
tru samting abaot Jos long Saot Koria.

ol memba



88,418

12



stek, 5 Distrik, 4 misin

kongregesen



103

18



famli histri senta

Tempol (Seul)



1

1956

Ol fas ofisol misinari

1967

Oli printim Buk blong Momon long lanwis Koria

1973

Fas stek we oli bin kriitem

1985

Dedikesen blong Seul Tempol

1991

Namba wan milian kopi blong Buk blong Momon we oli printim long lanwis Koria

2020

Kwaea blong Saot Koria i joen long vidio blong singsing las hym long jeneral konfrens blong manis Epil



Givhan tru
long Program
blong
Ol Pikinini
mo Ol Yut
8



Hat we Oli Stikim
Mekem I Gat Ol Soa
we Oli Bigwan mo
Dip Tumas: Stap
Andastanem Abius
insaed long Famli

Jason B. Whiting

18



Ol Aposol
Oli Serem
Ol Mesej
blong Hop
12



Stanap long Strong Ston
ia we I Revelesen
Elda Lawrence E. Corbridge

24

Stopem Abius

Long ol helti rilesensip, ol pipol oli talem sore from ol toktok mo aksen blong olgeta we oli no kaen, mo oli dipen long paoa blong Sevya we i pem praes blong helpem olgeta blong kam antap mo sakem sin. Be long ol situesen we oli no helti, ol pipol oli goheda blong tritim ol narawan long wan fasin we i no kaen, mo ol rilesensip ia oli save go kasem abius.

"[Abius mo ol nara] kaen rong olsem, oli no gat ples insaed long kingdom blong God," Presiden Russel M. Nelson i bin tijim (Ol Rij Samting long Saed blong Spirit," Oktoba 2019 Jeneral Konfrens). Samfala atikol blong magasin blong Jos long manis ia bae oli helpem yumi blong luksave mo stretem problem blong abius:

- Long atikol blong mi long pej 18, mi tokbaot ol fasin we oli ol fasin blong abius mo soem sam risos blong helpem yu o ol pipol we yu save, blong oli luksave mo oli kasem hiling aot long ol rilesensip we oli olsem ol abius.
- Long pej 58, wan yangfala gel i serem ol eksperiens blong hem we oli abiusum hem long saed blong seks taem hem i wan pikinini, mo olsem wanem hem i bin save faenem strong paoa long tingting mo paoa long maen blong

toktok mo askem help long ol adalt we hem i trastem mo help blong Sevya.

• Long Fren blong manis ia, long pej F12, yu save faenem wan raeting aktiviti blong help blong toktok raon long fasin blong "talem no" wetem ol pikinini blong yufala. Tingting blong stap yusum aktiviti ia olsem stamba blong wan haos naet lesen blong stopem abius.

• Abius long filing i save spolem man i semmak nomo long eni nara kaen wei blong abius. Ridim "Luksave Abius long Filing" we i stap long dijitol edisen blong namba blong magasin ia blong save lanem ol faef woning saen mo olsem wanem blong kasem help.

Sapos oli bin mekem nogud long yu, yu save tanem yu i go long God blong Hem i soem rod mo hiling, mo tu, blong yu lukaotem help long ol pipol we yu trastem olgeta. Lod i andastanem wanem yumi stap filim, mo bambae Hem i lidim yumi i go long sef ples mo glad taem yumi stap tanem yumi i go long Hem.

Bae yumi evriwan i filim lav blong God mo go toktok wetem Hem evri dei.

Jason Whiting, PhD

Brigham Yang Yunivesiti Skul blong Famli Laef

Oi Samting we Oli Stap Insaed

5 Abius Toksave 📹

6 Oi Eksampol blong Fet 📹

Sakiusa mo Salote Maiwiriwiri

Ol Maiwiriwiri oli bin laef wetem glad mo stamba tingting evri dei, i nomata we tufala i gat tu pikinini we oli ded finis.

8 Oi Prinsipol blong Wok blong Givhan

Givhan tru long Program blong Oi Pikinini mo Ol Yut

Yu no nid blong yu anda long 18 yia blong save yusum program blong Oi Pikinini mo Ol Yut, blong helpem givhan wok blong yu.

12 Oi Aposol Oli Serem Oi Mesej blong Hop

Olsem wanem blong stap kolosap long God, givhan wetem lav, mo gat longfala tingting blong muv i go fored long taem blong wol sik ia.

18 Hat we Oli Stikim Mekem I Gat Oi Soa we Oli Bigwan mo Dip Tumas: Stap Andastanem Abius insaed long Famli

I Kam long Jason B. Whiting

Stap luksave ol faef paten blong abius mo faenem hop mo hiling.

24 Stanap long Strong Ston la we I Revelesen

I Kam long Elda Lawrence E. Corbridge

Rod ia blong lukaotem trutok i stat taem yumi faenem ansa long ol fas kwestin.

30 Oi Voes blong Oi Lata-dei Sent 📹

Wan famli i faenem pis mo glad insaed long tempol: wan pasol i givim hiling; wan yang man i kasem wan nambatu janis blong ridim Buk blong Momon; wan yang man i kam blong andastanem stamba tingting blong baptaes blong hem.

34 Kam Folem Mi: Buk blong Momon 📖 📹

Ol wik atikol ia i save sapotem stadi blong yu long Buk blong Momon long manis ia.

38 Oi Mitinghaos—Oi Ples blong Stap Revren mo Stap Wosip

I Kam long Bisop Dean M. Davies

Ol mitinghaos blong yufala oli wan tabu ples we i save givim plante janis blong filim Spirit i moa strong insaed long laef blong yu.

⌚ Kwik Riding

📖 Kam Folem Mi Sapot

Long Kova
Foto we i kam long
Getty Images



Oi Seksen

Ol Yang Adalt

44

Adiksen i save kam wan jen we i stap holem yumi stap daon. Yumi save **faenem fridom taem yumi go kolosap long Sevyal blong yumi**, we i lavem yumi iven we yumi gat ol wiknes mo ol samting we yumi gat hadtaem wetem.



Yut

52

I nomata se yu stap gat hadtaem wetem evri dei seves blong yu, hiling from abius, helt blong tingting, o blong talem ful nem blong Jos nomo, **yu yu no stap yuwan**.



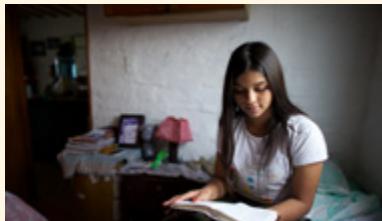
Oi Pikinini

Fren

Lanem abaot **taeting** mo olsem wanem blong helpem famli blong yu blong i **hapi moa**.



OL OKTOBA ATIKOL WE BAE OLI KAMAOT LONG INTANET NOMO



37 Defren Wei blong Stadi long Oi Skripja

I Kam long Marissa Widdison

Sapos riding i no wan samting we yu laekem blong mekem, traem stadi long gospel long wan long ol wei ia.

Stap Luksave Abius blong Oi Filing I Kam long Nanon Tally

Wan kaonsela blong Famli Seves i serem olsem wanem blong luksave mo stretem problem blong abius blong filing, insaed long ol rilesensip blong yufala.

FAENEM MOA

Insaed long Gospel Laebri ap o long liahona.ChurchofJesusChrist.org, sapos yu save:

- Faenem stret namba blong magasin.
- Faenem ol atikol we oli kamaot long Intanet nomo.
- Lukluk tru long ol magasin blong bifo
- Sendem ol stori mo ol fidbak blong yu.
- Pem magasin blong i kam evri manis o givim olsem wan presen.
- Leftemap fasin blong stadi wetem ol dijitol tul.
- Serem ol atikol mo vidio we yu laekem bigwan.
- Daonlodem o printim ol atikol.
- Lisin long ol atikol we yu laekem bigwan.

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Sol Lek Siti, UT 84150-0023, USA

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i no blong mekem mane. Raet ia oli save

karemaot long eni taem. Sam long ol pikja

ia bae oli no save mekem kopli long olgeta

sapos i gat tabu long hem long kredit laen

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ABIUS TOKSAVE



Taem yumi evriwan i stap hop blong tritim evriwan wetem respek, sam pipol oli lukluk blong spolem, kontrolem, o yusum ol narawan. Ol kaen fasin olsem oli singaothem abius. Hemia i agensem gospel blong Jisas Kraes we i tijim yumi blong lavlavem yumi mo tritim ol nara man olsem we yu wantem blong olgeta blong tritim yu (luk long Matiu 7:12; Jon 13:34; Doktrin mo Ol Kavenan 121:36–37).

**Ol viktima blong abius
ol stap fesem abius tru
long ol man we olgeta
i save.**

Man blong abius i save wan famli o wan man we oli bin mitim bifo. Hemia i no givim tingting ia se bae yumi wari abaot evriwan we yumi save, be yumi save lukaot long—mo tijim ol pikinini blong yumi blong lukaot long—of narafala saen ia.

**Ol man blong abius oli
lukaotem olgeta we
oli no strong.**

Ol man blong abius oli lukaotem olgeta we oli no save mekem desisen yet o no save protektem olgetawan.

**ABIUS I GAT OL SAEN BLONG HEM. HEMIA FAEF
SAEN BLONG STAP LUKAOT LONG OLGETA BLONG
HELP BLONG PUTUM STOP O STOPEM ABIUS:**



**Ol man blong abius
oltaem oli traem blong
mekem ol viktima
stap olgetawan.**

Oltaem ol man blong abius oli stap holemaet ol viktima blong olgeta blong no askem help taem oli stap yusum fasin blong stap olgetawan wetem viktima o wantem tekemaot laef blong hemia we i viktima.

**Ol man blong abius oli
statem abius taem oli
stat blong brekem ol
baondri.**

Abius i stat taem man i brekem limit blong gudfala fasin mo lanwis we i mekem long narafala man. Ol man blong abius oli save ova wantaem long ol baondri o stat blong brekem smolsmol blong mekem se viktima hem i no filim save se oli stap abiusum hem.

**Ol man blong abius oli save stat blong mekem man i trastem olgeta
bifo oli abiusum olgeta.**

Hemia oli singaothem "fasin blong switim ol pikinini o yut" mo i stap hapen plante nao long ol yut mo ol pikinini. Ol fasin blong switim ol pikinini o yut i save tekem tu, fasin blong askem ol taem blong stap yuwan, fasin blong kipim sikret, tokabaot ol topik blong seks, o fasin blong soem ponografi o statem blong tajem bodi blong wan pikinini.



Sakiusa mo Salote Maiwiriwiri

Suva, Fiji



Mi no save bilivim pis mo hapines we mi bin faenem insaed long hom blong ol Maiwiriwiri. I nomata we tuafala i gat tu pikinini we oli ded finis, oli stap laef wetem glad mo stamba tingting evri dei.

LES NILSSON, HEM WE I TEKEM FOTO

Salote:

Tu yia i pas, afta we boe blong mitufala, Esa i bin ded from hem i kasem kansa long lang blong hem, gel blong mitufala, Esalynn i bin ded from wan sik long hed blong hem. Insaed long tempol, mi bin filim strong blong toktok wetem wan senia sista misinari we i bin stap ia, we hem tu i bin lusum tuafala pikinini sam yia bifo i kam. Hem i talem long mi: "Sapos yu mekem hom blong yu i wan tabu ples, yu save filim se ol pikinini blong yu oli stap ia."

Hemia i kam olsem gol blong mitufala. Evri samting we yumi stap mekem, i blong mekem hom blong yumi i kam wan tabu ples. Yumi wantem blong filim se yumi stap kolosap long hem.

Sakiusa:

Eksperiens ia blong lusum Esa mo Esalynn, long en, i mekem famli blong mifala i kolosap tugeta moa. Mifala i stap kaonsel tugeta wetem ol nara pikinini. Mifala i stap go long tempol olsem wan famli. Mifala i stap laef long wan simpol wei, mo jusum blong talem tangkyu, evri dei. Taem mifala i stap tokbaot mining blong sil olsem wan famli insaed long tempol, siling ia i kam laef insaed long mifala. Mo tru long evri samting ia, mifala i stap filim we ol pikinini blong mitufala i stap ia.

FAENEMAOT MOA

Luk moa abaot wokbaot blong fet blong Sakiusa mo Salote, wetem sam moa foto, onlaen o insaed long Gospel Library veseni blong atikol ia long ChurchofJesusChrist.org/go/10206.

Elda Ronald A. Rasband i serem olsem wanem yumi save mekem ol hom blong yumi oli strong moa blong oli kam ol ples blong lav, mo proteksen long saed blong spirit, long ChurchofJesusChrist.org/go/10207.



Ol Givhan Prinsipol

GIVHAN TRU LONG PROGRAM BLONG OL PIKININI MO OL YUT

Blong stap invaetem ol narawan blong kam antap mo stap helpem olgeta folet rod ia, i stret paoa ia we i pusum wok blong givhan.

T gat fulap janis i stap blong stap givhan tru long Program blong Ol Pikinini mo Ol Yut. Mebi yu gat ol pikinini o ol yut insaed long hom blong yuhan. Mebi yu wan lida insaed long program ia o yu yu givhan long ol famli wetem ol pikinini mo ol yut. O mebi yu yu *happen blong save* sam pikinini mo yut (hemia nao i kavremap yumi evriwan.). I nomata wanem situesen blong yu, i gat fulap wei blong yusum program ia mo ol prinsipol blong hem blong save blesem laef blong ol narawan.

Stap Developem Yumiwan Tugeta

Hat blong program blong Ol Pikinini mo Ol Yut, i lukluk nomo blong traem, evri dei, blong kam moa olsem Sevya, we i bin givhan long wan fasin we i stret evriwan. Plante long olgeta we oli bin tekpat long program ia, oli bin lanem se moa yu progres long ol defren eria blong laef blong yu, moa yu gat tul blong save help o givhan long ol narawan.

Be wetem program blong Ol Pikinini mo Ol Yut, yu no nid blong wet kasem taem yu lanem wan samting blong save blesem ol narawan. Aksen ia blong stap lanem samting, hem i givim finis ol janis blong givhan.

Blong wan yang man we nem blong hem i, Profet, we i stap laef long Gana, blong setemap gol long program blong Ol Pikinini mo Ol Yut blong lan blong plei piano, i bin wan stat nomo. “Hem i gol blong mi tu blong helpem ol nara pipol blong save wanem nao mi mi stap lanem,” Profet i talem.

Iven we hem i no wan tija yet, gol blong hem i gro i kam wan bigfala samting we hem i neva tingting long hem. I gat samples 50 studen we oli stap tekem piano klas long mitinghaos, wetem Profet. Mo ?huia nao i stap tijim Profet mo olgeta nara 50 studen? Alexander M. Mo Kelvin M., we



tufala tugeta i gat 13 yia. Kelvin i talem: "Mifala i wantem soem ol aksen blong stap kaen long ol nara pipol."

Tri dei long wan wik, tufala yut ia oli tijim ol besik piano lesen, we oli fri, i go long evriwan we oli kam blong lanem piano. I gat wan mo gud samting we i bin kamaot long ol piano lesen ia. Samfala long ol studen ia

oli presentem Jos tru long ol lesen blong piano, mo afta ol studen ia oli bin stadi long gospel, mo oli bin disaed blong kasem baptaes.

Taem we yumi stap hadwok blong mekem yumiwan i kam antap, yumi save givhan long ol narawan taem yumi stap invaetem olgeta blong joenem yumi.



FOTO I KAM LONG ISAAC DARKO-ACHEAMPONG



FOTO I KAM LONG ALEXANDER K. BOATENG



Wan Win Resipi blong Wok blong Givhan

Olsem wan stek Praemerí Presiden, Sabrina Simões Deus Agusto blong Kuritiba, Brasil, i bin luk olsem ol defren divvelopmen eria blong wanwan i blesem ol pikinini mo ol yut insaed long stek blong hem. Be tu, hem i bin luk plante wei blong yusum wanem we hem i bin lanem abaot fasin blong developem hemwan long asaenmen blong hem olsem wan givhan sista.

Sista Agusto i talem: "Taem mi developem wan talen, mi save yusum talen ia blong blesem wan we mi stap givhan long hem."

Sista Agusto i bin tijim wan long ol sista ia we hem i kasem wok blong givhan long hem, blong olsem wanem blong mekem ol joklet trafol (wan joklet loli). Sista ia, naoia i stap mekem mo salem ol joklet trafol ia blong help blong sapotem mane we i kam insaed long hom. "Sam manis afta, mi kasem blesing taem wan nara sista i bin tijim mi olsem wanem blong mekem hani bred, we bae mi save salem," Sista Agusto i talem. "Blong stap developem mo serem ol talen blong yumi i save blesem laef blong wanwan long yumi mo i save mekem ol rilesensip blong yumi i kam strong moa olsem ol givhan sista."

OLSEM WANEM PROGRAM BLONG OL PIKININI MO OL YUT I HELPEM YU GIVHAN?

1. Invaetem ol narawan blong tekpat long program blong Ol Pikinini mo Ol Yut.

Yu save invaetem ol famli blong ol yut mo ol pikinini we yu stap givhan long olgeta blong oli tekpat long program blong Ol Pikinini mo Ol Yut. Maet bae oli intres blong tekpat long ol aktiviti, developem olgetawan, o iven blong tekpat long ol gospel stadi pat blong program ia. (Blong gat moa infomesen abaot wok blong givhan tru long *Kam Folem Mi*, luk long "Ministering through Come, Follow Me," insaed long Inglis Septemba 2020 *Liahona*.)

2. Sapotem ol gol blong olgeta.

Olsem wan givhan brata o sista long ol famli wetem ol yut, yu yu stap long wan stret ples blong sapotem ol gol we oli maet wok long olgeta insaed long program blong Ol Pikinini mo Ol Yut. Ol gol blong olgeta i blong olgetawan, be sapos yu yu save se oli intres long wanem, yu save askem blong yu help long ol defren wei. Hemia i save minim se bae yu go faenem ol art saplae we oli stap lukaotem, jajem se ol kuki blong olgeta i gud o no, o blong stap tija blong tingting blong olgeta long wan eria we yu yu save gud long hem. ?Yu yu save olsem wanem blong jenisim oel blong wan trak? ?Yu save somap gud bakegen klos we i brok? ?Yu yu wan ekspet blong mekem intaviu long saed blong wok? Yu save serem save o skil we yu gat sapos oli intres long hem.

3. Invaetem ol narawan blong oli kam wan pat blong developem laef blong yu.

Blong stap developem yumiwan, i no blong ol pikinini mo ol yut nomo. Yu save tekpat long program ia yuwan, i nomata se yu gat hamas yia. Taem yu spendem taem blong kam antap long saed blong spirit, sosol, bodi mo waes insaed long laef blong yu, bae yu rere gud moa blong givhan long wanwan, i nomata se hem i huia. Mo olsem Profet long Gana, bae yu blesem ol narawan taem yu invaetem olgeta blong tekpat wetem yu long eni samting, olsem oganaesem ol piano lesen, go long wan klas blong mekem eksasaes, o stap lanem wan lanwis.

4. Mekem wok blong givhan i kam wan gol.

Tingting blong spendem taem evri dei blong mekem wok blong givhan. Yu save sendem wan teks o stop smol taem blong luk se ol samting oli gohed gud, o setemap wan taem blong kam tugeta. Maet i blong tekem taem blong raetem wan kalenda blong ol betdei blong olgeta ia we yu stap givhan long olgeta, o blong stap folem olgeta long sosol media blong faenemaot wanem oli gat intres long hem, o wanem oli stap mekem. Iven, jes toktok blong faef minit blong tingbaot nid blong wan i save lidim yu blong kasem sam aedia tru long insperesen, we i save mekem jenis long laef blong wan.



WAN AFTA WAN

"Wan hae mak long Jos ia we i tru mo i laef we i blong Lod, i we, oltaem hem i oganaes, i lidim wok blong givhan long wanwan pikinini blong God mo famli blong olgeta. From hem i Jos blong Hem, yumi, olsem ol wokman blong Hem, bae yumi givhan long wan ia, semmak olsem we hem i bin mekem."

Presiden Russell M. Nelson, "Givhan wetem Paoa mo Atoriti blong God," *Liahona*, Mei 2018, 68.

SEREM OL EKSPERIENS BLONG YU

Sendem ol eksperiens blong yu long saed blong wok blong givhan, o wok blong givhan we i kam long yu. Go long liahona .ChurchofJesusChrist.orgmo klikim "Submit an Article or Feedback."

OL APOSOL OLI SEREM Ol Mesej blong Hop

Blong fesem vaeres we i stap goraon long wol, ol ofisol oli stopem ol publik kam tugeta mo oli stat blong yusum ol kwarantin rul. Skul i klos, ol eklesiastik lida oli kanselem ol miting blong jos, mo olgeta we oli wantem wokbaot aotsaed oli mas werem ol fes mask blong protektem olgeta.

Yia ia i 1919 mo bigfala nogud flu we i kam wan wol sik, i bin stat long yia bifo mo i tekemaot ol ten blong ol milian laef blong man.¹ Niufala profet blong Jos, Presiden Heber J. Grant (1856–1945), oli setem apat long Novemba 1918 be bae oli no sastenem hem kasem Jun 1919 from se oli bin pusumbak April Jeneral Konfrens.

Long taem blong seves blong hem, afta long olgeta dei ia mo ol nara dei blong jalenj, Presiden Grant i bin givim wan kaonsel we i stret long taem blong yumi tedei taem hem i bin talem: “Yumi bin kam long wol ia blong kasem save, waes, mo eksperiens, blong lanem ol lesen, blong safra ol sobodi, mo stap strong tu long ol temtessen, mo winim ol viktri blong laef long wol ia.” Aot long save we hem i bin kasem tru long plante bigfala eksperiens blong hemwan, hem i ademap: “!Mi save se long taem blong agens, bae ol Lata-dei Sent oli kasem kamfot mo blesing, mo givhan long tingting blong olgeta i bitim eni nara pipol!”²

Long taem blong “samting we i kam agensem yumi” wetem niufala korona vaeres ia, yumi karem kamfot mo givhan long tingting long gospel ia we i kambak blong Jisas Kraes. Save blong yumi se Papa long Heven i lavem ol pikinini blong Hem, mo se Hem i bin singaotem ol profet mo ol aposol long taem blong yumi blong soem rod long yumi tru long ol strong win blong taem long wol ia, hem i wan bigfala blesing.

*Ol lida
blong
Jos oli
givim sam
niu tingting
abaot fasin
blong stap
kolosap long
God, givhan
wetem lav, mo
gat longfala
tingting mo
muv fored
long taem
blong wol
sik ia.*



Aot long kaonsel we oli serem long samfala las intaviu, samfala memba blong Kworom blong Olgeta Twelef Aposol oli mekem yumi tingbaot se yumi save filim glad, mo yumi save lukluk i go long fija i nomata wanem i stap hapan raon long yumi.³

Wok la I Stap Go Fored

Elda Bruce R. McConkie (1915–85) long wan taem, i bin komperem Jos long wan “bigfala haos trak” we i stap muv i go fored i nomata wanem i kam agensem hem.⁴ Elda David A. Bednar i talem se sapos haos trak ia i save stap muv i go fored oltaem, i from Jos i rere, mo from histri we Jos i gat wetem fasin blong samting we i kam agensem hem oltaem.

“I no gat rabis han we i save stopem wok ia blong muv fored,⁵ mo bae i no gat eni wol sik we bae i stopem wok ia blong muv i go fored tu,” hem i talem. “Long medel blong evri jalenj we yumi stap fesem from vaeres ia, wok ia i stap go fored. . . . Mifala i no save se bae i tekem hamas taem, be bae yumi win. Mo maet bae yumi no save gohed long nomol laef blong yumi bifo, stret olsem we yumi bin save long hem, be plante long ol samting we yumi stap stretem yumi folem mo plante long ol jenis ia, bae oli ol gudfala samting.”

Elda Quentin L. Cook i talem se fasin blong Jos i rere, we i kam tru long insperesen, oli ol gudfala eksapol we oli kam long stret taem, blong tokbaot bigwan moa fasin blong kipim Sabat dei i tabu, mekem ol kworom blong Melkesedek Prishud mo ol Rilif Sosaeti oli kam strong moa, mekem jenis long wok blong givhan, mo statem *Kam Folem Mi*, ol video blong Buk blong Momon, mo program blong Ol Pikinini mo Ol Yut.

“Bambae yumi luklubak long hemia olsem wan stamba taem blong stap rere, mo i no jes wan samting we yumi mas stap strong tru long hem,” hem i talem.

Presiden M. Russell Ballard, Akting Presiden blong Kworom blong Olgeta Twelef Aposol, i agri. I nomata we ol tempol mo ol mitinghaos oli klos blong sot taem, ol memba blong Jos oli gat

Taem tempol i klos “i givim wan janis blong lukaotem wei blong rere long plante, plante nem blong karem i go long dei we ol doa blong tempol oli open bakegen.”

—Elda David A. Bednar

ol tul long saed blong spirit, we oli nidim blong gohed blong muv fored i go.

Presiden Ballard i tingbaot olsem wanem hem i bin filim taem hem i bin kambak hom long 7 Disemba 1941 blong faenemaot se oli bin atakem Perl Haba mo Yunaeted Stet i stap rere blong joenem Seken Wol Wo. Olsem plante pipol tedei, hem i bin wari abaot fija mo i bin askem hem-wan sapos fija blong hem i bin lus.

“Be i no hemia i hapen,” hem i talem. Semmak olsem ol fri pipol blong wol ia oli bin winim wol ia, bae wol ia i win agensem korona vaeres. “Evri samting bae i go oraet nomo taem yumi tanem hat blong yumi long Papa long Heven mo lukluk long Hem mo long Sevyia olsem Ridima blong evri kaen man,” hem i talem.

Wan nara wei we Jos i muv fored, hem i tru long misinari hadwok, we oli stap jenis long semtaem we ol situesen blong wol oli stap jenis. Elda Dieter F. Uchtdorf i bin talem se ol lida blong Jos oli bin stap stadi long ol niu wei blong stap serem gospel iven bifo KOVID-19 i stap blong spolem misinari wok. Wei we i spolem misinari wok, i luk we plante taosen blong ol misinari oli mas gobak long ol hom kantri blong olgeta, sam oli rilis eli, mo sam oli singaotem olgeta long ol nara ples.

“KOVID-19 i spidim wei blong yumi tingting abaot hemia bigwan, mo i bin openem ae blong yumi,” hem i talem. Risal blong hem, teknoloji mo sosol media oli stap openem ol doa we, bifo, ol komuniti oli bin klosem i stap, mo tu ol hom mo ol bilding apatmen.



"Misinar wok bambae i gohed blong muv fored i nomata long wol sik ia," Elda Uchtdorf i ademap. "Yumi stap gohed blong lanem olsem wanem blong mekem misinari wok i kam antap, naoia mo long fija. Lod i bin promesem yumi blong mekem wok ia blong Hem i go hariap blong save blesem evri pikinini blong God (luk long Doktrin mo Ol Kavenan 88:73). Mi filim se yumi stap long medel blong rod ia, mo semtaem, stap laef tru long taem ia blong jalenj. Ol misinari blong yumi oli ol paeonia blong taem blong yumi, we oli stap serem mesej blong gospel long sam niu wei we i stret long ol situesen blong yumi blong mekem se Jos Ia blong Jisas Kraes bae i gohed blong go fored kasem taem i fulumap ful wol ia" (Doktrin mo Ol Kavenan 65:2).

Ol niu janis blong stap serem gospel oli no ol samting ia nomo we rod blong ol oli stap open. Ol hat blong yumi tu i stap open from ol hadtaem ia we plante taem i putum tingting blong man i stap daon mo i tanem tingting blong olgeta i go long God, Elda D. Todd Christofferson i talem.

"Oli open moa blong save tingting: 'Ating mi nidim sam samting moa bitim bank akaon blong mi. Mebi i gat moa samting long laef bitim wanem mi bin stap mekem long laef blong mi,'" hem i talem.

Elda Christofferson i stap leftemap tingting blong ol memba blong Jos blong lukaotem ol janis blong mekem misinari wok, olsem blong stap serem ol mesej blong gospel mo ol toktok blong gospel tru long sosol media, mo blong toktok wetem ol fultaem misinari abaot fasin blong help blong stap felosip long ol pipol we oli stap tijim onlaen, mo blong stap gohed blong toktok wetem ol pipol we oli no save luk olgeta oltaem.

Stap Putum Sosol Spes mo Putum Spes long saed blong Spirit

Wan nara wei we Jos i muv fored i tru long wei we ol Lata-dei Sent oli stap fesem ol jalenj long saed blong laef ia olsem KOVID-19. Blong stap protektem yumi long saed blong bodi, yumi stap putum moa spes bitwin yumi mo ol narawan, be blong protektem yumi long saed blong spirit, yumi go kolosap moa long Papa we i stap long Heven

mo Pikinini blong Hem. KOVID-19 wol sik ia, i bin givim plante moa janis long ol memba blong Jos blong kam antap blong protektem olgeta long saed blong spirit taem oli bin folem kaonsel blong Presiden Russell M. Nelson blong stap harem Lod.

"Papa blong yumi long Heven i save se, taem tingting we i no sua long samting mo fraet i raonem yumi, wanem we bae i hel-pem yumi aot long evri samting, hem i blong harem Pikinini blong Hem." Toktok ia Presiden Nelson i bin talem long taem blong Epril 2020 jeneral konfrens. Hem i ademap: "Olsem ol disaepol blong Jisas Kraes, ol hadwok blong yumi blong stap *lisin gud long Hem* i mas kam wetem moa tingting. Hem i minim se yumi hadwok wetem tingting, oltaem, blong fulumap evri dei laef blong yumi wetem ol toktok blong Hem, ol tijing blong Hem, mo ol trutok blong Hem."⁶

Mifala i no laekem tumas we ol miting blong Jos oli stop smol taem, mo ol tempol oli klos, o man i lusum wok, be blong spendem moa taem long hom i givim yumi "janis blong tingting blong stap wekap long God" (luk long Alma 5:7), Elda Cook i talem. "Maet ol samting we oli stap hapen oli wan alam klok long saed blong spirit we i mekem ol tingting blong yumi i lukluk nomo long ol samting we oli moa impoten. Mo tu, bae i wan bigfala blesing long taem ia blong lukluk moa long ol samting we yumi save mekem i kam gud moa long laef blong yumi, mo olsem wanem nao yumi save blesem laef blong ol narawan taem we yumi stap wekap long God mo muv i go folem kavenan rod ia."

Elda Jeffrey R. Holland i ademap: "Ol kaen taem olsem oli stap invaetem yumi blong lukluk insaed long sol blong yumi blong luk sapos yumi laekem wanem we yumi stap luk long ples ia. Hem i long ol taem olsem nao we yumi stap tingting abaot huia i rili yumi mo wanem nao i rili impoten."

Ol kaen taem olsem oli stap invaetem yumi tu blong kam antap long fet blong yumi, long seves, mo long fasin blong stap talem tangkyu, we i pusum yumi blong "skelem hamas

yumi dipen long God mo ol blesing we oli kam long Hem we plante taem, yumi tekem oli nating nomo,” Elda Holland i talem. “Yumi talem tangkyu long Papa we i stap long Heven sapos yumi gat moa hat, moa fasin blong talem tangkyu, mo gat moa fasin blong tingbaot olsem wanem plante problem oli finis from God, ol enjel, ol promes blong kavenan, mo prea.”

Long medel blong fasin blong talem tangkyu, hem i blesing blong stap tingting “hamas sore Lod i bin gat long ol pikinini blong ol man, stat long taem we hem i mekem Adam we i kam daon kasem taem we bae yufala i kasem ol samting ia” (Moronae 10:3). Ol memba blong Kworom blong Olgeta Twelef Aposol oli talem se long eni taem we yumi mas stap haed samples, yumi save folem eksampol blong Nifae mo Alma mo stap tingbaot se Hem, we yumi trastem Hem, Sevy Jisas Kraes, bambae i stil mekem yumi kam fri.” (2 Nifae 4:19; Alma 36:27). Mo yumi tingbaot, olsem we Aposol Pol i bin tijim, se i no gat wan samting i save “seperetem yumi long lav ia blong Kraes” (luk long Rom 8:35).

Lod Jisas Kraes i stamba man blong lukaotem yumi (luk long Ol Sam 61:1–4), Elda Holland i talem. “I nomata wanem nara samting i save hapen, bambae yumi neva seperet long lav mo kampani blong Sevy, iven sapos yumi no luksave hemia long tetaem ia. Spirit, i nogat wan vaeres i save blokem hem, o i no ol baondri blong wan kantri o ol medikol stadi we bae i blokem hem.

“Mekem Ol Samting we Oli Kaen”

I no longtaem i pas, taem mi bin stap ridim wan ripot we Jos komiti i bin putumaot, Elda Christofferson i wari long saed blong wanem “fasin blong fos blong stap yuwan” i save mekem long ol singgel memba blong Jos—olgeta we oli olfala mo yangfala.

“Fasin blong fos blong stap yuwan, i save lidim man blong filim se hem i stap hemwan, mo fasin blong filim se yu stap yuwan i save spolem helt blong bodi mo helt blong tingting,” hem i talem. “Blong faet agensem hemia, samfala we oli stap difendem pablik helt oli talem se, olgeta ia we oli filim se oli stap olgetawan, oli mas lukaotem ol wei blong ‘mekem ol samting we oli kaen’ long wan narawan.”



“Ol Lata-dei Sent oli save faenem ol wei blong givim seves, help, mo givhan long ol narawan, speseli long olgeta we oli stap filim se oli stap olgetawan,” Elda Christofferson i talem, “mo olgeta we oli givim seves long ol narawan oli save daonem tingting blong olgeta se oli stap olgetawan.

“Lukluk nomo long wok blong givhan,” hem i talem. “I gat plante we yumi save mekem long wanwan long yumi blong save filim se yumi pat blong wan grup mo filim se yumi ol brata mo sis-ta. Hemia i wan taem we kworom blong ol elda mo Rilif Sosaeti oli rili save kam blong save huia stret ol brata mo sista blong olgeta, mo givim wanem we olgeta nomo oli save givim olsem wan oganaesen.”

Mo sapos yu stap wokem sendem teks long wan, hem i talem, “mi ting se i helti tu blong ringim wan, mo yusum olfala teknoloji ia we oli sing-aotem telefon. Jes ring blong toktok mo storian. Letem olgeta oli harem wan woes.”

Ol smol hadwok blong helpem ol narawan i save mekem bigfala samting i defren, i save putum laet long dei blong wan long ol wei we maet yumi no save. “Wok blong yumi blong givhan, plante long ol pipol we oli stap longwe we oli no gat man raonabaot long olgeta, oli nidim,” Elda Cook i talem.

*Ol smol hadwok blong
helpem ol narawan i save
mekem bigfala samting i
defren, i save putum laet
long dei blong wan long
ol wei we maet yumi no
save. “Wok blong yumi
blong givhan, plante long
ol pipol we oli stap long-
we we oli no gat man
raonabaot long olgeta,
oli nidim.”*

—Elda Quentin L. Cook

Elda Holland i givim tingting: “Yumi sapos blong dediketem, o givim wan pat blong dei blong yumi blong stap toktok long ol pipol we oli rili nidim. Yes i tru, yumi kasem smol paoa moa taem yumi stap mekem olsem, mekem se evriwan i kam antap (3 Nifae 27:14, 15), semmak olsem we Sevya i bin talem se Papa i sendem Hem long wol ia blong mekem olsem.”

Wan nara wei we yumi save leftemap yumi-wan mo ol narawan, hem i blong rere from dei ia we bae tempol i open bakegen. Taem tempol i klos—from ol wol sik, from oli mekem gud bakegen, o blong klinap—“oli givim wan gudfala janis blong lanem moa abaot wok blong lukaotem famli histri, mekem indeksing, mo i givim wan janis blong lukaotem wei blong rere long plante, plante nem blong karem i go long dei we ol doa blong tempol oli open bakegen,” Elda Bednar i talem.

I nomata se ol tempol oli open o oli klos i stap, Elda Bednar i ademap, “ol memba blong Jos oli save traehad yet blong oli stap klin inaf mo holem wan tempol rekomen we i laef i stap.

Ol Lesen we Lod I Wantem Yumi blong Lanem

Olsem we Elda Bednar i poenemaot, i nomata se i no gat wan i wantem jusum blong

fesem KOVID-19 wol sik ia, rabis sik ia blong taem tedei, i stap long yumi finis.

“Wetem lukluk we i go long taem we i no save finis we gospel ia we i kambak i givim, mo wetem gladhat we i kam long Atonmen blong Sevya, yumi save lanem ol lesen we oli kam long ol agens blong laef blong wol ia, we oli mekem yumi rere blong kasem ol blesing blong taem we i no save finis,” hem i talem. “Yumi mas prea. “Yumi mas lukaotem. “Yumi mas askem. Yumi mas gat ol ae we oli luksave mo ol sora we oli harem samting. Be yumi save gat blesing long ol gudfala wei blong lanem ol lesen we bae oli blesem yumi naoia, mo blong oltaem.”

Wetem bigfala rabis wok we hem i stap wokem insaed long ol famli raon long wol, KOVID-19 i bin tijim ol pipol blong soem moa kea long ol narawan, Presiden Ballard i talem.

“Yumi stap kam blong luksave hamas ol famli oli impoten, hamas ol neba blong yumi oli impoten, mo hamas nao ol fren blong yumi we oli memba blong Jos oli impoten,” hem i talem. “I gat ol lesen we yumi stap lanem naoia we oli stap mekem yumi kam ol pipol we i gud moa.”

Mo taem we ol strong win blong naoia oli pas i go, ?wanem nao yumi ting se bae i hapen afta? Ol semmak samting nomo, Elda Uchtdorf i talem. Ol pikinini blong God, we oli stap insaed mo aotsaed long Jos, bambae oli gohed blong fesem ol jalenj.

Hem i talem: “Yumi stap laef long wan taem we yumi nid blong mas lanem samting. Mo lesen we i moa impoten we yumi save lanem, hem i we, ansa long ol jalenj we oli stap kam, hem i ansa tu long jalenj ia blong tedei: we i gospel ia blong Jisas Kraes.

From se ol Lata-dei Sent oli gat gospel ia we i kambak, gospel ia blong Jisas Kraes, Elda Holland i talem se oli save lan blong oli gat wan maen we i luk gud saed blong ol samting mo oli gat hop, we oli stap mekem bes we oli save mekem mo trastem fulwan toktok blong Lod taem Hem i talem: “Bae yumi mekem, wetem glad hat, evri samting we i stap long paoa blong yumi; mo afta, bae yumi stanap kwaet, wetem bigfala tras evriwan, blong luk fasin blong God blong sevem man, mo blong Lod i soemaot han blong hem” (Doktrin mo Ol Kavenan 123:17).

Elda Holland i talem: “I gat plante samting blong yumi stap gladglad long hem taem yumi stap mekem fet blong yumi i strong moa, taem yumi trastem Lod moa, mo taem yumi luk merikel ia we i taem Hem i mekem yumi kam fri.” ■

OL NOT

1. Luk long William G. Hartley, “The Church Grows in Strength,” *Ensign*, Sept. 1999, 35.
2. *Teachings of Presidents of the Church: Heber J. Grant* (2002), 49, 48.
3. Luk long Russell M. Nelson, “Joy and Spiritual Survival,” *Liahona*, Nov. 2016, 82.
4. Bruce R. McConkie, “The Caravan Moves On,” *Ensign*, Nov. 1984, 85.
5. Joseph Smith, insaed long *History of the Church*, 4:540.
6. Russell M. Nelson, “Lisin Gud long Hem,” *Liahona*, Mei 2020, 88.



Hat we Oli Stikim Mekem I Gat Ol Soa we Oli Bigwan mo Dip Tumas: Stap Andastanem Abius Insaed long Famli

Ol paten we oli korap mo rabis oli save kam antap insaed long eni rilesensip. Taem man i luksave olgeta, bae i save faenemaot abius, o i save stopem hemia bifo i stat.

I Kam long Jason B. Whiting, PhD

Brigham Yang Yunivesiti Skul blong Famli Laef

Ino longtaem i pas, wan papa we hat blong hem i brokbrok i ringim mi. Gel blong hem, Jenna (oli jenism ol nem) i bin stap longwe long wan yunivesiti, i gat wan niu rilesensip, mo rilesensip ia i stap muv hariap. Boefren blong hem, Jake, i stap pus strong blong mared i hapan, mo i stopem Jenna blong toktok long papa mo mama blong hem. Jenna i talem sore long tufala, i eksplenem se strong lav we Jake i gat mo i talem se hem i wantem spendem sam taem olsem wan kapol.

Famli blong Jenna i kam blong wari taem oli faene-maot se Jake i gat wan waef finis bifo, mo hem i gat wan pikinini tu, mo i no bin tokbaot hemia long Jenna. Oli bin ringim foma waef ia, we i bin talem se Jake i no gat wan gud fasin mo i wan jalus man. Taem Jake i fae-nemaot hemia, hem i bin kros bigwan. Hem i talem se papa mo mama blong Jenna oli stap “kontrolem” hem, mo talem abaot wan taem we oli no bin agri wetem wan rabis fani toktok we hem i bin talem abaot waes tingting blong Jenna. Jake i bin strong se Jenna bae i mekem ol desisen blong hemwan nomo, mo i katemaot tufala long laef blong hem. Papa mo mama blong Jenna oli lusum hop from Jenna i no stap ansarem ol telefon kol mo ol teks blong tufala.

Evriwan i wantem wan hapi famli, be iven taem ol pipol oli bin traem blong laef folem gospel, ol rilesensip blong olgeta i save kam soa. Sam jalenj, oli risal blong no save andastanem gud samting we i stap, mo raorao we i stap long evri famli. Be, long ol helti hom, ol pipol oli talem sore from ol nogud fasin mo oli stretem ol samting we oli no oraet, mo i nomata we oli stap long ol situesen we oli korap mo rabis, i gat ol paten blong strong fasin mo nogud tritmen we oli kam abius afta.

Abius Insaed long Hom mo Gospel

“Yufala i bin brekem ol hat blong ol gudfala woman blong yufala, mo bin lusum tras blong ol pikinini blong yufala” (Jekob 2:35).

Abius, hem i ol aksen we oli blong mekem wan i harem nogud, givim kil long wan o kontrolem wan. Hem i ol defren kaen fasin we sam oli, fasin blong no wantem save long man, tanem tingting o yusum man, toktok blong tokbaot nogud man, o vaelens long bodi o long saed blong seks.¹ Sore tumas, ol abius fasin oli hapen plante, mo sam we oli stadi long saed ia oli ting se samples wan kwota blong ol pikinini raon long wol, oli no tritim gud olgeta long saed blong bodi, long saed blong seks, o long saed blong filing.² Ol adalt oli gat ol hae namba blong ol viktim, wetem samples 1 aot long 4 woman, mo 1 man aot long 10 we oli stap gotru long



"Voes ia we i talem strong testemoni, i talem ol strong prea, mo i singsing ol hym blong Saeon, i save semfala woes ia we i spolem man, i tokbaot man, i mekem wan i sem mo i daonem hem, i givim soa mo i prapa spolem spirit blong wan mo ol narawan long sem rod ia. 'Aot long sem maot, ol blesing mo ol strong nogud tok oli kamaot long hem,' Jemes i krae. 'Ol brata mo sista blong mi. Be samting ya i krangke olgeta [James 3:10].'"

Elda Jeffrey R. Holland blong Kwo-rom blong Olgeta Twelef Aposol, "The Tongue of Angels," *Liahona*, May 2007, 16.



vaelens long saed blong bodi; vaelens ia i kam long hasban o waef.

Abius i save hapen long eni rilesen-sip, mo tugeta, ol man mo ol woman, oli olgeta we oli stap mekem abius. Be, ol man nao oli stap wantem gat kontrol mo oli mekem ol prapa nogud fasin long saed blong bodi mo long saed blong seks; mo ol woman, bae oli stap fraet, oli no fri blong serem tingting, o oli kasem ol bigfala kil long hasban blong olgeta.³

Ol abius oli prapa spolem sol blong tugeta, hem we i mekem abius, mo viktum, mo hemia i agensem ol tijng blong Sevya. Ol profet blong tedei, oli bin talem se "olgeta we oli abiusum waef, hasban o pikinini blong olgeta . . . wan dei, bae oli ansa from aksen blong olgeta, long fored blong God."⁴ Olgeta we oli stap mekem abius oli no wantem save mo oli stap yusum gospel long rong fasin. Eksapol: mi bin givim kaonsel long wan kapol we hasban blong hem i bin stap toktok krangke long nara woman, mo i bin stap yusum seving blong tufala long fasin blong plei mane; be hem i no save talem sore, nao i stap fosem waef blong hem blong fogivim hem, mo i tok strong se woman blong hem nao bae i mekem "sin ia we i moa bigwan" sapos woman blong hem i no fogivim hem. Hem i sarem ae long harem nogud mo sobodi blong hem, mo i talem se man blong hem i stret long ae blong God; sapos hem i no stret bae hem i no save stap olsem wan wokman insaed long tem-pol. Taem we waef blong hem i toktok long ol lida blong Jos, man ia i mekem se ol samting i no

series, mo i talem se woman blong hem i talem samting i bigwan tumas, mo talem se woman blong hem i sik long tingting. Hasban i sakemaot "ol prinsipol blong respek, lav mo lav mo sore"⁵ mo i no tritim gud waef blong hem. Ol hadwok blong woman ia blong stap laef folet ol prinsipol blong gospel, oli no save fiksim wan problem we man blong hem i stap mekem. Wanwan long yumi i save foldaon long ol fasin we oli korap mo rabis. I gat sam samting we oli semsemak long evri kaen blong abius, mo moa ol samting ia oli strong mo moa oli hapen, nao rilesensip ia bae i moa korap mo rabis. I gat faef eksapol blong paten blong abius we i save helpem yu blong luksave ol fasin we oli korap mo rabis, long yuhan mo ol narawan.

1. Mekem Nogud long Man mo No Gat Filing blong Sore From

"Ol tok we oli stap talem i fulap long trik blong mekem man i ded. Oltaem oli stap talem ol giaman tok-tok we i nogud olgeta, mo ol tok blong olgeta, i olsem posen blong snek" (Rom 3:13–14).

Wan man i bin kam blong luk mi blong kasem hiling agensem ol samting we waef blong hem i wantem; waef blong hem i stap jikim hem from se "hem i nidim help." Long Jos, woman ia i gat gud fasin mo i wan woman we i folet God, be long hom, kolkol fasin blong hem i kilim man olsem wan wip. Woman ia i jikim man blong hem from mane blong hem i smol, i talem se wok blong hem olsem tija i "wok blong wan gel." Woman ia i talem long boe blong hem: "Mi hop se bae yu no kam wan

FAENEMAOT MOA

Oi lida oli save faenem help blong lukluk long abius insaed long Leader and Clerk Resources long ChurchofJesusChrist.org. Evri lida mo tija blong ol pikinini mo yut oli mas komplitim trening ia: "Protecting Children and Youth" long wan manis ia nomo afta we oli singaotem olgeta. Trening ia, oli save faenem long ChurchofJesus Christ.org/callings/church-safety-and-health.

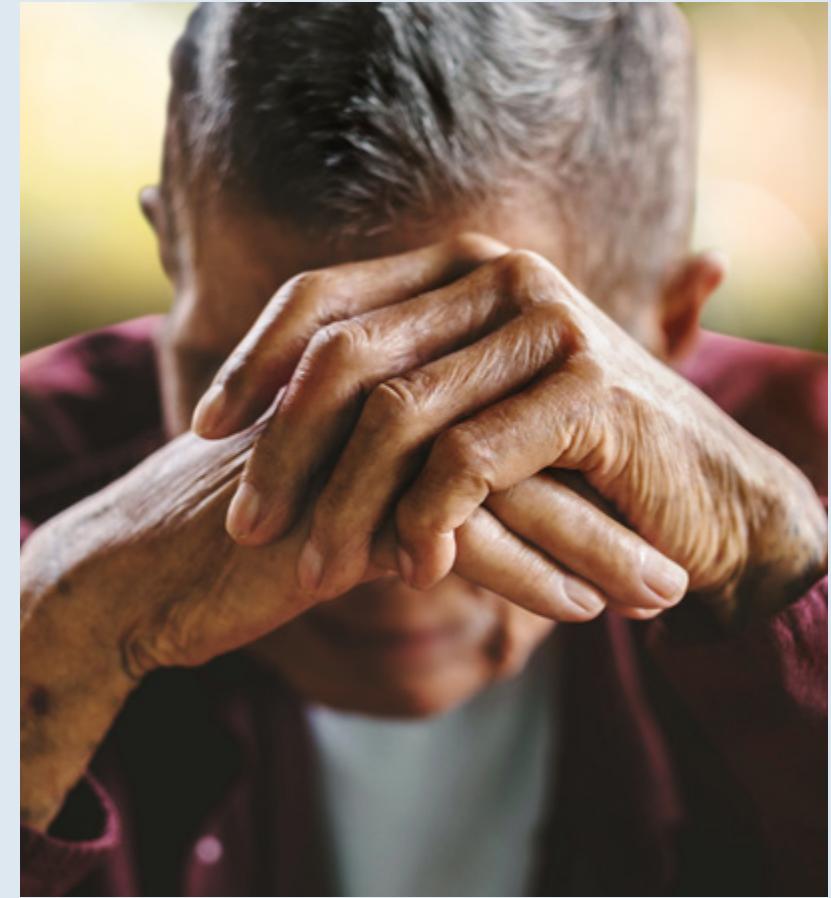
man nating olsem papa blong yu,” mo i spendem evri dei long telefon wetem mama blong hem, mo tokbaot nogud ol hasban blong tufala. Ol pipol we oli save tokbaot man, oli filim se oli gat eskius blong mekem man i harem nogud, mo “oli laekem blong ol narafala man oli safa long hem” (Doktrin mo Ol Kavenan 121:13). Ol memba blong famli ia oli brekem ol komanmen blong Jisas we i talem se man i “no jajem man,” mo man i “no talem se narafala man i mas panis” (Luk 6:37); oli brekem ol komanmen ia taem oli daonem man long toktok, taem oli soem se oli no laekem man nating, o singaotem olgeta long ol defren kaen nem.

2. Fasin blong Trikim Man

“Luk, mi save se yu biliv, be wan spirit blong giaman i stap long yu, mo yu bin sakemaot Spirit blong God” (Alma 30:42).

Fasin blong trikim man i stap long evri ples long abius taem olgeta we oli mekem abius oli mekem se aksen blong olgeta i no wan samting, taem oli blemem ol narawan, mo taem oli tantanem ol toktok. Hemia i mekem tingting blong ol viktim i konfius, olsem wan we i stap tekpat long stadi i tokbaot: “Hasban blong mi bae i kros bigwan, mo afta, bae i talem sore, mo afta bae i talem: ‘be i rong blong yu nomo’ . . . mo i ripit, i ripit, i ripitim sem samting kasem taem we bae mi stat blong bili-vim samting ia.”⁶ Blong no akseptem se i gat wan narawan i stap, oli sing-aotem gaslaeting, mo i lego ol viktim oli konfius, mo oli no filim sef abaot ol memori mo ol tingting we oli gat. Olsem ol nara wei blong giaman trik, gaslaeting, oli yusum blong tantanem ol toktok we i bin kamaot finis, mo putum wan giaman samting long fored.

Olgeta we oli stap abiusum olgeta narawan long strong fasin, oli no save talem se oli save mekem nogud long man, mo plante taem, bae oli klemem se olgeta nao oli viktim. Taem we Jenna i bin talem se hem i no laekem nogud toktok blong Jake abaot papa mo mama blong hem, hem i kros, mo i



strong blong talem se Jenna i “swea” long hem. Jake i bin stap long medel blong “olgeta ia we oli stap taltalemaot fasin blong brekem komanmen, . . . mo olgeta bakegen oli ol pikinini blong fasin blong no stap obei” (Doktrin mo Ol Kavenan 121:17). Hem i stap promotoem giaman stori blong hem, be tu, hem i no laekem trutok.⁷

3. Eskius

“Talemaot ol rong blong yu mo wanem rong samting ia we yu bin mekem” (Alma 39:13).

Wan we i gat tingting i stap daon i filim rigret se hem i kilim wan narawan, mo i sakem sin, mo i mekem i gud moa. Wan we i gat abius fasin, i stanap agensem fasin blong kambak long gud tingting, mo i talem ol eskius. Olsem wan we i bin tekpat long stadi i talem: “Bae mi harem nogud tumas abaot abius long saed blong bodi we mi mekem, mo afta, bae mi tingting se maet bae i no bin hapen sapos hem i sarem maot blong hem nomo.” “Bigfala harem nogud blong [hem] i no mekem [hem i] sakem sin” (Momon 2:13) be, i pusumaot hemia long saed wetem konkon kros mo fasin blong blemem man.

Long wan tritmen, wan taem mi bin talem long wan waef se mi neva bin witnesem we hem i soem harem nogud olsem hemia blong God afta plante yia we hem i stap talem nogud man blong hem. Ansa blong hem, i no soem rigret, be komplen: “!Saye! !Hemia

wan moa samting we mi mi no stap mekem!" Ol pipol we oli givim abius, oli sakemaot responsabiliti, mo oli kros kwiktaem blong nating mo oli stap difendem olgeta oltaem. Ol smol samting nating oli save mekem olgeta oli kros bigwan.

4. Hae Tingting

"I nogud wan long yufala i tok flas, no i mekem wan samting blong leftemap hem nomo. Yufala i mas mekem tingting blong yufala i stap daon, mo yufala i mas luk ol narafala man olsem we oli gud moa long yufala" (Filipae 2:3).

Hae tingting i mekem se wan i filim se hem i gat raet long evri samting, mo i lukluk long hemwan nomo. Wan man i bin tok strong long waef blong hem mo ol pikinini blong hem evri taem we hem i tingting se olgeta oli "no bin stap gat respek" long hem. Sapos tingting blong olgeta i no go wetem tingting blong hem, nao oli "stap ting daon" long hem mo "oli no bin stap obei." Hae tingting i pusum man, mo i lukluk nomo long paoa mo fasin blong stap win. Long nara-saed, wan gud famli i wok wan; ol samting oli stret long evriwan, mo ol memba blong famli "i gat gudfala fasin, wan wetem narawan" (4 Nifae 1:2). Ol hasban mo ol waef, oli mas stap ol ikwol patna,⁸ we wanwan i gat samting blong talem, mo evri tingting oli impoten.

5. Kontrol

"Taem yumi stap . . . yusum kontrol o rul o fos long ol sol blong ol pikinini blong ol man, . . . ol heven, oli

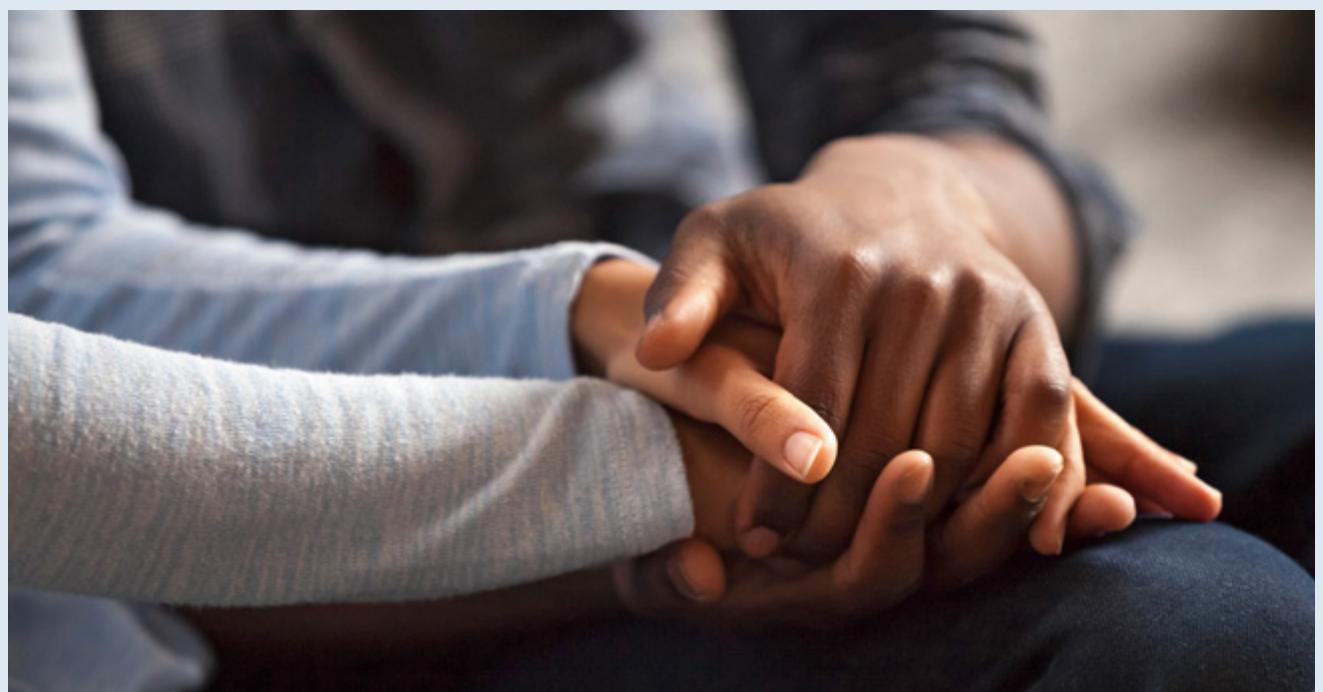
kamaot long yumi olgetawan nomo" (Doktrin mo Ol Kavenan 121:37).

I nomata se yumi tekem se fasin blong mekem joes i impoten, i wan sapraes blong luk se, plante taem, ol memba blong famli oli stap taltalem long wanwan long olgeta olsem wanem bae oli mas tingting, filim, mo tekem aksen. Sam oli iven kontrolem narawan tru long strong toktok, sem, nomo soem lav, o talem strong toktok blong kilim man. Wan hasban i gat strong rul ia se waef blong hem i mas rere long kae-kae evri moning long wan stret taem, i mas mekem ol praevet samting we hem i askem, mo i mas lisin long hem long saed blong "ol wari" blong hem, we plan-te taem, i abaot hao nao bae waef blong hem i save kam antap. Hem i bin stap jekem olsem wanem waef i spendem mane, mo i kros sapos hem i no ansa kwik long ol teks blong hem.

Wan nara mama i stap talem harem nogud blong hem long yangfala gel blong hem long eni taem we gel ia bae i soem se hem i no hapi, o i no stap laef folem ol standet blong mama blong hem. Sapos oli no mekem samting i olsem we hem i wantem, o sapos hasban blong hem i talemaot sam wari, nao bae hem i nomo toktok long eniwan long haos.

Hop mo Hiling

"Mi mi Hae God, mi God blong olfala bubu ya blong yu bifo, King Deved. Mi mi harem prea blong yu, mo mi luk we yu harem nogud tumas, yu stap krae. Bambae mi mekem yu yu kam oraet bakegen," (2 King 20:5).



I nomata se abius i stap brekem hat blong man, i gat wei blong jenis i hapen. Ol viktim oli save go toktok long ol lida blong Jos mo ol profesonal pipol, mo oli save lukaotem paoa blong Atonmen blong Sevya blong i hilim soa blong olgeta. Blong faenem help, go long **abuse.ChurchofJesusChrist.org.**

Olgeta we oli bin stap givim abius, oli mas sakem sin, mo oli mas lukaotem help. Hemia i minim se oli mas “putum tingting blong olgeta i kam daon we i daon olgeta” (3 Nifae 12:2) mo oli mas akseptem ful responsabiliti from aksen mo fasin blong olgeta. Jenis i save tekem moa bitim ol sot taem promes mo ol efot we oli pas antap long hem nomo. Soa ia, blong tru fasin blong sakem sin, i terem sol, mo sam bae oli no glad blong mekem, we i mekem se ol viktim oli stap ia mo faenem i had blong mekem ol strong desisen abaot wei blong protektem olgeta.⁹

Papa blong yumi long Heven i wari abaot yumi, semmak olsem papa ia we i wari we i bin ringim mi abaot gel blong hem. Lav blong God “i bigwan olsem taem we i no save finis” (Moses 7:41), mo God i harem nogud bigwan taem ol pikinini blong Hem oli stap mekem nogud long wanwan long olgeta bakegen. Long wan kwaet storian wetem Inos, Hem i bin krae. “Luk olgeta brata blong yu; oli wanem we mi wokem long han blong mi; mo mi bin givim komanmen long olgeta tu, se oli mas lavlavem olgeta bakegen, . . . be luk, oli no gat lav, mo oli no laekem nating stret bladlaen blong olgeta; (Moses 7:32–33). I gat bigfala krae long heven mo long wol taem ol bodi mo ol sol oli kasem kil. Be yet, wetem tingting i stap daon, paoa blong God, mo profesonal help ia, hem i posibol blong stopem ol kaen fasin olsem we oli prapa spolem man, mo i kriitem wan hom we evriwan i gat gud tingting, i sef mo i gat lav. ■

OL NOT

1. Blong gat moa infomesen abaot vaelens long saed blong bodi, luk long abuse. ChurchofJesusChrist.org. Blong kasem moa infomesen long saed blong abius mo long saed blong seks, luk long toktok blong Benjamin M. Ogles, “Agency, Accountability, and the Atonement of Jesus Christ: Application to Sexual Assault” (Brigham Young University devotional, Jan. 30, 2018), speeches.byu.edu; mo toktok blong Chieko N. Okazaki, “Healing from Sexual Abuse” (Brigham Young University conference, Oct. 23, 2002).
2. Luk long Maryam Ajilan Abbas, Masumeh Saedi, Gholamreza Khademi, Bibi Leila Hoseini, Zahra Emami Moghadam, “Child Maltreatment in the World: A Review Article,” *International Journal of Pediatrics*, vol. 3, no. 1 (2014), 353–65.
3. Luk long Hamby, S., “Current controversies: Are women really as violent as men? The ‘gender symmetry’ controversy,” insaed long Claire M. Renzetti, Jeffrey L. Edleson, and Raquel Kennedy Bergen, *Sourcebook on Violence Against Women*, 3rd ed. (2018), 78–82.
4. “Famli: Wan Ofisol Toktok I Go long Wol” 35602 852; luk tu long abuse.ChurchofJesusChrist.org.
5. “Famli: Wan Ofisol Toktok I Go long Wol”
6. Jason B. Whiting, Megan Oka, and Stephen T. Fife, “Appraisal distortions and intimate partner violence: Gender, power, and interaction,” *Journal of Marital and Family Therapy* (2012), suppl. 1:113–49.
7. Blong gat ol nara eksampol blong ol skripja abaot fasin blong no wantem save long trutok, luk long Jon 3:19–21; Ol Wok 7:54; 2 Nifae 1:25–26; mo 2 Nifae 4:13.
8. Luk long “Famli: Wan Ofisol Toktok I Go long Wol”; luk tu long H. Burke Peterson, “Unrighteous Dominion,” *Ensign*, July 1989, 6–11, blong faenem moa infomesen abaot doktrin blong fasin blong stap ikwol mo ol kwestin blong tingting long ol long saed blong kavenan ia blong ol rilesensip.
9. Olgeta we oli stap long ol situesen blong abius, plante taem, oli stap fesem ol joes abaot wei blong protektem sefti blong olgetawan, o hemia blong ol narawan, mo tu, sapos yes o no oli mas putum ol baondik, o oli mas pulum limit long toktok blong olgeta wetem olgeta we oli stap givim kil o mekem yu harem nogud. Presiden James E. Faust (1920–2007) i toktok raon long had situesen ia, taem we wan i fas long trap ia blong wan longfala taem mo i luk klia se rilesensip ia bae i no save kam gud, mo i prapa spolem gud tingting blong man long hemwan bakegen” (“Enriching Your Marriage,” *Liahona*, Apr. 2007, 3); luk tu long seksem blong: “Help for Victims” we i stap long websaet blong Jos abaot abius, blong kasem moa infomesen mo ol nara wei.



FAENEMAOT MOA

Blong faenem sam moa infomesen o blong kontaktem ol profesonal risos we oli save help, visitim websaet blong Jos long saed blong abius long abuse .ChurchofJesusChrist.org.

?Blong lanem moa abaot wei blong helpem ol viktim, ridim saedba long “Olsem wanem nao bae mi save help? Blong ol Fren mo Ol Lida” insaed long dijitol vesen blong atikol ia long liahona.ChurchofJesusChrist.org o insaed long Gospel Library ap.

OL VIDIO BLONG

OL LIDA

Ol lida we oli kam blong save ol abius we i gat ol smol pikinini insaed olsem ol viktim o witnes, oli mas kontaktem help laen blong Jos we oli faenem long counselingresources. ChurchofJesusChrist.org.





I Kam long Elda
Lawrence E.
Corbridge

Emeritus Memba
blong Olgeta
Seventi

STANAP LONG Strong Ston ia we I Revelesen

*Taem yumi gat rus long strong ston ia we i revelesen,
yumi save faenem ol ansa long ol kwestin we oli moa
impoten.*

Olsem pat blong wan asaenmen we mi bin kasem olsem wan Jeneral Atoriti sam yia i pas, mi bin ridim plante samting we oli toktok agensem Jos Ia blong Jisas Kraes blong Ol Lata-dei Sent, Profet Josef Smit, Buk blong Momon, mo ol taem blong Restoresen. From se asaenmen ia i bin jenise, mi nomo gobak lukluk long ol kaen samting olsem.

Blong ridim ol kaen toktok olsem, oltaem i mekem mi mi filim nogud mo defren, mo wan dei, kaen tingting blong tudak ia i givim insperesen long mi blong raetem sam ansa long evri kaen toktok ia agensem Jos. Bae mi wantem serem sam long ol tingting we mi bin raetemdaon long dei ia, mo nomata wanem we mi bin raetem i blong miwan nomo, mi hop se bae i save helpem yu tu.

?Bae Yumi Stanap blong Oltaem?

Profet Daniel i bin talem long ol las dei se “God ya we i stap long heven bambae i stanemap wan king we rul blong hem bambae i no save finis samtaem. Bambae i no gat wan king i save winim hem. Bambae hem i save flatemgud paoa blong ol narafala king, nao bambae hem i rul oltaem gogo i no save finis” (Daniel 2:44).

Kingdom blong God, hem i Jos Ia blong Jisas Kraes blong Ol Lata-dei Sent Bae hem i stanap blong oltaem. Kwestin hem i: ?Bambae yu mo mi i stanap o “[yumitu tu] i wantem gowe?” Jon 6:67). ?Mo sapos yumi gowe, bae yumi go wea?



Fasin blong Trikim Man I Wan Saen blong Taem blong Yumi

Taem we Lod i tokbaot ol saen blong taem we bambae Hem i kam, mo en blong wol, Hem i tokbaot plante samting, we insaed i gat ol wo mo ol toktok olbaot from wo, ol nesen oli girap agensem ol nara nesen, i gat had-taem long kaekae, ol bigfala sik, ol graon we oli seksek, mo plante narafala saen, wetem hemia tu: "From se long ol taem ia, bambae i gat fulap giaman Kraes bae oli girap, mo ol giaman profet, mo bambae oli mekem ol bigbigfala samting blong soemaot paoa blong olgeta, mo bae oli mekem ol samting blong sapraes tu, hemia blong mekem se sapos i posibol, bambae oli trikim olgeta we God i jusumaot, we God i bin jusumaot olgeta folem kavenan (Josef Smit—Matiu 1:22; luk tu long Matiu 24:24).

Mi no sua se wanem nao mining blong evri samting taem hem i talem se "sapos i posibol, bambae oli trikim olgeta we God i jusumaot," be mi ting se i minim se, evriwan bae i kasem jalenj ia long taem blong yumi.

I gat plante we oli stap trikim man, mo fasin ia blong stap trikim man, i bigbigwan. Long wan en, yumi mitim olgeta we oli go agensem Restoresen, Profet Josef Smit, mo Buk blong Momon. Afta, yumi luk olgeta we oli biliv long Restoresen be oli klemem se Jos i nomo wok gud mo i mestem rod. Sam narawan moa oli klemem se oli biliv long Restoresen be ting-ting blong olgeta i kam blaen wetem doktrin we i agensem ol fasin blong taem blong yumi we oli stap jenis. Sam we oli no gat atoriti oli putum klem se oli luk ol visen, ol drim, mo ol visit blong stretem sip, soem rod long yumi i go long wan moa hae rod, o oli rere Jos from en blong wol. Ol narawan moa, ol giaman spirit oli stap trikim gud olgeta.

Long nara en, yumi kam long fored blong wan ful yunives blong ol samting we oli kam

pulumaot tingting blong yumi. Neva bifo i bin gat moa infomesen, rong infomesen, mo rong infomesen; moa samting blong pem, mo smol tul, mo gem; mo moa nara rod, nara ples blong go, mo samting blong luk mo mekem blong fulumap taem mo tekemaot tingting blong yumi long wanem i moa impoten. Plante long ol samting ia mo moa long hemia, oli stap serem naoia nomo truaot long wol tru long lektronik media. Hemia i wan taem blong fasin blong trikim man.

Save I Kam Impoten mo Nambawan

Trutok i mekem se yumi save luk klia, from se hem i "save long ol samting olsem we oli stap, mo olsem we oli bin stap, mo olsem we bambae oli kam blong stap" (Doktrin mo Ol Kavenan 93:24). Save i impoten mo nambawan blong stap longwe long fasin blong man i trikim yu, blong luksave klia bitwin trutok mo rong tok, mo blong luk klia moa, mo blong raetem wan plan o rod we bae i gotru long ol samting blong tedei we oli stap blokem rod.

Profet Josef Smit i bin talem: "I nid blong gat save blong save laef mo gat fasin olsem hemia blong God. . . . Save, hem i revelesen. Harem bigfala toktok ia: save i paoa blong God blong sevem ol man."¹

Ol pipol oli talem: "Yu mas tru long ol bilif blong yu." I nomata se hemia i tru, yu no save kam gud moa bitim wanem we yu save finis. Plante long yumi i bin tekem aksen folem ol bilif blong yumi, speseli wanem yumi stap bilivim se hem i intres blong yumiwan. Problem hem i we, samtaem, yumi rong.

Sam pipol oli save biliv long God, mo we ponografi i rong, be yet, oli stap klik yet long intanet ponografi, oli biliv be oli rong, se bae oli hapi moa sapos oli mekem, o, se oli no save holemaet olgeta, be oli mas klik nomo, o se oli no save spolem eni narawan. Oli jes rong evriwan.

Ol narawan oli biliv se i rong blong giaman, be yet, oli giaman wanwan taem, oli biliv se oli stap gud moa sapos oli no save trutok, be hemia i rong. Oli jes rong evriwan.

Maet wan i save biliv, mo iven i save se Jisas Hem i Kraes, mo yet, bae i tanem baksaed blong hem long Hem, i no wan taem nomo, be tri taem from ol rong bilif ia se bae hemia i folem tingting blong bigfala grup blong ol pipol mo mekem tingting blong olgeta i kwaet. Pita i no wan ivel man. Mi no sua tu se hem i no strong. Hem i jes rong nomo. (Luk long Matiu 26:34, 69–75.)

Taem yumi tekem nogud aksen, yumi ting se yumi nogud, be trutok we i stap, i we yumi jes rong nomo. Jalenj i no blong sarem hol ia bitwin aksen mo bilif blong yumi; be, jalenj i blong sarem hol ia bitwin ol bilif blong yumi mo trutok.

?Olsem wanem yumi sarem hol ia? ?Olsem wanem yumi stap longwe long fasin blong man i trikim yumi?

Ol Fas Kwestin mo Ol Nambatu Kwestin

I gat ol fasfala kwestin blong askem yuwan, mo i gat ol nambatu kwestin. Stat blong ansarem ol kwestin we oli kam faswan fastaem. Ol kwestin we oli kam faswan, oli olgeta we oli impoten moa. Ol fas kwestin blong askem, oli smol nomo. Bae mi tokbaot fo long olgeta:

1. ?I gat wan God we i Papa blong yumi?
2. ?Jisas Kraes i Pikinini blong God, Sevya ia blong wol?
3. ?Josef Smit i bin wan profet o no?
4. ?Jos Ia blong Jisas Kraes blong Ol Lata-dei Sent i kingdom blong God long wol ia, o no?

Long nara saed, ol kwestin we oli kam afta, i no gat en blong hem. Oli ol kwestin abaot histri blong Jos, fasin blong maredem plante woman, ol pipol we oli kamaot long Afrika mo prishud, ol woman mo prishud, translesen blong Buk blong Momon, Perel blong Bigfala Praes, DNA mo Buk blong Momon, sem seks mared, ol defren stori blong Fas Visen, mo ol narawan moa.

Sapos yu ansarem ol kwestin ia we oli kam faswan, nao ol nambatu kwestin ia, bae yu kasem ansa blong olgeta tu, mo bae yu luksave se oli no impoten tumas. Ansarem ol fasfala kwestin, mo bae yu save lukluk long ol samting we yu andastanem, ol samting we yu

no andastanem, mo ol samting we yu agri wetem, mo ol samting we yu no agri wetem, mo bae yu no nid blong jiam long sip i go.

Hae Fasin blong Stap Lanem Samting

I gat ol defren wei blong stap lanem samting, wetem hemia blong saens, fasin blong stadi, blong skul, mo ol fasin blong heven. Ol fofala wei ia, i nidim evriwan blong save trutok. Evriwan i stat long sem fasin: wetem wan kwestin. Ol kwestin oli impoten, speseli ol kwestin we oli kam faswan.

Wei blong heven blong stap lanem samting, insaed i gat ol pat blong ol nara wei, be long en, hem i bitim evri nara samting from hem i yusum ol paoa blong heven. Long en, ol samting we oli blong God, Spirit blong God i talemaot, we fulap taem Hem i wan kwaet smol voes. Lod i talem: "God bae i givim save long yu, tru long Tabu Spirit blong hem, yes, tru long presen we i Tabu Spirit we man i no save tokbaot." (Doktrin mo Ol Kavenan 121:26).

Aposol Pol i bin tijim se yumi no save save ol samting we oli blong God, be nomo tru long Spirit blong God (luk long 1 Korin 1; luk tu long Josef Smit Translesen, 1 Korin 2:11). Hem i talem: "Be man we Tabu Spirit ya i no stap long hem, hem i no save kasem ol paoa ya we Tabu Spirit i stap givim. Hem i no gat rod blong save ol samting ya, i stap luk olgeta olsem we oli krangke samting nomo." Yumi luk hemia





evri dei. Pol i gohed: “from we Tabu Spirit nomo i save mekem man i save ol paoa ya we hem i stap givim” (1 Korin 2:14).

Aot long evriwan long ol problem we yumi stap fesem long laef, wan we i hae moa i bitim evri narawan, be i hemia we oli no save andastanem gud. Problem blong evri man we i mowas i bitim evriwan, i no fasin blong stap pua, sik, fasin blong stap yuwan, abius, o wo—i nomata se ol problem o situesen ia oli prapa nogud. Be problem o situesen blong evri man we i mowas i bitim evriwan, i wan we i happen long evriwan: hem i blong ded long saed blong spirit. Hem i blong yumi seperet long ples we God i stap long hem, mo long laef ia, ples we God i stap long hem, hem i Spirit blong Hem o paoa blong Hem.

Long nara han, situesen blong evri man we i beswan i bitim evriwan, i no mane, nem, paoa, gud helt, ol ona blong man, o sekiuriti. Situesen blong evri man we i beswan i bitim evriwan, hem i blong hem i endao wetem paoa blong heven. Hem i blong wan i bon bakegen, i gat presen mo kampani blong Tabu Spirit, we i ples blong kasem save, revelesen, paoa, klia maen, lav, glad, pis, hop, tras, fet mo kolosap evri nara gud samting.

Jisas i talem se: “Mo Spirit ya blong Givhan, we hem i Tabu Spirit, . . . bambae i save tijim yufala long olgeta samting” (Jon 14:26). Hem i paoa ia we bae yumi “save trutok long saed blong evri samting” (Moronae 10:5). “Hem i soem long [yumi] evri samting we bae [yumi] mas mekem.” (2 Nifae 32:5). Hem i spring blong “wota we givim tru laef” we i givim laef we i no save finis (Jon 7:38; luk tu long ves 37).

Pem praes we yu mas pem, tekem wanem hevi samting we yu mas tekem, mo mekem wanem sakrafaes we yu mas mekem blong

kasem mo kipim, insaed long laef blong yu spirit mo paoa ia blong Tabu Spirit. Evri gud samting i dipen long fasin blong kasem mo kipim paoa blong Tabu Spirit insaed long laef blong yu.

“Wanem we I No Mekem Man I Kam Antap”

So, ?wanem ia filing blong harem nogud mo i defren, we mi bin filim samfala yia i pas taem mi bin stap ridim ol samting we oli tok agensem Jos? Sam bae oli talem se kaen filing ia risal blong wan saed bilif, we i kaen fasin blong stap pikimap mo jusum nomo ol samting we oli go wetem ol ting we yumi ting se i tru mo ol bilif blong yumi. Tingting ia se evri samting we wan i bin bilih long hem, mo oli bin tijim long hem, maet i rong, speseli taem i no gat wan moa gud samting blong i tekem ples blong hem, hemia i tru, i wan filing we i mekem man i harem nogud mo i filim defren.

Be kaen filing ia we mi bin gat taem mi bin lisin long dak kwaea blong ol woes we oli bin girap agensem Profet Josef Smit mo Restoresen blong Jos Ia blong Jisas Kraes, i defren. Kaen filing ia blong harem nogud mo defren, i no wan saed bilif; mo hem i no fraet ia blong yu gat rong tingting. Hem i we, Spirit blong God i no stap ia. Hem i olsem wanem man i stap taem we “hem i stap hemwan finis” (Doktrin mo Ol Kavenan 121:38). Hem i filing ia blong tudak mo “tingting i fasfas” (Doktrin mo Ol Kavenan 9:9; luk tu long ves 8).

Lod i talem:

“Mo wanem we i no mekem man i kam antap, i no kam long God, mo i tudak.

“Wanem we i kam long God, i laet; mo hem we i kasem laet, mo i gohed blong stap strong long God, i kasem moa laet; mo laet ia i gro i saen gud mo i saen moa gud bakegen kasem dei we i stret gud evriwan i kam” (Doktrin mo Ol Kavenan 50:23–24).

Revelesen we i kam long Spirit blong God i tekova long wan saed bilif, from se hem i no stanap nomo long pruf. Mi bin spendem wan ful laef blong lukaotem blong lisin gud long toktok blong Lod mo stap folem Spirit blong God. Spirit we i kam wetem ol dak woes ia we oli agensem Profet Josef Smit, Buk blong Momon, mo Restoresen, i no spirit blong laet, waes, mo trutok. Mi no save plante samting, be mi mi save woes blong Lod, mo woes blong Hem i no stap long dak kwaea ia.

Wanem i narasaed mo i defren evriwan long filing ia blong harem nogud mo i defren, mo nogud taem ia blong tingting i fasfas we i kavremap bigfala doti wota blong tu tingting, hem i spirit blong laet, waes tingting, pis mo trutok we oli stap long ol taem blong Restoresen

mo doktrin ia blong Restoresen, speseli ol skripja we Lod i talemaot long wol tru long Profet Josef Smit. Jes ridim olgeta mo askem yuwan mo askem God sapos oli ol toktok blong giaman, blong trikim man, mo giaman tingting, o, sapos oli trutok.

Yu No Save Lanem Trutok tru long Fasin blong Karefaot Samting Wan afta Wan

Sam oli fraet se Jos ia i no tru, oli spendem taem mo tingting blong olgeta blong stap swim tru long doti wota blong ol nambatu kwestin, o ol kwestin we oli kam afta. Oli mekem mistek ia blong traem lanem trutok tru long rod ia blong karefaot wan samting, wan afta wan, mo traem blong karefaot evri tu tingting. Oltaem, hemia i no wan gud aedia. Bae i neva wok.

I gat ol klem mo ol opinion we namba i no save kaontem, we oli kam agensem trutok. Evri taem we yu traem foemap wan ansa blong wan samting we i agensem Jos, mo luk-luk i go, i gat wan narawan i stap, i stap wet long yu. Mi mi no talem se yumi sapos blong berem hed blong yumi insaed long sanbij, be mi mi stap talem se yu save spendem wan ful laef blong traehad blong foemap ansa blong evri klem agensem Jos, mo bae yu neva kam blong save ol trutok we oli impoten moa.

Ol ansa long ol fasfala kwestin, oli no kam taem yu ansarem ol kwestin we oli kam afta, o ol nambatu kwestin. I gat ansa blong ol nambatu kwestin, be yu no save pruvum wan samting we i tru taem yu jalenjem evri toktok blong agens. Yu no save pruvum se Jos i tru taem yu jalenjem evri klem we yu mekem agensem Jos. Hem i wan teknik we i rong. Long en, i mas gat pruf se i talem se i tru, mo wetem ol samting we oli blong God, pruf we i talem se ol samting ia oli tru, long en, oli kam tru long revelesen, tru long spirit mo paoa blong Tabu Spirit.

Jisas i askem long ol disaepol blong Hem:

“Be yufala, yufala i stap tokbaot mi, se mi hu?”

“Nao Saemon Pita i talem se, ‘Yu yu Mesaea* ya. Yu yu Pikinini blong God ya we i laef, i stap we i stap.’

“Nao Jisas i talem long hem se, ‘Saemon, pikinini blong Jon, yu yu save harem gud, from we i no man we i soemaot samting ya long yu. Papa blong mi long heven, hem nomo i soemaot long yu.’

“Mo mi mi talem long yu, se yu Pita, we i min se ston. Mo bambae mi mi stanemap jos blong mi long ston ya, mo paoa blong ded bambae i no naf blong winim jos ya” (Matiu 16:15–18; luk tu long ol ves 13–14).

Jos Ia blong Jisas Kraes i stanap strong antap long strong ston ia we i revelesen, mo ol get blong hel bae oli no save win agensem. Yu mo mi, yumitu Jos ia nao. Yu mas gat rus insaed long strong ston ia we i revelesen, mo i nomata se yumi no save faenem ol ansa long evri kwestin, yumi mas save ol ansa blong ol kwestin we oli kam faswan, ol fas kwestin. Sapos yumi mekem, ol get blong hel bae oli no win agensem yumi, mo bambae yumi stanap blong oltaem i go.



Stanap long Strong Ston la we I Revelesen

I gat wan God we i stap long heven, we i Papa blong yumi We I No Save Finis Jisas Kraes i Pikinini blong God, Ridima ia blong wol. Josef Smit i wan profet blong

God we i bin putum fandesen i stap blong Restoresen blong kingdom blong God. Jos Ia blong Jisas Kraes blong Ol Lata-dei Sent i kingdom blong God long wol ia. Mi save hemia tru long eksperiens blong mi—evriwan long hemia. Mi save hemia tru long pruf we mi gat, mo pruf ia i bitim evri samting. Mi save hemia tru long stadi. Mo, moa sua long evri samting, mi save hemia tru long spirit mo paoa blong Tabu Spirit.

Mo wetem hemia, mi save se evri samting we mi nidim blong save blong stanap blong oltaem. Bae yumi stanap antap long strong ston we i revelesen, speseli long saed blong ol fas kwestin. Sapos yumi mekem olsem, bambae yumi stanap blong oltaem, mo bae yumi neva gowe. ■

I kam long wan divosen toktok, “Stand Forever,” we hem i bin givim long Brigham Yang Yunesiti long 22 Jenuware 2019.

NOT

1. *Teachings of Presidents of the Church: Joseph Smith* (2007), 265.

Hem I blong Yumi Yet

Vinaisi Maca Naquere, Lautoka, Fiji

*Hasban blong mi, mo mi i sapos blong sil, be tabu odinens
ia i bin bigwan moa bitim mitufala.*

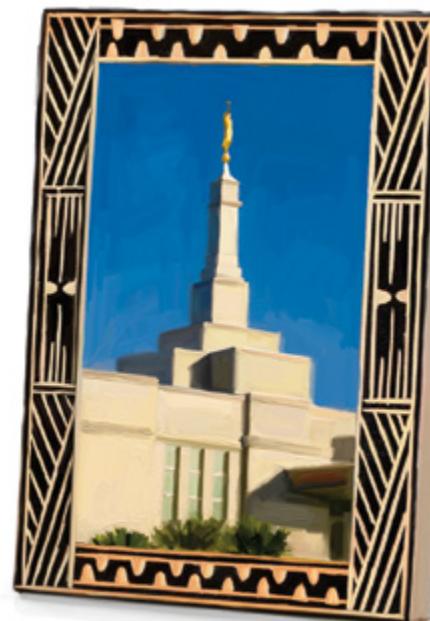
Afta long seven yia blong stap hop amo wet blong gat pikinini, hasban blong mi mo mi i bin gat blesing blong gat wan gel. Alicie i bin laet blong laef blong mitufala, be hem i bin laef faef manis nomo bifo hem i ded from strong sik long lang.

Hemia i bin dei we i moa had long laef blong mi. Evri dei, bae mi kam-bak hom afta long wok, mo sidaon mo krae. Ol famli blong hasban blong mi, plante taem bae oli sidaon wetem mi, blong givim paoa long mi. Mi stap gohed blong prea from wan nara pikinini, be i no gat wan i kam. Mi lus insaed long harem nogud blong mi.

Famli blong hasban blong mi oli stat blong leftemap tingting blong hasban blong mi blong travel i go long Suva Fiji Tempol, blong mitufala i sil. Mitufala i neva go long tempol, mo mitufala i bin disaed se hemia i bes wei blong mitufala i faenem hop mo hiling.

I no gat wan samting bae i mekem mi rere gud moa from samting ia we mi bin filim long dei ia! Mi bin save se hasban blong mi mo mi bae i sil tuge-ta blong taem we i no save finis. Save ia i fulumap mi wetem fasin blong talem tangkyu mo lav. Be mi no bin andastanem se tabu odinens ia, i moa bigwan i bitim mitufala tugeta.

Long tempol, mi bin lanem se Alicie bae i sil long mitufala. Mi bin krae from mi kam blong save tabu



doktrin ia. !Gel blong mitufala bae i blong mitufala blong evri taem we i no save finis! Mi testifae se God i bin givim evri samting we mifala i nidim blong gat hapines insaed long tabu haos blong Hem.

Long ol yia afta long hemia, hasban blong mi mo mi i bin gat blesing blong gat wan boe, mo tri pikinini we mitufala i adoptem. Be yet, mitufala i no save fogetem Alicie. From ol odinens blong tempol, gel blong mitufala i wan pat blong famli blong mitufala, hemia blong oltaem.

Taem mi stap mitim wan we i lusum pikinini blong hem, mi filim harem nogud wetem olgeta. Be tu, mi save se soa ia i no en blong hem. Tru long fasin blong lusum Alicie, mo tu blong stap fesem ol nara tes, mi save se God i stap ia, wetem mi. Taem tingting i slak o mi stap komplen abaot ol samting, mi save se God i oltaem stap ia.

Mi save se bae mi luk Alicie bake-gen, mo trutok ia i gohed blong fulu-map hasban blong mi mo mi wetem ol bigfala glad. ■

Hem I Putputum Mi I Kambak Tugeta

Alaina Dunn, Yuta, USA

Fren blong mi i bin harem se mi mi sik, mo i sendem wan pasol we hemwan i bin mekem, speseli blong mi.

Otaem, mi mi ting se mi mi helti nomo. Mekem se mi sek taem mi bin wekap long wan moning, we mi filim se wan samting i skwisim jes blong mi strong, we bae i faerap. Oli sendem mi hariap i go long hospital, be sam aoa afta we oli testem mi, ol dokta oli no save faenem wanem i problem. Oli sendem mi i go hom, nomata se mi stap harem i soa tumas. Olsem ia nao, wan seven manis taem blong tekem apoemen wetem ol dokta, stap smol taem long hospital, mo nogud soa, i stat. Mi neva harem olsem long laef blong mi.

I stat tu blong tingting blong mi i kam fasfas. Mi mas lego ol klas blong mi long skul, mo mi muv i gobak long haos blong papa mo mama blong mi. Mi no save aot wetem ol fren blong mi. Mi harem i soa tumas, mekem se mi no save mekem ol samting we mi bin laekem blong mekem. Mi filim se evri samting we mi kea long hem—ol samting we mi wantem wok from, ol rilesensip, ol talen blong mi—evriwan i go wanwan, mo naoia ol pisis blong tingting gud long miwan, mi nomo save putum i kambak tugeta. Mekem se mi stat blong askem miwan: ?Olsem wanem Papa long Heven i letem hemia i hapan long mi? ?Weswe? ?Hem i no lavem mi?

Afta long wan moa apoemen long dokta we mi givap mo mi harem i soa, mi wantem nomo se mi benbenem mi olsem wan balong mo krae. Be taem mi kasem haos, mi luk wan defren kaen samting long fored blong doa: wan

olfala bokis blong sus, we oli kavremap long skoj, we oli putum nem blong mi long hem.

Wan leta long bokis i soem se bokis ia i kam long wan long ol fren blong mi. Hem i bin harem se mi mi sik, mo i wantem mekem mi mi smael smol. Taem mi openem bokis blong sus ia, mi faenem se i fulap long ol smol pisis blong sopsop katen. Hem i wan pasol we wan i mekem, speseli blong mi.

Taem mi stap putum pasol ia i kam tugeta, mi stat blong krae. Pasol ia, i gat nem blong mi long hem, mo raon long hem i gat ol swit mesej blong lav mo blong leftemap tingting blong mi. Mi bin filim se ol smol pisis blong mi, we oli bin stap olbaot, naoia, oli kambak tugeta taem mi putum tugeta presen ia we i kam long fren blong mi.

Wan sot taem afta, mi stat blong tekem meresin we i daonem ol saen blong sik blong mi, mo i bin helpem ol dokta blong faenem wanem i rong. Mi bin gat wan sik we i no fulap man i kasem, mo wetem stret meresin, mi save gobak long wan nomol laef.

Iven we taem bodi blong mi i stap kam oraet, mi save se bae mi neva fogetem wanem we mi bin lanem. From swit presen blong fren blong mi, mi bin save se wan i lavem mi mo Papa long Heven i no bin fogetem mi. Afta ol manis blong stap filim brokbok, tangkyu long kaen fasin blong wan fren, mo lav blong Papa blong mi long Heven, mi kam oraet fulwan. ■

"?Yufala I Gat Wan Blu Buk wetem Ol Gol Leta long Hem?"

Michael Jacobson, Oregon, YSA

*Samtaem afta mi bin sakem buk ia i go, mi bin wantem
tumas blong save wanem i stap insaed long hem.*

Sam yia i pas, mi bin kasem wan blu buk we oli raet long ol gol leta long kova blong hem; i kam long ol misinari we oli stap givim seves long ami stesen we mi bin stap kasem trening long hem from wok blong mi long Nevi blong Yunaeted Stet.

Taem mi stat blong ridim buk ia, wan i talem long mi se i wan giamwanan, from oli kopi nomo long Baebol. Hemia i mekem se mi gat tu tingting se i wan tru buk, be mi holemaet. Mi ridim smol, putum i go daon evriwan long sibag blong mi, mo afta mi fogetem buk ia.

Ova wan yia afta, mi disaed blong klinim sibag blong mi. Mi faenem buk, be mi nomo gat intres long hem,

mekem se mi sakem buk ia. Be samtaem afta, mi kam blong mi rili wantem save wanem i stap long blu buk ia we oli raet long kova long gol leta. Naoia, mi biliv se filing ia i kam long Spirit, “we i lidim man blong mekem gud” (Doktrin mo Ol Kavenan 11:12).

Long 2005, wan niu fren blong mi i bin invaetem mi blong lisin long ol misinari. Long fas taem, mi bin gat ol kwestin mo ol tu tingting abaot wanem we oli bin tijim, be ol misinari oli gat tras long olgetawan mo oli bin givim ol ansa, we long mi, mi luk se i stret nomo.

Taem mi luksave se ol misinari ia oli semmak olsem olgeta ia we mi bin mitim sam yia i pas, mi hariap blong askem olgeta: “Ei, ?yufala i gat wan blu buk we oli raet long gol leta long kova blong hem?”

“!Yes, mifala i gat!”
wan long tufala i

ansa. “!Oli singaotem Buk blong Momon!”

Mi bin glad tumas blong gat Buk blong Momon bakegen. !Wanem we i tru, i we mi bin glad tumas mekem se mi bin ridim i bitim wan taem long tu wik taem nomo! Taem mi bin stap rid mo prea, mi bin kam blong save se hemia i toktok blong God.

Elda Rubén V. Alliaud blong Olgeta Seventi i bin talem wan samting long jeneral konfrens we i go wetem eksperiens blong mi wetem Buk blong Momon: “Eniwan we i komitim hem blong stadi long buk wetem tru tingting blong prea, bae i no lanem nomo abaot Kraes, be bae i lanem samting *we i kam stret* long Kraes—speseli taem hem i mekem wan desisen blong “traem paoa blong toktok blong God” [Alma 32:5] mo no sakemaot eli nomo from sam kwik jajmen we ol narawan oli talem abaot sam samting we oli neva bin ridim.”¹

Taem mi bin ridim Buk blong Momon, prea, mo trastem Spirit, mi bin luk ol bigfala samting oli bin hapen long laef blong mi. ■

NOT

1. Rubén V. Alliaud, “Oli Faenem Mi Tru long Paoa blong Buk blong Momon,” *Liahona*, Nov 2019, 35.



Stamba Tingting blong Baptaes blong Mi

Rui Cong Hong, Niu Taepe Siti, Taewan

*Bifo long baptaes blong mi, mi bin sidaon miwan
mo mi bin prea se ol fren blong mi bae oli
kamkamaot, olsem wan merikel.*

Taem mi wan pikinini we mi bin
stap laef long ol saed taon blong
Taepe, Taewan, mi neva save abaoat
ol misinari. Mekem se fas taem we
mi bin kam blong toktok wetem
olgeta, mi bin wantem save abaoat
mesej blong olgeta. I no tekem
longtaem bifo mi wantem tumas
blong stap folem ol tijing blong
olgeta mo praktisim gospel insaed
long laef blong yumi. Mi bin filim
se hemia i bin wan wei, blong mi,
blong faenemaot sapos i rili gat wan
God i stap o no.

Long wan manis taem, oli bin tijim
gospel long mi, wetem ol komanmen
we oli stap tijim bifo long baptaes.
Pis i bin kam long mi tru long prea;
mi bin kasem revelesen we i blong
miwan taem mi bin stap stadi long
ol skripja, mo mi neva mestem wan
miting blong Jos. Mi disaed se mi mas
baptaes.

Bigfala jalenj we mi bin fesem long
tetaem ia, oli ol problem we mi mi
gat wetem sam long ol fren blong mi
from se oli agensem mi blong joenem
Jos. Mi bin prea bigwan abaoat ol pro-
blem ia, be rilesensip blong mifala, i
luk se i stap go mowas.

Mi bin invaetem ol fren blong
mi blong kam long baptaes blong
mi, be oli no wantem save nating
long invitesen blong mi. Mi rili no
bin save wanem nao blong mekem.
Bifo long baptaes blong mi, mi bin
sidaon long sofa, insaed long rum
blong wet blong japel; mi bin stap
prea se ol fren blong mi bae oli



kamkamaot, olsem wan merikel,
blong mi save talem long olgeta
abaoat ol gudfala jenis we mi bin
mekem insaed long laef blong mi,
mo pruvum long olgeta se mi mi bin
stap mekem raet desisen blong save
kasem baptaes.

Ol fren blong mi oli neva kam,
be taem mi bin stap talemaot ful hat
blong mi long God, mi bin filim wan
samting. Long taem ia, mi bin filim
wan bigfala lav we i kam long Papa
long Heven. Mi bin save se Hem i
bin stap ia, mo Hem i bin lisin tru
long prea blong mi.

Fastaem, mi bin wantem baptaes
from evri gudfala samting we i bin
stap hapen long laef blong mi, be
long stret taem ia, mi bin kam blong
andastanem stamba tingting blong
baptaes blong mi.

Filing we mi bin kasem i bin olsem
voes blong Lod we i stap toktok i
kam long wan sopsop voes, mo i
toktok i kam stret long mi, i talem se:
"Yu no nidim blong pruvum eni sam-
ting long eniwan. Yu jes nid blong
pruvum long mi se yu yu glad blong
kam long mi mo stap tru long gospel
blong mi long ful laef blong yu." ■



3 Nifae 17-19

(28 SEPTEMBA–11 OKTOBA)

Long seves blong Jisas Kraes long Ol Man blong Nifae, Hem i bin soem bigfala lav, mo hiling paoa blong Hem long evriwan we oli bin go long Hem. ?Wanem nao yumi save lanem aot long eksperiens blong Ol Man blong Nifae wetem Sevya?



TOKTOK RAON

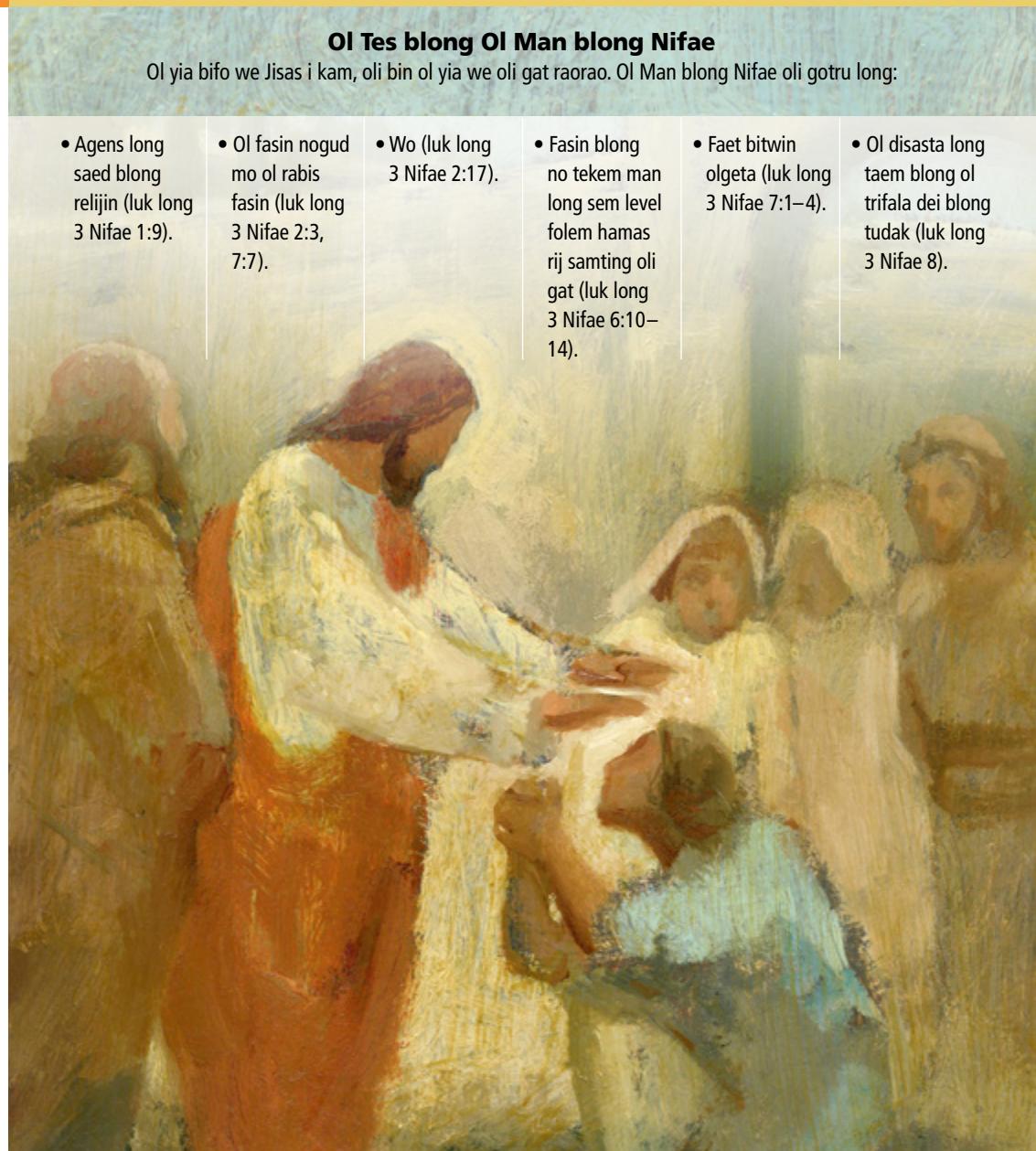
- Sapos yu bin stap wetem Ol Man blong Nifae long tetaem ia, ?wanem nao bae yu askem Sevya blong hilim yu long hem? ?Bambae yu talem wanem long Hem?
- ?Olsem wanem, yu, semmak olsem Ol Man blong Nifae, i save kam long Kraes mo gat eksperiens long lav blong Hem mo hiling paoa blong Hem long laef blong yu”?
- ?Wetaem nao yu bin filim lav blong Sevya? ?Olsem wanem nao yu bin filim lav ia?

?Olsem wanem yumi save gat eksperiens ia blong filim hiling paoa blong Kraes?

Ol Tes blong Ol Man blong Nifae

Ol yia bifo we Jisas i kam, oli bin ol yia we oli gat raorao. Ol Man blong Nifae oli gotru long:

- | | | | | | |
|---|---|-------------------------------|---|--|---|
| • Agens long saed blong relijin (luk long 3 Nifae 1:9). | • Ol fasin nogud mo ol rabis fasin (luk long 3 Nifae 2:3, 7:7). | • Wo (luk long 3 Nifae 2:17). | • Fasin blong no tekem man long sem level folem hamas rij samting oli gat (luk long 3 Nifae 6:10–14). | • Faet bitwin olgeta (luk long 3 Nifae 7:1–4). | • Ol disasta long taem blong ol trifala dei blong tudak (luk long 3 Nifae 8). |
|---|---|-------------------------------|---|--|---|



Seves blong Kraes long Ol Man blong Nifae

Taem we Sevya i bin kamkamaot long Ol Man blong Nifae, Hem i bin invaetem evriwan we “oli gat hadtaem long eni fasin” (3 Nifae 17:7) blong oli go long fored mo bae Hem i hilim olgeta. Invitesen blong Hem i bin go moa bitim ol hadtaem we Ol Man blong Nifae oli jes stap gotru long ol. Invitesen ia i blong yusum long ol soa we man i save luk, mo olgeta we man i no save luk, we Ol Man blong Nifae oli bin stap karem long ful laef blong olgeta. Jisas Kraes i bin hilim “evriwan” (3 Nifae 17:9) mo Hem i bin givhan long olgeta “wan afta wan” (3 Nifae 17:21).



3 Nifae 17–19

(28 SEPTEMBER–11 OKTOBER)

Taem we Kraes i visi-
tim Ol Man blong
Nifae, Hem i bin
prea wetem olgeta leven
taem. Tru long toktok
mo eksampol, Hem i bin
tijim olgeta olsem wanem
oli mas prea. Ol lata-dei
profet, sia mo reveleta, oli
gohed blong tijim wanem
we Sevya i bin tijim abaot
prea. Hemia samfala
eksampol.

TOKTOK RAON

?Wanem moa Sevya mo
ol lata-dei profet mo
aposol oli bin tijim abaot
prea? ?Olsem wanem ol
tijing ia oli help blong ol
prea blong yu oli gat moa
mining long yu?

OL NOT

1. David A. Bednar, "Pray Always," *Liahona*, Nov. 2008, 43.
2. Thomas S. Monson, "Three Goals to Guide You," *Liahona*, Nov. 2007, 120.
3. *Teachings of Presidents of the Church: Howard W. Hunter* (2015), 229.
4. Dallin H. Oaks, "The Language of Prayer," *Ensign*, May 1993, 17.
5. Boyd K. Packer, "Prayer and Promptings," *Liahona*, Nov. 2009, 46.

?Olsem wanem nao mi save prea olsem we Sevya i bin tijim?



Wanem Sevya i bin tijim



Wanem ol lata-dei profet, sia
mo reveleta oli stap tijim

Prea from ol narawan (luk long 3 Nifae 17:14, 17, 21; luk tu long 3 Nifae 18:23)

"Blong stap prea from ol narawan wetem
ful paoa blong sol blong yumi, i mekem
se yumi gat moa paoa blong harem mo
blong mekem folem voes ia blong Lod."¹

"Lukaot gud mo prea
oltaem" (3 Nifae 18:15)

"Hem i tru long strong prea mo
prea we i kam long hat we yumi
save kasem ol blesing we yumi
nidim mo sapot we yumi mas gat
blong faenem rod blong yumi long
wokbaot ia we, samtaem, i had
mo i gat jalenj, we yumi stap
singaotem laef long wol ia, we
yumi save ded long hem."²

"Prea insaed
long ol famli
blong yufala"
(3 Nifae 18:21;
luk tu long
3 Nifae: 3 17:3)

No talem plante
toktok (luk long
3 Nifae 19:24; luk tu
long 3 Nifae 13:7)

"Gohed blong prea"
(3 Nifae 19:26)

"Sapos bae yufala i
tekpat long evri dei
famli prea, . . . bambae
yufala i kasem
ol blesing we Lod
i promesem blong
stap resemap wan
famli laen we i
stret mo gud."³

"Ol prea blong
yumi oli mas simpol,
tok stret, mo tru."⁴

"Prea plante taem. Prea
insaed long maen blong
yu, insaed long hat
blong yu. Nildaon blong
prea. Prea i ki blong
yuwan i go long heven.
Lok i stap long saed
blong yu, long vel."⁵





?Olsem wanem yumi stap tekpat long “gudfala wok” blong Lod?

Long medel blong plante samting we Sevya i bin tijim long Ol Man blong Nifae, Hem i bin tijim olgeta abaoat kam tugeta blong Isrel, mo i bin givim oda long olgeta blong oli stadi long ol skripja, mo blong oli raetem histri blong olgetawan. ?Olsem wanem yumi save folem ol tijing ia tedei?



Stadi long Ol Profet

Sevya i bin givim oda long Ol Man blong Nifae blong oli mas “stadi long ol profet” (3 Nifae 23:5). Yumi gat janis blong harem profet we i stap laef mo ol nara lida blong Jos oli toktok long jeneral konfrens.

- ?Wanem nao yu save mekem blong tekem plante samting aot long jeneral konfrens?
- ?Olsem wanem nao, taem yumi “stadi long ol profet,” i stap helpem yumi blong tekem Isrel i kam tugeta?

Joenem Wok

Jisas Kraes i bin talem profesi se bae i gat wan “gudfala wok” i hapen long ol las dei (luk long 3 Nifae 21:9). Wok ia, i blong karem Isrel i kam tugeta. Presiden Russel M. Nelson i bin singaotem hemia se, “samting we i moa impoten we i stap tekples long wol tedei,” mo hem i bin talem se “Sapos yu jusum, sapos yu wantem, yu save tekpat bigwan long hem.”¹



- ?Olsem wanem yu mo famli blong yu i save lanem moa abaoat wok ia mo tekpat long kam tugeta blong Isrel?



Kipim Wan Histri

Jisas i bin givim oda long ol disaepol blong Hem we oli kamaot long Ol Man blong Nifae se oli mas kipim wan histri blong ol tijing mo ol profesi we Samuel, wan Man blong Leman i bin talem (luk long 3 Nifae 23:4, 6–13). Semmak, yumi save raetemdaon ol eksperiens blong laef blong yumi blong stap helpem yumi mo blong stap tijim ol narawan.

- ?I gat sam eksperiens long saed blong spirit we yu no bin raetemdaon?
- ?Olsem wanem yu stap raetemdaon ol samting we God i stap tijim yu?

NOT

1. Russell M. Nelson, “Hope of Israel” (wol yut divosen, 3 Jun 2018), 8, HopeOfIsrael.ChurchofJesusChrist.org



3 Nifae 274 Nifae (19–25 OKTOBA)

Afta we Sevya i bin kamaot long Ol Man blong Nifae, oli bin gat kolosap 200 yia blong yuniti mo pis from se “evriwan i bin jenism laef i go long Lod” (4 Nifae 1:2).

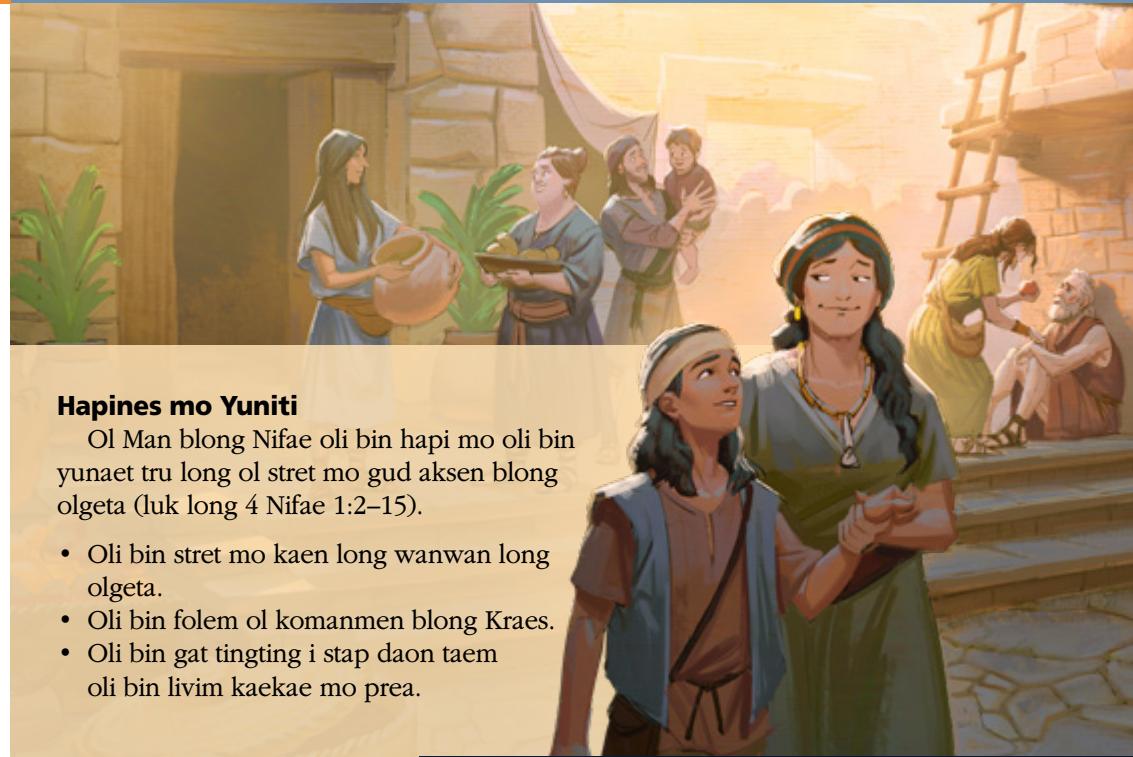
?Wanem sam long ol nara eksampol blong ol stret mo gud aksen blong Ol Man blong Nifae? Yu save ridim 4 Nifae 1:2–15 mo fulumap ol emti spes wetem moa eksampol we yu faenem:

- _____
- _____
- _____
- _____

TOKTOK RAON

- Komperem hapines blong ol stret mo gud Man blong Nifae wetem ol harem nogud blong olgeta taem oli no bin stret mo no bin gud. Tingting long wanem i bin defren mo faenem ol wei blong yu save kam blong jenism laef moa i go long Lod.
- ?Yu save jusum wan samting we yu save kam antap moa long hem long laef blong yu?
- ?Olsem wanem ol samting ia oli tekem yu i go kolosap moa long ol fren, ol famli blong yu, mo long Lod?

?Hem i minim wanem blong rili jenism laef?



Hapines mo Yuniti

Ol Man blong Nifae oli bin hapi mo oli bin yunaet tru long ol stret mo gud aksen blong olgeta (luk long 4 Nifae 1:2–15).

- Oli bin stret mo kaen long wanwan long olgeta.
- Oli bin folet ol komanmen blong Kraes.
- Oli bin gat tingting i stap daon taem oli bin livim kaekae mo prea.



Harem Nogud mo Seraot

Sore tumas, olgeta yia ia blong yuniti mo hapines oli no bin stap blong oltaem. Long en, Ol Man blong Nifae oli bin stop blong stap obej long ol komanmen blong God (luk long 4 Nifae 1:24–31). Taem oli bin mekem olsem:

- Oli bin kam selfis mo oli bin gat hae tingting.
- Oli bin bildim ol jos blong olgetawan blong kasem mane.
- Oli bin tanem baksad long Jos Ia blong Kraes.







I Kam long Bisop
Dean M. Davies
Fas Kaonsela long
Prisaeding Bisoprik

Ol Mitinghaos— Ol Ples blong Stap Revren mo Stap Wosip

*Spirit blong Lod i stap insaed long ol mitinghaos blong yumi
mo bae i givim insperesen long yumi taem yumi stap mekem
samting wetem respek long fored blong Hem.*

Wan gudfala fren blong mi, long wan taem i bin serem wetem mi wan eksperiens we hem i bin gat taem hem i bin gat wok blong stap putumbak ol jea mo klinim gud stek senta afta long wan stek konfrens. Afta 30 minit we hem i stap mekem ol diuti ia, hem i luksave se hem nao i las man we i stap long bilding. Hem i no gat fasin ia blong filim se hem i stap hemwan mo i hariap blong go, be, hem i bin luk se semfala swit filing blong pis ia we hem i bin filim long taem blong konfrens, i bin stap wetem hem, mo i stap kam moa bigwan.

Taem hem i finisim wok we oli bin givim long hem, mo i glad blong save aot long mitinghaos, hem i faenem wan nara memba we i stap lukluk gud hem wetem tingting. Taem hem i luksave wanem ia we fren blong mi i bin stap mekem, memba ia i tekem han blong hem, mo talem: “Brata, Lod i luk ol smol samting ia we yu stap mekem blong Hem, mo Hem i lukluk i kam daon mo i smael from ol samting ia.”

Sam yia afta, taem hem i bin stap olsem wan bisop, semfala fren ia i faenem se hem i stap hemwan bakegen insaed long mitinghaos blong wod blong hem. Afta we hem i ofem ol laet blong japel, hem i stap smol moa taem we laet blong mun i saen tru long ol windo i go long pulpit.

Filing blong pis ia we hem i save gud long hem, i kavremap hem bakegen, mo hem i sidaon kolosap long fored blong japel, mo i tingtingbak long ol plante tabu taem we hem i bin gat long ples ia—ol plante taem we hem i bin stap luk ol pris oli brekem bred long sakramen tebol, ol taem we hem i bin filim Tabu Spirit i stap wetem hem taem hem i stap givim wan toktok long wod konfrens, ol seves blong baptaes we hem i bin lidim, naes kwaea we hem i bin harem, mo plante long ol testemoni we i kam long ol memba blong wod we i bin tajem hem bigwan. Hem i sidaon hemwan insaed long japel ia we i tudak, nao hem i filim long hem olsem wanem evri eksperiens i jenism laef blong hem, mo laef blong ol memba blong wod blong hem, nao hem i benem hed blong hem, wetem wan bigfala tangkyu.





Fren blong mi, i bin tijim long raet wei mo wetem waes, se plante long ol tabu ples long wol ia, oli tempol mo hom, be tru long tufala eksperiens we mi tokbaot antap ia, hem i bin kam tu blong andastanem se ol mitinghaos blong yumi, oli tabu. From se prishud atoriti i dediketem olgeta, ol biling ia oli kam ol ples we Lod i stap kapsaetem ol revelesen long ol pipol blong Hem, mo insaed long ol biling ia, “paoa we i olsem hemia blong God, i kamaot” tru long ol odinens we i stap tekem ples insaed ia (luk long Doktrin mo Ol Kavanan 84:20).

Mitinghaos i joen wetem hom blong mekem se promes blong Lod i hapen, we i blong ol fetful Sent oli save gat glad ia long Sabat dei. Hem i kam wan ples we ol memba oli kam tugeta blong wosip; hemia i mekem hat blong olgeta “oli joen tugeta blong kam wan long lav, lav we wan i gat long narawan” (Mosaea 18:21) mo long Sevya. Long yumi, blong givim stret tangkyu mo respek from ol bigfala blesing long saed blong spirit we oli kam long yumi tru long ol mitinghaos blong

yumi, yumi mas go insaed long ol ples blong wosip ia wetem wan fasin we i gat dip mo tru fasin blong stap revren o respek.

Mining blong Stap Revren o Gat Respek

Long kalja blong yumi tedei, toktok ia, *revren* i gat semmak mining wetem toktok ia, *kwaet*. I nomata se fasin blong toktok slo insaed long ol japel blong yumi, i wan stret fasin, hemia i stap blokem lukluk blong yumi long fasin blong stap revren, mekem se yumi no kasem ful mining blong toktok ia. *Revren* oli save foemap i go kasem toktok long Latin we i *revereri*, we i minim, “Blong stanap wetem sapraes long.”¹ Bae yumi save faenem wan toktok we i talemaot gud moa ol filing blong sol blong yumi taem we yumi rili lukluk longtaem long wanem we Sevya i bin mekem blong wanwan long yumi?

Spirit i mekem mi mi tingbaot ol toktok blong naes hym we yumi stap singsing taem yumi stap long ol japel blong yumi: “Mi sapraes tumas we Jisas Hem i lavem mi.”² Dip fasin blong talem tangkyu ia, mo sapraes, hem i stamba blong fasin blong stap revren, mo i pusum mo talem stret long yumi se yumi mas lego eni kaen lanwis o fasin we bae i prapa spolem ol filing ia insaed long yumi o ol narawan.

Oi Mitinghaos mo Sabat dei

Aot long revelesen blong tedei, yumi save se wan stamba pat blong Sabat wosip blong yumi, hem i blong “go long haos blong prea mo mekem ol tabu seremoni long tabu dei blong [Lod]” (Doktrin mo Ol

Kavenan 59:9). “Haos blong prea” we yumi stap kam tugeta long hem long Sabat i tabu mitinghaos blong yumi.

Presiden Russel M. Nelson i bin helpem yumi blong andastanem moa wanem i joen bitwin respek blong yumi long Sevya mo ol filing blong yumi long Sabat dei. Taem hem i serem eksperiens blong hem blong kam blong givim ona long Sabat, Presiden Nelson i talem: “Mi lanem aot long ol skripja se wei we mi mekem mi mo fasin blong mi long Sabat i stap olsem wan *saen* bitwin mi mo Papa blong yumi long Heven.”³

Semmak olsem wei we yumi stap mekem samting mo fasin blong yumi long Sabat oli wan saen blong strong tingting mo hat blong yumi i go long Lod, wei we yumi stap mekem samting, fasin blong yumi, mo iven wei we yumi dresap taem yumi stap long haos blong prea, oli save talemaot hamas respek nao yumi stap filim i go long Sevya.

Oi Mitinghaos mo Ol Odinens

Elda Jeffrey R. Holland blong Kworom blong Olgeta Twelef Aposol i helpem yumi bigwan blong andastanem tingting ia, mo i talem:

“Antap long fasin blong mekem taem blong tijim gospel long hom olsem senta, Sandei seves blong yumi we i jenis, . . . i lukluk moa long sakramen blong Lod Sapa, olsem tabu klia stamba poen we yumi akseptem, blong wosip eksperiens blong yumi long wik. Yumi mas tingbaot tu, yumiwan stret, se Kraes i bin ded from hat we i fulap long sore, mo Hemwan i tekem ol sin mo ol harem nogud blong ful famli blong ol man.

“Folem hamas yumi stap kontribuit long hevi trabol ia we Hem i stap tekem, yumi mas putum taem blong givim respek blong yumi.”⁴



Hem i impoten blong tingbaot se ples we Lod i jusum from bigfala tabu taem ia blong givim respek i go long Sevya, hem i mitinghaos o japel. Antap long respek ia we yumi stap filim long taem blong wik odinens blong sakramen, ol filing blong stap revren mo respek oli kam moa bigwan taem yumi tingting long ol nara prishud odinens mo blesing we oli stap mekem mo givim insaed long mitinghaos, olsem blong givim nem mo blesem ol pikinini, baptaes mo konfemesen, prishud odinesen mo setem apat pipol blong kasem koling. Wanwan long ol odinens mo blesing ia oli save karem i kam bigfala paoa blong Tabu Spirit, sapos olgeta we oli tekpat mo olgeta we oli kam, oli kam wetem wan fasin blong gat revren.

Oi Mitinghaos mo Wosip

Sabat dei i givim yumi janis blong wosipim Lod long taem blong hom stadi blong yumi, mo long taem blong ol sakramen mo nara miting olsem wan kongregesen. Stat long ol fas dei blong Jos, Ol Sent oli bin stap glad blong kam tugeta blong mit tugeta mo mekem ol rilesensip olsem ol brata mo sista i kam strong. Ol mitinghaos blong yumi,

plan blong olgeta i gat ol spes blong gat ol aktiviti long taem blong wik. Yumi neva mas lus tingting long stamba tingting blong olgeta biling ia we i blong givim wan ples blong stat wosip.

Wosip mo fasin blong stat revren, tufala i kolkolosap. "Taem yumi wosip long God, yumi kam long Hem wetem wan kwaet lav, tingting we i stap daon, mo respek. Yumi luksave mo akseptem Hem olsem bigfala King blong yumi, Krieta blong wol, Papa we yumi lavem mo lav blong hem i nogat en."⁵

Stamba ples ia blong wosip, i mas stap blong lidim tingting blong yumi long fasin we yumi stap mekem samting long ol mitinghaos, iven taem yumi stap gat ol sosol o pleplei aktiviti. Yumi mas lukaot bigwan blong no mekem samting i go olbaot tumas, no mas mekem doti, o no mas damejem eni pat blong biling ia taem yumi gat ol Jos aktiviti;

mo yumi mas kwik blong klinim o riperem biling sapos yumi bin spolem.

Oli save tijim long ol pikinini mo ol yut se fasin blong stat revren o gat respek, mo kea long mitinghaos, i no stat hapen nomo long ol Sandei miting. Ol memba oli mas tekpat blong klinim mitinghaos—speseli ol papa mo mama wetem ol pikinini blong olgeta—from hemia i wan gudfala wei blong developem wan fasin blong gat respek long ol tabu biling blong yumi. Olsem we i bin kamaot klia long eksperiens blong fren blong mi blong stat putum gud evri samting afta long stek konfrens, stret aksen ia blong stat kea long mitinghaos i wan wei blong wosip, mo i stap invaetem Spirit blong Lod.

Ol Mitinghaos mo Sevya

Anda long daerekSEN blong Presiden Nelson, olsem profet, i bin gat ol bigfala efot we oli bin mekem blong meksua se oli neva tekemaot nem blong Jisas Kraes taem yumi stap tokbaot Jos blong Hem. Long wan semmak wei, yumi no mas letem Sevya i kamaot long stamba blong wosip blong yumi—mo i tekem tu, ol ples blong yumi blong wosip.



FOTO: KAM LONG JAMES LIEFF JEFFERY

FOTO BLONG OL MEMBA OLSTAR STANAP AOTSAED KAM LONG MASSIMO CRISCIONE

*Blong stap kea long
ol mitinghaos i wan
wei blong wosip mo
i invaetem Spirit
blong Lod.*



Yumi stap oltaem tokbaot se tempol i haos blong Lod, we i stret mo i wan impoten nem. Be yumi save fogetem isi se wanwan long ol mitinghaos blong yumi, wan prishud atoriti i bin dediketem olsem wan ples we Spirit blong Lod bae i stastap long hem, mo wan ples we ol pikinini blong God —tugeta insaed mo aotsaed long Jos—bae oli save kam long hem blong “save Ridima blong olgeta” (Mosaea 18:30).

Wok we oli jes anaonsem blong flasem ol mitinghaos blong yumi wetem ol artwok we i soem Sevya mo ol tabu taem blong laef blong Hem long wol ia mo afta long laef blong Hem long wol ia, long wan fasin we i gat respek, i blong pulum ae, maen, mo hat blong yumi i go kolosap moa long Hem. Taem yufala i stap go insaed long ol haos ia blong prea blong gat ol miting mo ol aktiviti, mifala i invaetem yufala, wetem lav, blong stop smol, blong lukluk raon, mo lukluk gud ol tabu peinting ia, blong

lukluk olgeta wetem ol pikinini blong yufala, mo blong letem olgeta oli gat moa filing blong wosip mo revren mo respek i go long God.

Profet blong OlTesteman, Habakuk, i talem: “Be Hae God, hem i stap long tabu haos blong hem long heven. Mo olgeta man long wol oli mas stap kwaet long fes blong hem” (Habakuk 2:20). Bae yumi tu, yumi tingbaot se Spirit blong Lod i stap insaed long ol mitinghaos blong yumi, mo bae i protektem wanwan hat blong yumi i kasem mak ia we bae yumi gat fasin mo mekem samting wetem respek mo kwaet fasin long fored blong Hem. ■

OL NOT

1. “Revereri,” Lexico Powered by Oxford, [lexico.com](https://www.lexico.com).
2. “Mi Sapraes Tumas we Jisas Hem I Lavem Mi,” *Singsing Tabu mo Singsing blong Ol Pikinini*, pej 22.
3. Russell M. Nelson, “The Sabbath Is a Delight,” *Liahona*, May 2015, 130.
4. Jeffrey R. Holland, “Luk Smol Sipsip blong God,” *Liahona*, Mei 2019, 44.
5. Dean M. Davies, “Ol Blesing blong Wosip,” *Jeneral Konfrens*, Oktoba 2016, Churchofjesuschrist.org/general-conference/conferences?lang=bis.

Ol Yang Adalt

Insaed long Seksen Ia

- 44 **?Weswe? ?Adiksen I
Semmak long Fasin blong
Agens?**
I Kam long Destiny Yarbro
- 48 **7 Tingting blong Winim
Fasin blong Yusum
Ponografi**
I Kam long Richard Ostler

Dijitol Nomo

- Stap Sapotem Mama blong Mi
long Wokbaot blong Hem blong
I Kam Klin**
I Kam long Onnastasia Cole

Faenem olgeta atikol ia mo sam moa:

- Long liahona.ChurchofJesusChrist.org
- Insaed long **YA long Wik** (anda long Ol Yang Adalt seksen insaed long Gospel Laebri)

Serem Stori blong Yu

?Yu yu gat wan gudfala stori blong serem?
?O yu wantem luk sam atikol abaoit sam spesel
topik? !Sapos i olsem, mifala i wantem harem
yufala! Sendem ol atikol blong yufala, o fidbak
blong yufala long liahona.ChurchofJesusChrist.org.

Yu Save Faenem Fridom

?Yu o eniwan we yu lavem i fas long saekol blong stap mekem trabol, stap sakem sin, stap komitim hem bakegen, mo stap mekem trabol bakegen? Plante long ol gudfala yang adalt we mi bin wok wetem taem mi bin stap givim seves olsem wan bisop blong wan yang singgel adalt wod, oli bin fas long semfala saekol. **Be plante oli bin faenem fridom tru long Atonmen blong Jisas Kraes.** Ol mesej abaoit adiksen long seksei blong manis ia, i givim sam niu tingting we bae i help blong faenem fridom—blong yuwan mo ol narawan.

Samting we i moa impoten we yumi mas tingbaot, i we, **yumi evriwan i ol pikinini blong Papa long Heven we Hem i lavem.** Elda Dieter F. Uchtdorf i bin tijim: “[God] i no wet blong lavem yu kasem taem we yu winim ol samting we yu no strong long olgeta, mo ol nogud fasin blong yu. Hem i lavem yu tedei mo Hem i andastanem fulwan evri hadwok blong yu. . . . Hem i save harem nogud blong yu from ol taem we yu bin foldaon. **Mo Hem i stil lavem yu**” (“Stap Laef Folem Gospel wetem Glad,” *Jeneral Konfrens*, Oktoba 2014, ChurchofJesusChrist.org/general-conference/conferences?lang=bis, oli ademap italic).

Long nara han, Setan bae i traem blong winim tingting blong yu se yu no naf mo no gat raet long lav blong Papa long Heven, mo long paoa blong Sevya blong jenism mo klinim yu. Setan bae i traem blong kipim yu long wan strong waelpul blong sem mo fasin blong no laekem yuwan nating, be yu no bilivim ol giaman blong hem.

Be, tanem yu i go long Papa long Heven. **Yu no fraet** blong toktok open long bisop o branji presiden blong yu, mo ol narawan we oli stap lavem yu. Taem yu stap ridim ol stori blong hop we oli kam long ol nara yang adalt we adiksen i spolem olgeta, tekem aksen folem ol tingting mo filing we yu kasem. **Gat longfala tingting wetem yuwan bakegen, tingbaot tabu fasin blong yu, tekem wan dei long wan taem, mo bilivim hiling paoa blong Jisas Kraes.** Hem mo plante risos bae oli helpem yumi blong win blong faenem fridom ia we yumi wantem. Yu no givap.

Fren blong yu,
Richard Ostler





?Weswe? ?Adiksen I Semmak long Fasin blong Agens?

Blong andastanem gud moa adiksen, i save helpem yumi trastem se, wan dei, Lod bae i mekem yumi fri long fasin blong stap slef.

I Kam long Destiny Yarbro

Long wol ia we i stap foldaon, adiksen i wan ril samting we i spolem tingting blong man mo i jenism fulap samting long laef blong samfala man mo woman. Taem we yumi yusum wan samting i tumas blong ronwe long laef, olsem kaekae, meresin, sosol media, gosip, ponografi, giaman, plei mane, o iven eksasaes, bae i isi blong yumi fas long wan saekol o raon ia we i stap olsem wan adiksen.

Taem we mi stap lukluk ol pipol raon long mi we oli gud tumas, oli gat lav, be oli gat hadtaem wetem adiksen-i no jes blong foldaon long ol rong joes nomo- mi bin tanem mi i go long ol skripja, mo mi stadi long saed blong adiksen blong andastanem gud moa ol samting we i stap gohed wetem ol filing mo strong filing insaed long bren blong yumi.

OI Rabis Doti blong Adiksen

Blong gotru long wan adiksen, i olsem blong stap klinim wan garen. Yumi no pulumaot ol rabis gras wan taem nomo, afta yumi ting se wok i finis ia nao. Yumi save se bae i gat moa rabis gras we bae oli kamaot, mekem se yumi lukaot gud mo oltaem pulumaot ol rabis gras blong protektem ol plant.

Sapos yumi gat hadtaem wetem wan adiksen, maet bae yumi givap taem yumi foldaon bakegen, iven afta we yumi sakem sin o stap lukaotem help. Maet bae yumi sapraes

mo harem se tingting i fas se ol temtesen ia oli strong tumas speseli afta sam hapi taem o sam taem blong no hapi nating, insaed long laef blong yumi. (Semmak olsem we bae i gat moa rabis gras i gro afta we wan niu ren o strong win i pas).

Adiksen agensem Fasin blong Agens wetem Ful Tingting

Mi bin faenem se Setan i stap yusum adiksen olsem wan "pruf" se i nomol blong yumi wantem mekem rabis samting, se yumi bae yumi no save mekem gud samting stat long stat finis, o se Lod i givap long yumi. Devel i yusum sem blong slakem tingting blong yumi, i poenemaot se, i nomata hamas taem yumi sakem sin, ol temtesen oli gohed blong kamkamaot.

I gat plante risen from wanem ol pipol oli wantem adiksen, be adiksen, plante taem, i stat wetem fasin blong traem stretem sam "nid we oli dip mo oli no stretem."¹ Mekem se, i nomata we fasin blong agens i save lidim man long adiksen, mo ol adiksen oli save mekem man i sin, oli ol taem blong wiknes, o oli kam bigwan tru long ol wiknes be i no fasin blong go agens wetem ful tingting.²

Tangkyu tumas, yumi save se wiknes i save givim yumi janis blong lanem abaot gladhat mo developem dip fet long hiling paoa blong Jisas Kraes.³



Kasem Taem Wan I Kam Fri long Fasin blong Stap Slef

Yumi faenem ol niu tingting long saed blong fasin blong go tru mo fasin blong ronwe long hol ia blong adiksen aot long tufala grup blong pipol insaed long Buk blong Momon: ol pipol blong Limhae mo ol pipol blong Alma.

Tufala grup i bin stap long fasin blong stap slef blong wan longfala taem. Tugeta i bin luksave se “i no bin gat wan wei, we oli save mekem olgeta oli go fri aot” long fasin blong stap prisena (Mosaea 21:5). Tugeta, wetem taem, oli tanem olgeta i go long Lod blong kasem help.

Ol pipol blong Limhae oli bin stap prisena from oli bin brekem ol loa. Oli no bin askem help blong Lod, oli faet agensem olgeta we oli mekem nogud long olgeta “wetem kros,” tri taem. Oli lusum faet. Taem oli stat blong putum tingting blong olgeta i stap daon, “Lod i bin tekem taem blong harem prea blong olgeta . . . be Lod *i harem* ol prea blong olgeta, mo i stat blong mekem hat blong Ol Man blong Leman i kam sofsof, mekem se oli stat blong tekemaot ol hevi samting long bak blong olgeta” (Mosaea 21:15; oli ademap italic). Oli bin gat blesing ia blong gat moa tingting i stap daon, “be stil, Lod i no luk se i stret taem blong tekem olgeta oli kamaot long fasin blong stap slef” kasem longtaem afta.

Ol pipol blong Alma oli bin stap olsem slef, i nomata stret mo gud fasin blong olgeta, be “oli bin kapsaetem hat blong olgeta long [God].” Iven we Hem i bin save ol stret mo gud tingting blong hat blong olgeta, God i bin givim taem, bitwin taem we oli bin prisena mo taem we oli kam fri. Taem we oli bin gohed blong stap dipen long Hem, Hem i bin promesem se bae Hem “i mekem ol hevi samting long solda blong yufala i nomo hevi, mekem se bae yufala i no save filim long ol bak blong yufala, mo tu, long taem ia we yufala i stap [yet] olsem slef.” Long narasaed, oli bin “wetem bigfala glad mo fasin blong save wet longtaem, folem evri wok blong Lod” (Mosaea 24:12, 14, 15).

Tufala grup, long en, i bin kam fri. Mo yumi tu, yumi kasem promes ia se, sapos yumi tanem yumi i go long Lod long taem we yumi stap slef, bae yumi “save stanap olsem ol witnes blong [Hem] long fiuja,” mo bae yumi “save gud se,

Lod God, i visitim ol pipol blong [Hem] long ol hadtaem blong olgeta” (Mosaea 24:14)—!mo ol adiksen blong olgeta!

Leftemap Hed mo Stap Glad

Sapos yu gat hadtaem wetem adiksen, tingbaot se, wetem help blong Lod, taem ia i save kam wan rij graon blong stap developem ol fasin olsem hemia blong Kraes. Taem yu stap kam antap wetem fasin blong gat tingting i stap daon, bambae yu save lanem fasin blong save wet longtaem, gat lav mo sore, gat longfala tingting long taem blong hadtaem, mo no stap flas.

Mit wetem ol prishud lida blong yu, mo olgeta we oli save givim sapot, mo yusum ol fulap tul we Papa long Heven i putum i stap blong helpem yu blong faenem fridom. Dipen long Lod; taem yu stap folem Hem wetem strong tingting, bae Hem i save tanem jalenj ia we i brekem hat mo mekem tingting i fasfas i kam wan strong janis blong kam gud moa long saed blong spirit.⁴

Wan eli Lata-dei Sent blong Ostrelia, taem hem i bin komperem laef blong hem bifo wetem hemia blong naoia, i bin talem: “Laef blong mi bifo i bin wan waelples blong ol rabis gras, we i no gat wan flaoa natting i gro long medel blong olgeta. Be naoia, ol rabis gras oli ded, mo ol flaoa oli spring i kam antap long ples blong ol rabis gras ia.”⁵

Taem we yu mo mi, i stap oltaem pulumaot ol rabis gras blong garen blong yumi mo tanem yumi i go long Lod long taem blong ol tes blong yumi, bambae yumi kasem promes ia we Lod i bin givim long ol pipol blong Alma: “Stap glad, from long tumoro bae mi mekem yufala i kamaot long fasin blong stap slef” (Mosaea 24:16).

Gohed blong pulumaot ol rabis gras—!bae praes blong hem i gud inaf! ■

Hem we i raet i stap long Teksas, YSA.

OL NOT

1. Spencer W. Kimball, “Jesus: The Perfect Leader,” *Ensign*, Aug. 1979, 5.
2. Luk long 1 Korin 15:42–44.
3. Luk long 2 Korin 12:9; Ita 12:27.
4. Luk long Aesea 51:3.
5. Martha Maria Humphreys, we oli kwotem insaed long Marjorie Newton, *Southern Cross Saints: The Mormons in Australia* (1991), 158.



7 Tingting blong Winim Fasin blong Yusum Ponografi

Taem mi bin stap wok wetem ol yang singgel adalt we oli stap traem blong winim fasin blong no gat kontrol blong yusum ponografi, mi bin faenem sam wei we maet bae i save helpem yu.



I Kam long Richard Ostler



Taem oli setem mi apat olsem wan niu bisop blong wan yang singgel adalt wod, i bin gat wan laen blong ol yang singgel adalt aotsaed long doa blong ofis blong mi, we oli bin stap wet blong mit wetem mi. ?Traem talem se wanem nao mifala i tokbaot long fas intaviu ia?

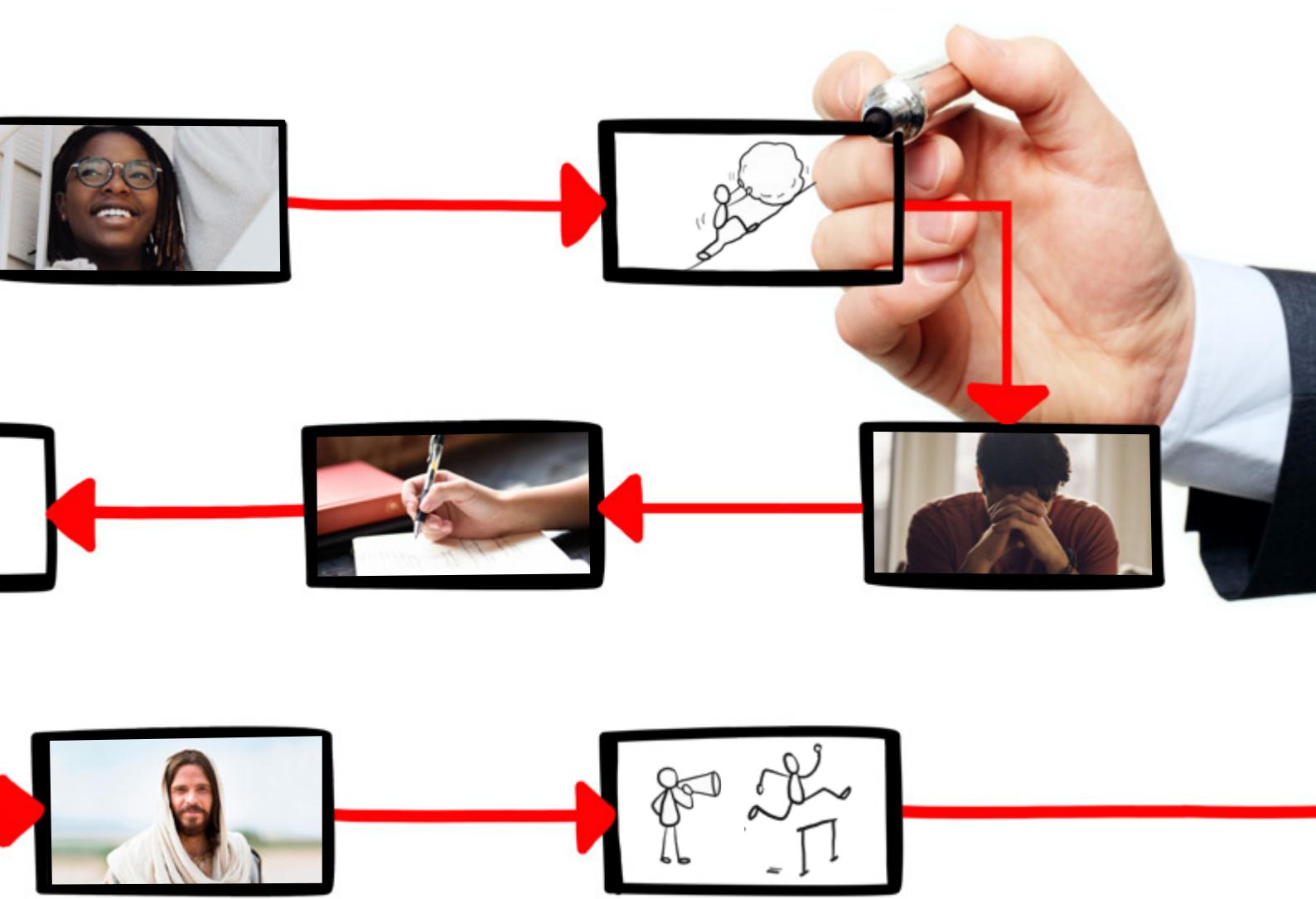
Ponografi.

Mo blong ol nekis tri yia, blong stap traem blong helpem ol yang adalt blong winim wan fasin blong no gat kontrol, i bin wan bigfala pat blong koling blong mi, mekem se mi save se mi mas lanem plante samting we mi save lanem. Mi bin livim kakae, mi bin prea, mi bin go long tempol, mi bin kaonsel wetem ol nara lida, mi bin luklukbak long evri risos we i stap, mi bin go long ol adiksen klas, mo mi bin lanem samting aot long olgeta we oli bin stap wok blong kam oraet. Mi wantem serem sam tingting we i fulap long hop abaot wanem we mi bin lanem.

1. Yu Mas Save se Yu Yu Wan Pikinini blong Papa mo Mama long Heven we Tufala I Lavem Yu

Sapos yu yu stap wok blong winim fasin blong no gat kontrol blong yusum ponografi, bae yu filim se yu stap go longwe long Papa long Heven from se yu ting se yu inaf blong wan i lavem o helpem yu, kasem taem we yu stretem problem ia. Hemia nao stret wanem we Setan i wantem—blong yu go stap yuwan, yu aot long evriwan we i lavem yu wetem aedia ia se yu save winim ponografi yuwan, mo afta long hemia nomo, bae yu naf blong oli lavem yu.

From tabu fasin we yu gat, yu, yu klin inaf oltaem blong gat hop, insperesen, mo revelesen blong yuwan we i kam long Papa long Heven mo hiling paoa blong Jisas Kraes blong winim ponografi.¹ Yu no aot long Tufala, o yu no aot long ol pipol ia we oli lavem yu.



2. Karemaot Sem

Mi bin lanem se blong karemaot sem, i impoten tumas blong winim ponografi. Sem, hem i blong filim olsem se yu brokbrok, yu nomo gud, o yu wan nogud man o woman. Blong stap bilivim ol aedia we i spolem yuwan, i save mekem se yu fas insaed long wan adiksen saekol, o wan adiksen raon. Blong filim nogud from wan samting we yu bin mekem, i pat blong fasin blong sakem sin, mo i save helpem yu blong jenism fasin blong yu. Be sem, bae i mekem yu yu filim se ful fasin blong yu i nogud, mo yu yu no save kasem help we i kam long Sevya.²

Papa long Heven i wantem yu blong gat ful hop long Jisas Kraes mo ol blesing blong Atonmen blong Hem. Sem i lukluk i gobak biaen, i holemtaet yu long wan strong waelpul blong gieman mo fasin blong no laekem yuwan nating. Plis, yu mas stap aot long rod ia blong stap sem.

3. Yu No Kwik blong Yusum Stika Toktok ia "Adiksen"

Plante pipol oli singaotem olgetawan se oli "adik" long ponografi. Mi wantem givim woning long yufala blong no stap yusum stika toktok ia long wan rong fasin. Plante long ol yang pipol we oli gat hadtaem wetem ponografi, oli no gat adiksen.³ Mo fasin blong yusum rong stika toktok ia, bae i mekem i had moa blong

putum en long yus blong ponografi from sem ia we i stap, fasin blong hop i go daon, mo fasin blong no laekem yuwan nating, we i kam wetem stika toktok ia.

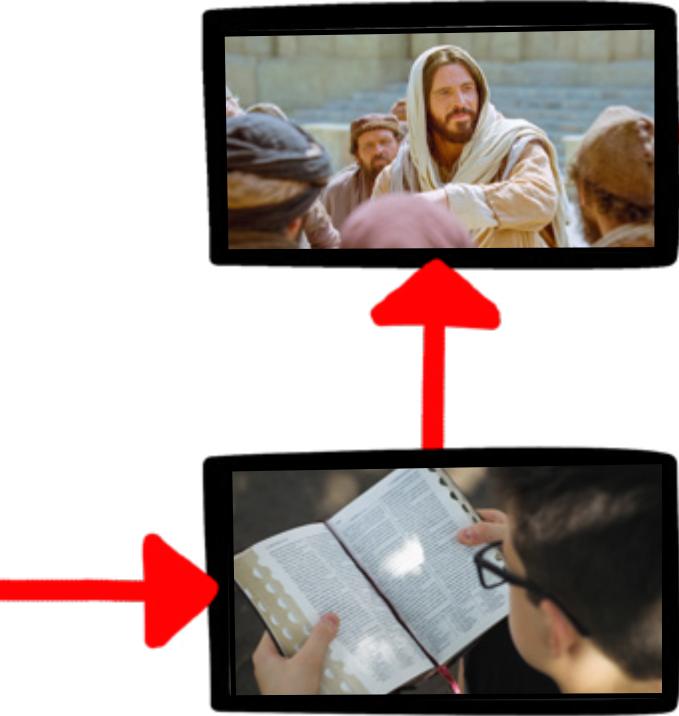
4. Kriitem wan Plan blong Yuwan we yu Raetem blong Blokem Yu

Wan plan blong yuwan blong blokem yu i wan pepa we i gat trifala pat long hem, we i save helpem yu blong winim ponografi.

Pat 1: Raetem lis blong wanem i stap pusum yu. Blong wan samting i pusum yu, i fas step insaed long saekol ia we bae i lidim yu blong luk ponografi.

I gat plante defren samting we i save pusum yu:

- **Ol Situesen:** ol envaeromen we i kriitem wan samting we bae i pusum yu, from samfala tingting o fasin blong bifo (olsem blong stap long semfala rum, o stap samples long wan taem blong dei)
- **Tingting i fasfas/wari/stap yuwan/ol samting we i spolem tingting:** ol filing o situesen we oli had mo i pusum yu blong tanem yu i go long ponografi olsem wan wei blong ronwe mo dil wetem ol filing ia
- **Samting we yu save lukluk:** taem we yu no minim be yu luk wan samting we i no ponografi be i pusum yu long



ridim Buk blong Momon, o mekem eni samting we bae i save pulumbak ol tingting blong yu.

!Raetem daon ol step ia we bae i wok long yu! Samtaem, bae wan samting we i pusum yu bae i pas mo yu no nid blong gotru long evri step long plan blong yu blong blokem hem. Be ol step blong yu oli save help blong pulumaot yu long taem ia we yu stap long hem. Taem samting we i stap pusum yu i pas i go, apdeitem plan blong blokem yu mo raetem wanem i bin wok, mo olsem wanem yu save jenisim blong yu mekem gud moa long nekis taem. Kipim plan ia long wan ples we yu save luk plan ia evri dei.

5. Andastanem Taem blong Foldaon mo Foldaon Bakegen

Taem blong Foldaon, i taem ia we yu mestem rod, be kwiktaem yu kam oraet, mo yu yusum hemia olsem wan eksperiens we yu bin lanem wan samting blong kam antap long plan blong blokem yu. Foldaon Bakegen, i taem we yu givap, yu go tumas mo yu nomo kea.

Yu mas save se taem blong foldaon i pat blong kam antap moa long plan blong yu blong blokem yu. Yu no tekem se yu yu lusum evri progres blong yu, o no tekem se evri wok we yu bin mekem, i no kaont—from se yu save kaontem. Luk forded wetem wan fasin blong luk long gud saed blong laef blong yu, mo yu mas save se yu yu wan moa dei kolosap blong kam oraet.

Taem yu gat wan taem we yu foldaon, askem yuwan:

- ?Wanem nao i hapen?
- ?Samting ia we i pusum yu, i wan defrenwan?
- Long ol las dei we oli pas, ?tingting blong yu i bin fasfas? Long saed blong ol filing blong yu, ?olsem wanem nao yu stap filim?
- Sapos yu bin gat sam taem we yu no bin stap stadi



long ol skripja, ?hemia i bin mekem yu yu nomo strong?

- ?Yu yu bin mekem fulap eksasaes long ol las dei ia?
- ?I gat wan samting long plan blong yu blong blokem yu we i no helpem yu?
- ?Wanem nao yu save mekem i defren long nekis taem?

Raetemdaon wanem we yu stap lanem !mo gogohed!

6. Biliv long Hiling Paoa blong Sevya

Jisas Kraes i save helpem yu long rod ia blong sakem sin, we bae i kam antap gud, mo Hem i gat paoa blong mekem se yu gat paoa taem yu yu stap traehad blong winim ponografi. Hem i andastanem olsem wanem yu yu stap filim, mo hem i stap wet blong tekemaot hevi samting ia long yu. Yu no ting se blong tanem yu i go long Hem i ademap moa samting long hevi samting we Hem i stap tekem finis. Hem i pem prae finis blong yu. Be, yu mekem bes blong yu, kam kolosap moa long Sevya, mo askem Hem blong helpem yu blong yu kam oraet, blong yu jenism ol samting we yu wantem, mo blong givim yu moa paoa blong muv i go fored.

Olsem we Elda Ulisses Soares blong Kworom blong Olgeta Twelef Aposol i bin tijim: "Taem yumi gogohed blong traehad blong winim ol jaleni blong yumi, bae God i blesem yumi wetem ol presen blong fet blong yumi kasem hiling mo wokem ol merikel. Bae Hem i mekem blong yumi wanem we yumi no save mekem blong yumiwan."⁴

7. Yu No Mekem Hemia Yuwan

Koneksen mo frensip i save givim yu paoa mo i save helpem tu yu blong win. Yu mas gat wan we i save helpem yu blong yu akaontebol, mo i luk se yu traem bes blong yu, mo i helpem yu long ol dei we oli nogud. Bae oli sapotem yu mo no stap jajem yu. Mo yu save provaedem semfala sapot tu long olgeta. Lukaotem blong kasem kaonsel long ol lida blong yu blong jos, o long ol memba blong famli. Mo sapos i nid, lukaotem help blong wan terapis, o wan profesionol kaonsela long saed blong helt blong tingting; olgeta oli save mekem yu yu faenemaot ol risen biaen from wanem yu yu gat hadtaem wetem ponografi.

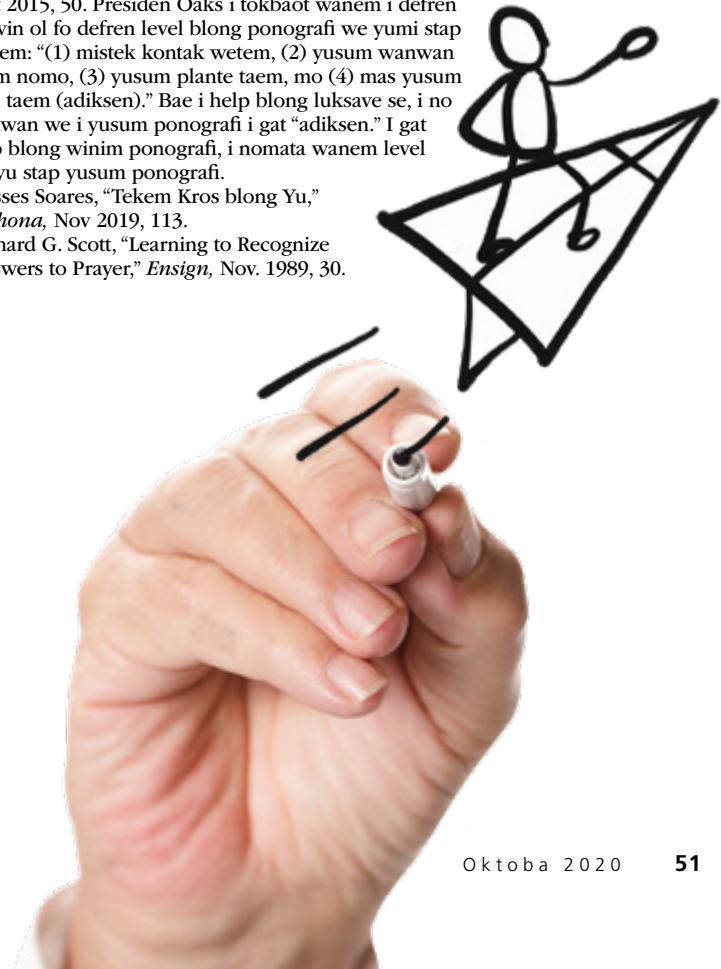
Tingbaot se Yu Yu Papa o Mama mo Lida blong Tumoro

Yu yu fas jeneresen we bae yu manejem akses, 24 aoa long dei, 7 dei long wik, long ponografi. Mi biliv se jaleni ia, i kasem top mak wetem jeneresen blong yufala from se bae yufala i gat ol tul we oli moa gud, mo bae yufala i gat waes ia blong lidim ol narawan longwe, o aot long trap ia, long taem we bae yufala i kam papa o mama mo ol lida, wan dei. "Papa long Heven i no putum yumi long wol ia blong yumi no gat sakes, be blong yumi win wetem glori."⁵

I nomata se ol tingting ia oli save helpem ol hadwok blong yu blong winim ponografi, yu no mas fraet blong tanem yu i go long ol nara risos tu we i stap. Wokbaot blong evriwan blong i kam oraet, i defren. Faenem wanem i save helpem yu. Yu no givap. Tekem sloslo wan dei long wan taem. Olsem tedei i tedei, tumoro i tumoro. Yu save mekem hemia. Yu rili save mekem (luk long Filipae 4:13). Mo bae yu kam huia God i minim blong yu kam. ■
Hem we i raet i stap long Yuta, YSA.

OL NOT

1. Sista Joy D. Jones i bin eksplenem wanem i defren bitwin wanem i gud inaf mo fasin blong stap klin inaf, insaed long mesej ia: "Valiu we I Bitim Praes blong Hem," *Jeneral Konfrens*, Okt 2017, Churchofjesuschrist.org/general-conference/conferences?lang=bis.
2. Luk long Wendy Ulrich, "Hem I No Wan Sin blong No Stab Strong," *Liahona*, April 2015, 20; "Shame versus Guilt: Help for Discerning God's Voice from Satan's Lies" (digital-only article), *Ensign*, Jan. 2020.
3. Luk long Dallin H. Oaks, "Kamaot long Trik blong Ponografi," *Liahona*, Okt 2015, 50. Presiden Oaks i tokbaot wanem i defren bitwin ol fo defren level blong ponografi we yumi stap wetem: "(1) mistek kontak wetem, (2) yusum wanwan taem nomo, (3) yusum plante taem, mo (4) mas yusum evri taem (adiksen)." Bae i help blong luksave se, i no evriwan we i yusum ponografi i gat "adiksen." I gat hop blong winim ponografi, i nomata wanem level yu yu stap yusum ponografi.
4. Ulisses Soares, "Tekem Kros blong Yu," *Liahona*, Nov 2019, 113.
5. Richard G. Scott, "Learning to Recognize Answers to Prayer," *Ensign*, Nov. 1989, 30.



DOCTRINAL
MASTER



Taem oli bin setem mi apat^{blong}

givim seves long Kalifonia San Bernardino
Misin olsem wan fultaem misinari, famli
blong mi i stap ia wetem mi. Pikja ia, i taem
mi haggem wan long ol brata blong mi afta
we oli setem mi apat. Hem i bin wan longfala
wokbaot blong kasem ples ia, be mi mi talem
tangkyu from ol jenis we mi bin luk long
miwan, mo long famli blong mi.

Seken las yia blong hae skul blong mi, mi
kasem wan bigfala aksiden blong trak. Bifo
long hemia, mi no bin stap mekem ol samting
we mi bin sapos blong mekem. Be afta long
aksiden ia, lukluk blong mi i jenis wantaem.
Long stret taem ia, mi save lusum laef blong
mi nomo, mo mi no bin wantem se bae i finis
olsem. Bisop blong mi i bin helpem mi kambak
long stret rod: stap ridim Buk blong Momon
evri dei, mo stap rere blong givim seves long
wan misin.

Blong ron long resis, hem i spot blong
mi, samting we mi laekem tumas. Afta long
aksiden, mi nomo save ron, mo mi bin stap
askem miwan se wanem nao mi bin lego. Be
mi tanem mi i go long Lod, mo taem mi bin
mekem hemia, mi bin gat wan gudfala taem
long yia we i bin kam afta. I bin gat ol had-
taem, be wanem i bin jenis, i we, mi nomo
stap mekem hemia blong miwan, mi bin stap
mekem hemia blong Lod.

Blong stap luk nomo hamas blesing i save
kamaot long gospel ia we i fulwan, i wanem i
bin jenismi. From mi bin kasem evri hapines
mo glad ia, mi bin wantem blong serem hemia
raon long wol. Mi wantem tumas blong ol
pipol oli gat glad ia we mi mi stap gat evri dei
from gospel ia. Mo hemia nao from wanem
mi mi stap givim seves long wan misin: blong
help blong "mekem man i nomo save ded mo
kasem laef we i no save finis" (Moses 1:39).

Garret W., 18, Not Karolina, YSA

OL SAMTING WE OLI STAP INSAED



58

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I Kam long Sam Lofgran

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EVRI DEI SEV



ES blong Marta

Mama mo gel ia blong hem, tufala i wok had blong laef folem gospel tugeta. Mo Marta i save laef folem gospel taem hem i stap givim seves long mama blong hem long wan wei we i no gat wan moa we i semmak.



I Kam long Sam Lofgran

Oi Magasin blong Jos

Marta i wan gel we i gat 11 yia, we i blong Portugal, mo, olesem plante gel we oli gat sem yia olesem hem, hem i laekem blong spendem taem wetem ol fren blong hem, kakae ol kaakae, mo pleipie wetem ol doli blong hem. Hem i laekem tu blong spendem taem wetem mama blong hem. Be blong stap laef wetem mama blong hem, i minim se Marta i laef long wan wei we i defren long ol nara pikinini.

Mama blong Marta, Sonya, i bon wetem wan sik we i mekem se i had blong hem i wokbaot. Hem i no paralaes fulwan, be hem i nidim wan woka blong muv raon. Hem i no save dresap hemwan, o swim hemwan, o go long bed hemwan. Hemia i mekem se i had tumas blong hem i laef hemwan. Marta i bin save givim seves long Sonya long ol las yia we oli pas, taem hem i helpem mama blong hem wetem ol samting we hem i no save mekem hemwan.

"Mi kipim ol spes oli klin blong mekem se mama i save muv raon isi moa," Marta i talem. "Mi stap stop smol taem blong pleipie blong mekem se mi gat taem blong jekem mama blong mi mo luk sapos hem i nidim help. Sapos mi stap pleipie, mo hem i singaot, bae mi go hariap from se i gat wan samting we hem i nidim hariap.

Be Sonya i traem blong letem Marta i laef long wan nomol laef, olesem we hem i save mekem. Sapos Sonya i no nidim help, hem i mekemsua se Marta i gat taem blong pleipie wetem ol fren blong hem.



STAP LAEF FOLEM FET BLONG TUFALA

Marta i gat janis ia blong laef folem gospel evri dei taem hem i givim seves long mama blong hem. Hem i tekem plante responsabiliti long hemwan, mo ol nara pikinini oli no gat ol semmak samting ia. Eksampol: hem i wekap eli blong helpem mama blong hem blong i rere blong go wok bifo skul i stat. Sapos Marta i no help, Sonya bae i no save muv raon, o go long wok evri dei.

Marta mo Sonya, tufala i go long jos tugeta. Sonya i bin kasem baptaes taem hem i gat eit yia, mekem se Marta i bin groap insaed long Jos. Sonya i stap tijim Marta evri dei, abaat hamas gospel i impoten. Wan wei blong mekem hemia i blong gat plante pikja blong Jisas Kraes insaed long hom blong olgeta.

"Mi save se God i stap laef, mo Jisas Kraes i ril," Sonya i talem. "Mo mi wantem evriwan we i kam long haos blong mi blong save se fet i impoten tumas long mi. Hem i impoten tu long mi blong tijim hemia long Marta blong mekem se hem i groap wetem save ia abaat Jisas Kraes."

Marta i bin tekem wanem we mama blong hem i bin tijim hem mo i gohed blong lanem moa abaat gospel, hemwan. Wan wei we hem i laekem blong lanem samting, i tru long riding blong ol skripja we i helpem hem blong stanemap wan moa strong rilesensip wetem Papa long Heven mo Sevyta. "Taem mi stap ridim ol skripja, mi filim se Kraes i stap long saed blong mi," hem i talem.

STAP FAENEM KAMFOT

I nomata se i had blong gat plante responsabiliti olsem, blong stap go long jos evri wik i helpem Marta blong faenem kamfot ia we hem i nidim blong gohed blong helpem mama blong hem. "Taem oli stap talem prea long stat mo en blong sakramen miting, i gat pis i stap" hem i talem. "Taem mi stap ia, samtaem mi filim olsem se Papa long Heven i stap talem long mi se mi mi wan gudfala gel mo mi mas gohed blong stap wan gudfala gel blong helpem mama blong mi."

Taem hem i filim wei ia, hem i tingbaot hamas hem i talem tangkyu from mama blong hem. Hem i filim se Papa long Heven i bin sendem ol enjel blong sapotem hem. "Mi ting se Hem i stap





mekem mi mi kam strong moa blong mi stap wekap mo stap hapi mo praoed long mama we mi mi gat,” Marta i talem.

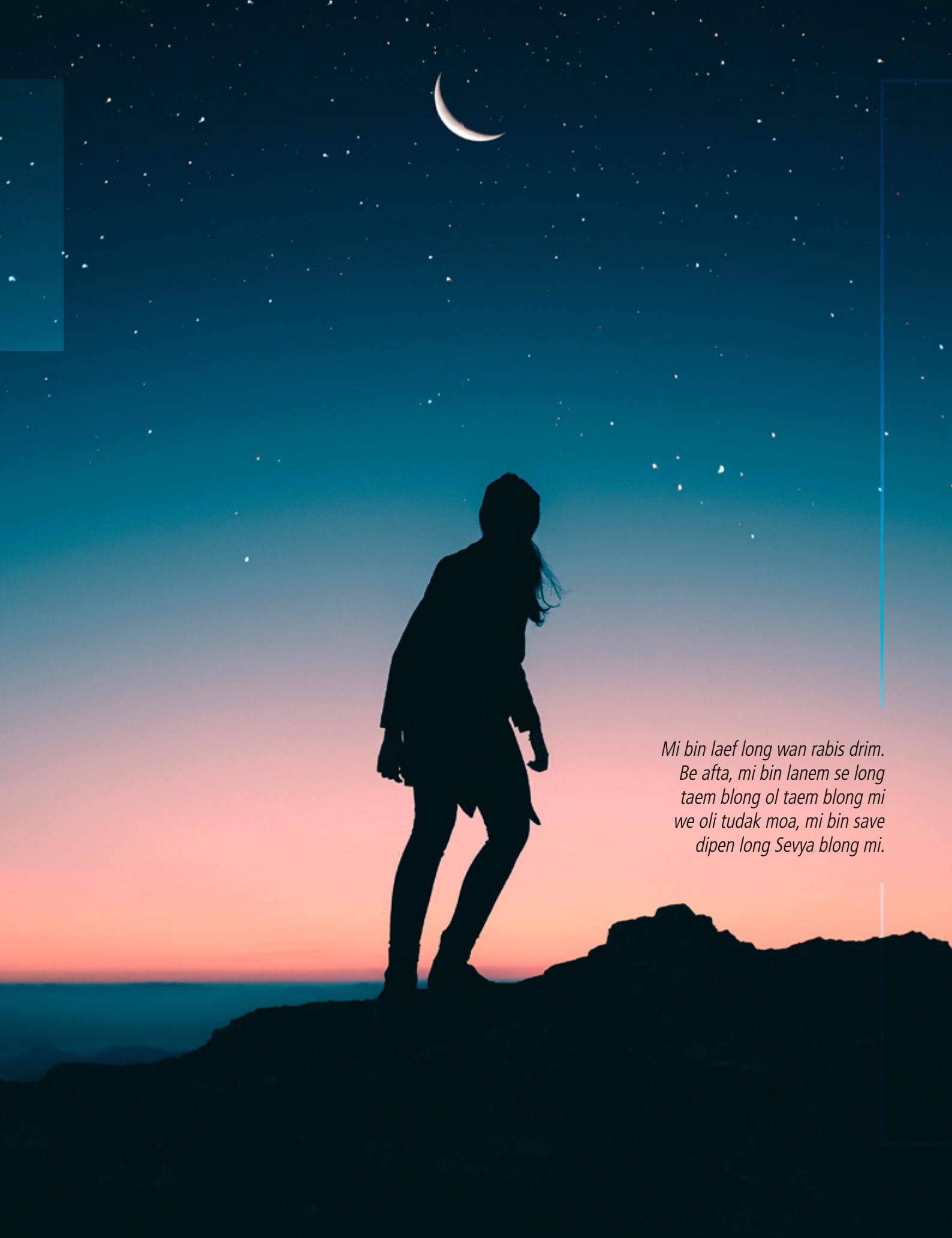
Wan long ol lesen we Sonya mo Marta i bin lanem tugeta, i we, laef i no isi o i no stret evriwan—long eniwan. Sonya i talem: “I no gat wan long ol hadtaem blong mi we i mekem mi mi no hapi. Mi save se God i bin givim mi bodi mo blad mo bun ia we i olsem, from se mi mi spesel, mo God i bin talem long mi se mi mi save mekem. Mo mekem bes we mi save mekem. Mi save mekem moa, be tedei, mi filim oraet wetem miwan. Mi mi praoed long wanem mi stap mekem, wanem we mi gat, mo wanem bae mi mekem tumoro.”

Marta i luksave tu se ol samting bae oli go oraet, iven we laef bae i had long sam taem, taem we hem i stap tekem kea long mama blong hem. Hem i luk se evriwan i gat ol defren jalenj. “I no gat wan laef we i stret evriwan,” hem i talem. Be iven wetem ol jalenj blong hemwan, Marta i stil faenem ol gud samting long evri situesen—rilesensip ia we hem i gat wetem mama blong hem i wan eksampol. “Mama blong mi i gat sam samting we hem i no save mekem from bodi blong hem, be long saed blong tingting mo filing, hem i waes tumas. Mitufala i ol gudfala fren.”

STAP LUKLUK I GO FORED

?So i gat wanem i stap blong Marta mo Sonya long fiuja? Marta i talem se: “Mi wantem stap kolosap long mama blong mi, mo yes, mi wantem mared, gat pikinini, mo gat wan famli. Be long fiuja, sapos mi save mekem, mi wantem pem wan haos blong tugeta, blong famli blong mi, mo mama blong mi, from se mi no wantem stap longwe long hem, liven long wan dei!”

Sonya i filim se i gat hop abaot fiuja, mo tu, bae hem i oltaem talem tangkyu from kampani mo lav blong Marta. “I gud tumas blong gat wan naes gel olsem. Hem i naes tumas blong gat Marta insaed long laef blong mi. Hem i wan presen we i kam long God. God i bin mekem Marta i rere blong stap ia wetem mi.”



*Mi bin laef long wan rabis drim.
Be afta, mi bin lanem se long
taem blong ol taem blong mi
we oli tudak moa, mi bin save
dipen long Sevya blong mi.*

Olsem Wanem Mi Faenem Hiling *aot long Abius long saed blong Seks*

Oli no talemaot nem

Rabis drim blong mi i stat taem mi gat seven yia mo mama blong mi i mared nambatu taem. Mifala i rili laekem niufala step papa blong mifala. Hem i wan man we i kaen, mo i stret long famli blong mifala. Mi rili filim se mi sef raon long hem. Evri samting i bin gud tumas kasem wan dei, taem evriwan i bin stap bisi, hem i abiusum mi long saed blong seks.

Mi no bin andastanem wanem nao hem i bin mekem long mi. Mi filim se mi fraet, konfius, mo mi sem tumas. Be mi fraet tumas blong talem long eniwan. Mi ting se bae i spolem gud niu hapines blong famli blong mi, mo bae i no gat wan bae i bilivim mi. Mekem se mi sarem maot blong mi.

Hem i mekem nogud mi long wan taem ia nomo, be memori blong abius ia i bin hevi long maen blong mi. Long en, mi tingting tumas se nogud wan bae i luk bigfala soa blong mi mo bae i save sikret blong mi, mekem se mi traem blong haedem trutok ia tru long fasin blong kam gud fren wetem step papa blong mi. Hem i bin kaen tumas long mi, mo mi stat blong laekem hem bakegen.

Be ol samting oli go mowas. Taem Mama i stat blong wok long naet, step papa blong mi i stat bakegen blong abiusum mi. Mi filim se paoa i finis. Mi wantem talem, be fulap man i laekem tumas step papa blong mi, mo mi ting se evriwan bae i tekem saed blong hem. Mekem se, long naet, taem mi bin stap miwan, mi prea strong long God se bae i helpem mi blong kipim sikret blong mi.

STAP TOKTOK

Wan dei, abius ia i stop. Mi no save se from wanem. I nomata se hem i nomo stap spolem mi, be oltaem mi filim se mi doti mo mi sem. Mi nomo laekem miwan. Samtaem, mi stap toktok mo talem se maet ded i moa gud bitim ril samting we i stap. Mi stil wantem blong toktok, be mi bin fraet long wanem nao bae trutok ia bae i mekem.

Nao, long wan Sandei, long Jos, taem mi bin gat 14 yia, mi bin lisin long wan lesen abaot wei blong mekem ol bigfala desisen. Tija blong mifala i leftemap tingting blong mi blong livim kakae mo prea, mo i promesem se God bae i mekem yumi kam strong moa blong save mekem raet samting. Afta long Jos, mi gohed blong tingting abaot wanem hem i bin talem. Mi askem miwan se, sapos mi askem, ?bae God i rili helpem mi blong toktok?

Long nekis dei mi bin livim kakae blong gat strong paoa long tingting blong talem long Mama abaot abius ia. Mi no save tingting stret long skul from se mi stap tingting nomo abaot wei we bae Mama i filim. Taem mi kasem hom, mi harem se mi sik tumas. Mi prea bakegen blong gat paoa, be mi no filim se mi rere blong talemaot long hem.

Long naet ia, mi go kolosap long Mama taem hem i bin stap kukum kaekae. Mi no bin save wanem blong talem, be taem mi lukluk long ae blong hem, mi faenem paoa long

tingting blong jes stat toktok nomo. Taem mi stat, evri samting we mi bin haedem blong plante yia, i kamaot.

Mama mo mi i jes sidaon long sofa mo krae tugeta. Afta long hemia, mitufala i ringim branj presiden mo ringim polis. Step papa blong mi i mas ansa from samting ia we hem i bin mekem long mi, mo mi mi kasem proteksen we mi bin nidim—bae mi neva nidim blong luk hem bakegen.

ROD IA BLONG KAM ORAET

Long tetaem ia, i bin had blong talem bakegen eksperiens blong mi long ol atoriti, mo gat ol fren oli askem mi se step papa blong mi i stap wea, be wetem sapot blong famli blong mi, mi nomo stap miwan. Tugeta, mifala i bin gat wan niu famli stamba toktok: "Mi save mekem evri samting long paoa blong Kraes ya we i stap mekem mi mi strong" (Filipae 4:13). Ol nara famli blong mifala oli givim lav mo sapot blong olgeta, mo wetem taem, mifala i stat blong kam oraet tugeta.

Mama mo mi i go long profesonal kaonseling, !we i bin help bigwan! Kaonsela blong mi, i stret wanem we mi bin nidim. Hem i bin helpem mi blong andastanem evri filing we mi bin stap filim mo i bin helpem mi blong stanap wetem ol nogud memori blong mi. Mi neva luksave hamas mi bin stap harem nogud insaed kasem taem we mi stat blong kam oraet bakegen.

Mi no bin ting se soa ia bae i jes go lus from se mi bin toktok, be tu, mi no bin luksave hamas taem (mo fasin blong wet longtaem) bae i tekem mi blong kam oraet. Blong plante taem, mi bin filim se mi nating. Mi mas lan bakegen blong lavem miwan.



Mi bin faenem plante pis taem mi bin tanem mi i go long Sevya mo Papa blong mi long Heven. Blong luksave se Tufala i bin save *stret* olsem wanem mi bin filim, i bin givim mi paoa mo hop. Mi bin dipen long Tufala long ol taem we oli bin moa tudak. Wetem taem, ol memori ia oli stat blong go lus, mo mi rili filim pis tru long lav blong Sevya.

Wan long ol pat we i givim moa samting long mi long taem we mi stat kam oraet, i blong luksave se mi *gat* wan gudfala fiuja i stap. Taem oli bin stap abiusum mi, mi no save tingting nomo se bae mi save gat wan nomol laef. Mi filim se mi brokbrok olwe nomo. Be tru long help mo hiling, mi bin faenem ol samting blong luk-luk i go fored. Mi stat blong talemaot stori blong mi long ol nara gel we oli bin stat harem nogud, mo mi iven disaed blong go long wan misin. Taem mi bin serem testemoni blong mi wetem ol narawan, i bin mekem mi mi bin kam strong moa.

Oli no stat talem se huia mi folem wanem we step papa blong mi i bin mekem long mi. Hem i bin jenism laef blong mi blong oltaem, be mi mi stat jusum blong yusum eksperiens blong mi

blong helpem ol narawan. Sam dei i had yet, be tru long evri samting, Lod i bin mekem mi mi kam strong, mo mi save se bambae Hem i gohod blong helpem mi. Mi mi bin jenism, mi bin wan viktum we mi laef i stap. ■

SAPOS YU YU WAN VIKTIM BLONG ABIUS

?Wanem Hem i Abius?

Abius i taem wan i no wantem save blong mekem gud long ol narawan, o taem wan i no tritim gud ol narawan (olsem wan pikinini, wan olfala, wan we i gat disabiliti, o eniwan); taem wan i tritim narawan long wan wei we i givim kil o soa long saed blong bodi, filing o seks. Hemia i go agensem ol tijing blong Sevya.

"Ples we Jos i stanap long hem, i we, abius, oli no save akseptem eni kaen wei blong hem" (*General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints* [2020], 38.6.2). Abius i go agensem ol loa blong God, mo tu, i save agensem ol loa blong sosaeti.

Oi Defren Kaen blong Abius

Oi Abius long Saed blong Bodи Oi fasin o aksen we oli strong mo oli vaelen we wan i givim wetem ful save i go long wan narawan, mo long en, i gat kil o soa long bodi.

Abius long Saed blong Seks Oi aktiviti o kontak long saed blong seks, we wan i mekem mo i yusum fos, o strong toktok, o i profite long ol viktим we oli no save toktok o oli no save talem se oli no agri. Evri aksen long saed blong seks, bitwin wan adalt mo wan pikinini, i wan abius, i nomata se pikinini i talem yes.

Abius long Saed blong Toktok o Filing: Wan paten blong fasin we wan i minim mo i stap ripitim ol atak blong hem long wan long ol wei we i no tajem bodi, olsem i givim ol strong toktok, i mekem wan i fraet, o i tan-tanem toktok o man, o i daonem man blong mekem hem i sem. Hemia i mekem se wan i nomo tingting gud abaot hemwan, mo i nomo gat respek long hemwan. I nomata we abius ia i no long saed blong bodi, be kaen abius ia i save prapa spolem gudlaef blong wan long saed blong tingting mo filing blong hem.

Olsem Wanem blong Kasem Help

Lod i askem tu blong yumi mekem evri samting blong stopem abius mo blong protektem mo helpem olgeta we oli bin ol viktим blong abius. I no gat wan we oli putum se bae hem i stap gohed nomo blong stap tekem ol fasin blong abius. Sapos hemia i stap hapen naoia o i bin stap hapen longtaem finis i kam, yu save faenem ol risos blong stap helpem yu long abuse.ChurchofJesusChrist.org.

KASEM HELP NAOIA

"Sapos oli stap abiusum yu naoia, o oli bin abiusum yu bifо, faenem strong paoa long tingting blong lukaotem help. . . . Lukaotem sapot blong wan we yu save trastem. Bisop o stek presiden blong yu i save givim yu gudfala kaonsel mo i save helpem yu wetem ol atoriti blong loa. . . . Yu no fraet—from se fraet i tul we Setan bae i yusum blong mekem se yu gohed blong stap safa. Lod bambae i helpem yu, be yu yu mas go aot blong kasem help ia.

Elda Richard G. Scott (1928–2015) blong Kworom blong Olgeta Twelef Apostol, "To Heal the Shattering Consequences of Abuse," *Liahona*, May 2008, 42.

"?Olsem wanem nao mi save winim filing ia blong stap miwan?"

"Soa ia, blong stap yuwan, i luk se i pat blong eksperiens blong laef long wol ia. Be Lod, wetem sore blong Hem i bin mekem se bae yumi neva nid blong lukluk long ol jalenj blong laef ia yumi-wan. . . . Yumi, oli bin promesem yumi blong gat kampani blong nambatri memba blong God-hed oltaem, mo long wei ia, gat spesel janis blong kasem revelesen blong stret laef blong yumi. !Yumi no stap yumiwan!"

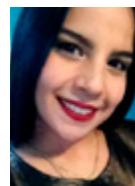
Sheri L. Dew, foma kaonsela insaed long Rilif Sosaeti Jeneral Presiden-si, "We Are Not Alone," *Liahona*, Jan. 1999, 112.



Developem Ol Talen blong Yu

Mi stap winim ol filing blong stap miwan taem mi stap developem ol talen blong mi, i nomata se i blong plei wan miusik tul, wan samting we mi laekem blong mekem o wan nara samting moa. Hemia i help blong karemaot yu long ol filing ia blong stap yuwan, mo plante taem, bae mi mekem filing ia i go lus evriwan. Hemia bae i lidim yu tu blong faenem ol nara pipol we oli serem ol sem intres ia.

Steven H., 12 yia, Niu Meksiko, YSA



Stap Lukaotem Laet

Mi lukaotem sapot, ol gud-fala toktok o tingting, mo lav blong Papa long Heven mo Tabu Spirit blong Tufala i givim mi pis, hop, mo paao taem mi stap kwaet blong tingting longtaem, stap prea, mo stap ridim ol skripta. Olsem we oli talem long 3 Nifae 11:11, Jisas Kraes i "laet mo laef blong wol ia." Hem i kam blong ronemaot evri tudak.

Andrea B., 18 yia, Zulia, Venesuela

Go Aot mo Toktok long Ol Fren mo Famli

Taem mi filim se mi stap miwan, mi laekem blong go luk ol fren mo ol famli blong mi; hem i rili mekem mi mi filim hapi. Mi lukluk long ol blesing insaed long laef blong mi, mo !mi talem tangkyu long Papa long Heven from hamas Hem i bin givim finis long mi!

Talli N., 16 yia, Oregon, YSA



Tingbaot Plan blong God

Mi save se tru long plan blong God, yumi evri samting, be yumi no stap yumiwan. Tabu Spirit i oltaem stap wetem yumi, mo God i save wanem we yumi gat hadtaem wetem. Lod i bin gotru long evri tes mo evri hadtaem we yu yu stap fesem. Wan long ol impoten samting we yumi stap filim long wol ia i hapines; be yumi no save gat hapines sapos yumi no save filim se yumi no hapi (luk long 2 Nifae 2:11). Prea long God mo askem help; bambae Hem i no save mestem eniwan long yumi.

Brock S., 17 yia, Yuta, YSA

Trastem Lod

Blong mi lego hom blong go long Brasil from misin blong mi, i bin had. !Mi no save toktok gud lanwis ia nomo! Be mi bin lanem se sapos yu gat Spirit blong Lod wetem yu, bambae yu neva filim se yu stap yuwan. Hem i save yu mo oltaem bae i helpem yu. !Trastem Hem!

Elda Josef Tolen, 20 yia, Brasil Kampinas Misin

Bae oli save jekem mo oli save katemaot sam pat blong ol ansa blong oli stret gud mo oli klia blong man i andastanem. Ol ansa we oli printim oli blong help mo blong givim tingting, oli no ol ofisol toktok we oli kam long Jos abaot doktrin blong Jos.

?Wanem Nao Tingting blong Yu?

"Wanem nao mi mas mekem sapos mi bin sakem sin be mi no save stop blong tingting abaot wanem mi bin mekem i rong?"

Sendem ansa blong yu, mo sapos yu wantem, sendem wan gud kwaliti foto bifo long 15 Novemba 2020 long liahona .ChurchofJesusChrist.org (klik "Submit an Article or Feedback").



Sapos mi bin gat ol jalenj long saed blong helt blong tingting blong mi, ?bambae mi stil save go long wan misin?

Yes. Eriwan we i "wantem blong wok blong God, nao God i singaotem yufala long wok" (Doktrin mo Ol Kavenan 4:3). Ples we yumi givim seves long hem, i no impoten osem wei we yumi givim seves. Mo eniwan we i stap tingting blong go givim seves long wan misin, bae oli lukluk long helt blong olgeta long saed blong tingting mo long saed blong bodi.

Sapos yu wantem givim seves long wan misin, toktok long bisop blong yu. Hem i save helpem yu blong stat blong aplae. Pat blong rod ia, bae i tekem ol visit long ol dokta mo ol nara profesonal pipol, mo tu, ol lida blong Jos mo papa mo mama. Ol visit ia, oli no blong skelem se yu yu "gud inaf" blong Lod, be blong help faenemaot ol bes ples blong yu givim seves long hem.

Wan *singaot* blong givim seves i save kam long eniwan we i gat hat mo tingting blong wantem givim seves. *Asaenmen* we yu kasem blong givim seves long wan ples, long wan spesel wei, i save dipen long plante defren samting. Ol pipol we oli gat ol helt jalenj (wetem jalenj blong helt blong tingting), samtaem, oli traem blong haedem infomesen ia long rod blong aplae, from oli tingting se hemia bae i helpem olgeta blong kasem asaenmen we oli wantem. Be sapos yu ones fulwan abaot histri blong yu long saed blong helt blong yu (wetem helt blong tingting tu), bae Lod i blesem yu. Hem i wantem yu blong mekem evri samting we yu save mekem blong mekem helt blong yu i kam antap. Mo plante long ol medikol sapot we yu kasem long hom oli save gohod long misin fil. Blong kasem moa infomesen long helt blong tingting, go long intanet long mentalhealth.ChurchofJesusChrist.org.

Blong kasem moa long saed blong ol misin, wetem ol seves misin, go long intanet long ChurchofJesusChrist.org/callings/missionary.

Hop blong Yumi, Laet blong Yumi, Paoa blong Yumi

I Kam long Elda Ronald A. Rasband

Blong Kworom blong Olgeta Twelef Aposol

Taem oli bin odenem mi olsem wan Aposol, dia Presiden Thomas S. Monson (1927–2018) i bin talem se bae mi wan spesel witnes blong nem ia blong Jisas Kraes long ful wol. Mi no bin tekem toktok o wok ia i nating. Mi stadi had long ol skripja, mi faenemaot hua Lod tru long ol nem blong Hem, mo tru long ol taetol blong Hem. Evri samting ia we bambae mi serem wetem yufala, oli kamaot long ol ves blong ol skripja we oli mekem yumi tingtingbak abaot hop blong yumi we i stap long Hem.

Hem i hop blong Isrel (Jeremaea 17:13), Mi Moning Sta Ya we I Stap Saen Gud (Revelesen 22:16), Gudfala Man blong Lukaot long Sipsip (Doktrin mo Ol Kavenan 50:44), Kaonsela (Aesea 9:6; 2 Nifae 19:6), Pikinini we I Stamba blong Pis (Aesea 9:6; 2 Nifae 19:6), Man blong Sevem Man (Rom 11:26), Laet blong Ol Man blong Wol (Jon 8:12), mo Hae Pris blong ol gudfala samting we bambae i kam yet (Hibrus 9:11). Hem i gat Paoa blong sevem man (Alma 34:18; Doktrin mo Ol Kavenan 133:47) mo Hem i Wan ia we i gat evri paoa (Doktrin mo Ol Kavenan 61:1).

Paoa, mak mo help blong Kraes i kavremap evriwan. Hemia i stap ia taem yumi foldaon mo taem yumi stap traehad blong muv fored. Mo sapos yumi glis i go, “laet [blong Hem] i saen long tudak” (Doktrin mo Ol Kavenan 6:21) i saen we i saen i bitim bifo. Hem i lavem yumi long ol taem blong yumi we i saen gud, mo tu, long ol taem we oli tudak moa.

Blong stap olsem wan disaepol blong Jisas Kraes i no wan geswok. Rod blong Hem, Hem i makem gud long wokbaot blong leg blong Hem. Taem yumi stap folem Hem, yumi kam blong lavem wanem we Hem i lavem. Taem yumi stap riniu ol kavenan blong yumi wetem Hem evri wik taem yumi tekem mo kakae tabu sakramen, yumi groap long save blong yumi abaot Hem olsem Ridima blong wol (Doktrin mo Ol Kavenan 93:9), Spirit blong Trutok (Doktrin mo Ol Kavenan 93:9), mo olsem Toktok Ya (Doktrin mo Ol Kavenan 93:8).

Ol dia fren, hemia nao Sevyia we mi mi save, we mi lavem mo stap presem wetem evri hat blong mi. Dip insaed long sol blong mi, mi testifae abaot Hem mo gud fasin mo sore blong Hem. Hem i bin promes: “Yufala i ol fren blong mi, mo yufala i gat raet blong kasem wan ples long kingdom wetem mi” (Doktrin mo Ol Kavenan 93:45).

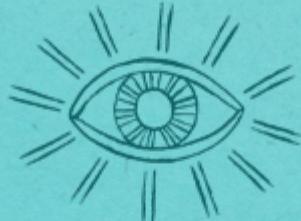
Oltaem Jisas Kraes i ansa long ol problem mo ol jalenj we oli pat blong eksperiens ia long laef ia long wol. Taem yumi andastanem misin blong Hem mo gospel blong Hem, lav blong yumi long Hem, mo bilif blong yumi long Hem mo fasin blong yumi blong stap dipen long Hem i givim paoa long yumi. ■

I kamaot long Wan Naet wetem Wan Jeneral Atoriti brodkas blong ol tija blong religijn we oli bin holem long namba 8 Febrwari 2019.

Brata blong Jared



I bin lidim
famli blong
hem, mo ol
fren blong
hem oli aot long
Taoa blong Babel
i go long graon
blong promes.



I bin luk wan **merikel visen**,
we oli raetemdaon long pat
blong ol buk o histri ia we i bin
sil (luk long Ita 4:4–5).

"I wan bigfala mo
strongfala man, mo wan
man we Lod i laekem hem
tumas"(Ita 1:34).



I bildim ol baj blong
krosem bigfala
solvota.



I bin askem Lod blong
tajem ol 16 ston blong
givim laet long ol
baj, o bigfala sip.



I bin toktok **fes tu fes**
wetem Jisas Kraes
(Luk long Ita 3:13–20).

OL YANG ADALT

?Yu yu save wan we i
gat hadtaem blong lego
adiksen? I gat hop blong
wan jenis i hapan.

44



OL PIKININI MO
OL YANGFALA

STOPEM ABIUS
MO HILING AFTA
LONG ABIUS

58, F12

YUT

HELT BLONG
TINGTING MO OL
FIUJA MISINARI

63

PAPA MO MAMA

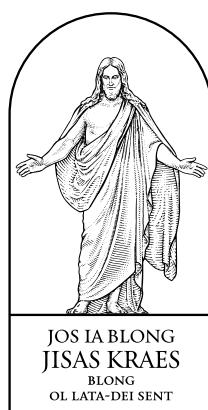
STAP TIJIM TAETING

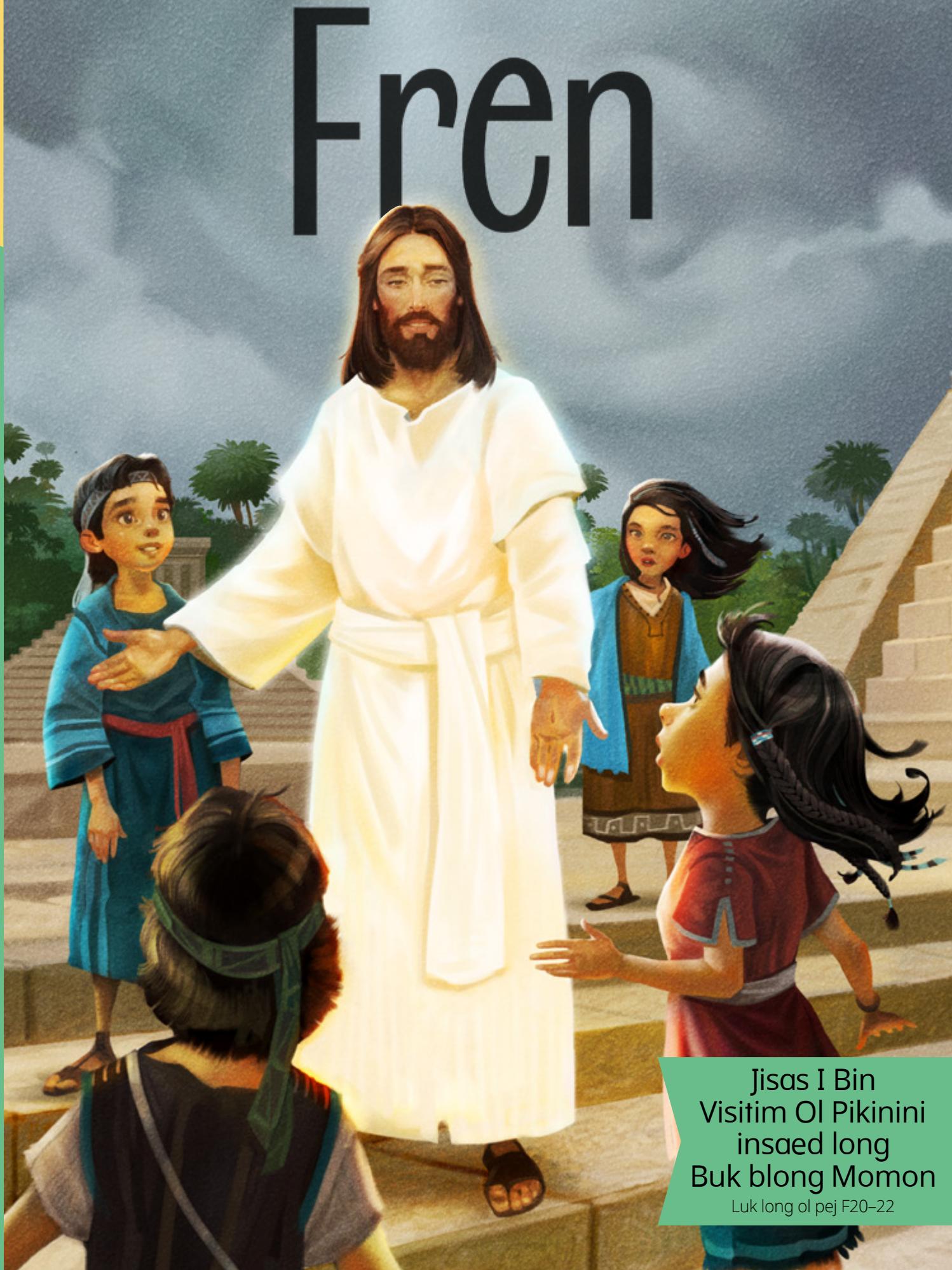
F16, F18

I Stap Kam Nekis Yia

!Ol Jos magasin blong ol yut
mo ol pikinini!

Karem sabskribsen naoia long
store.ChurchofJesusChrist.org
o long wan distribusen senta.





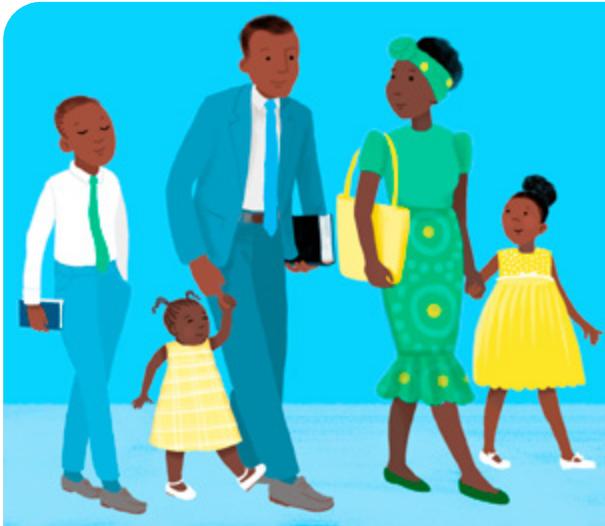
Jisas I Bin
Visitim Ol Pikinini
insaed long
Buk blong Momon
Luk long ol pej F20-22



I Kam long
Elda Dallin H.
Oaks
Fas Kaonsela
long Fas
Presidensi

Sakramen mo Mi

Sakramen i pat ia we i moa impoten long sakramen miting. Taem yumi tekem mo kakae sakramen, yumi stap promes blong oltaem tingbaot Sevya. Blong mekem sakramen i spesel, yumi



Dresap long wan wei blong soem
we yumi gat ona long sakramen.



Sidaon kwaet bifo miting i stat.



Singsing long sakramen hym.



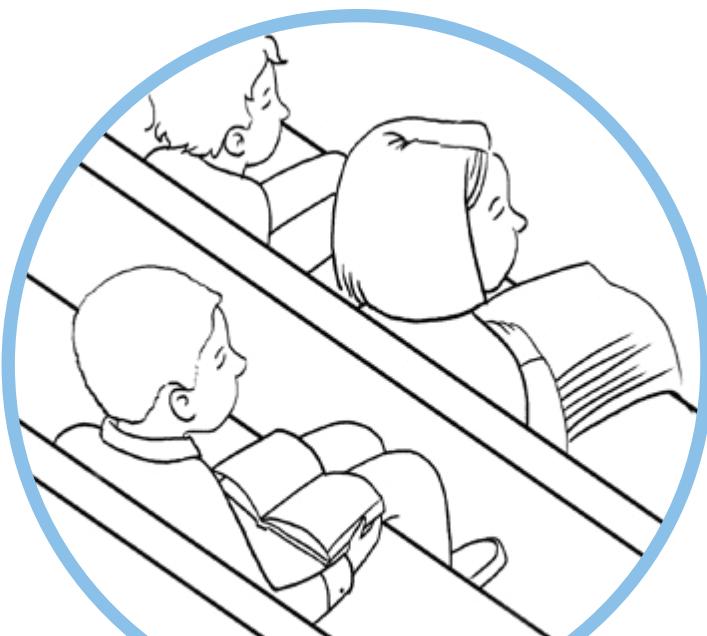
Tingbaot Jisas mo promesem
blong oltaem tingbaot Hem.

Sakramen i helpem yumi blong filim Tabu Spirit. Hem i helpem yumi blong stap
long rod ia we i gobak long hom blong yumi long heven. ●

Oli stretem aot long atikol ia: "Sacrament Meeting and the Sacrament," Liahona, Nov. 2008, 17–20.

Stap Soem Lav long Jisas

Yumi save soem lav we yumi gat long Jisas
taem yumi stap revren o stap kwaet long taem
blong sakramen. ?Wanem nao yu stap mekem
long taem blong sakramen?



Sidaon kwaet.



Tingting long fevret sakramen hym.



Tingting long wan stori abaot Jisas.



Prea long Papa long Heven.

Kali i jes wantem
wan fren nomo.



Miwan long Lanj Taem

I Kam long Stacy Lynn Carroll

(I folem wan tru stori)

"Tabu Spirit i toktok wetem wan kwaet smol voes" (Children's Songbook, 105).

Kali i wokbaot i go long rum blong kakae lanj, mo i luk raon. Evri nara pikinini oli stap ron stret i go long ol fren mo oli stap kam tugeta long ol tebol. Rum ia i gat fulap noes wetem ol voes we oli glad tumas mo hapi laflaf. Hem i nambatu dei long skul, be i luk se evri-wan i gat wan fren blong sidaon wetem, be Kali i no gat.

Kali i holem strong handel blong bokis kaekae blong hem, mo i wokbaot i go long wan long ol tebol. "?Mi save sidaon kolosap long yu?" Kali i askem.

Wan gel wetem longfala braon hea i lukluk i go antap. Hem i laf smol mo i seksekem hed blong hem. "No. I gat wan finis," hem i talem.

"Okei." Kali i muv long wan nara emti jea mo i putum gud bokis kaekae blong hem.

"!Yu no save sidaon long ples ia! Mi bae mi sidaon long ples ia," wan boe wetem wan grin sot wetem laen i talem. Hem i pusum bokis kaekae blong Kali i go foldaon long floa. Ol fren blong boe ia oli laf.

Kali i bendaon mo pikimap bokis kaekae blong hem bakegen. Hem i wokbaot i krosem rum blong kaekae ia mo i sidaon long wan emti tebol. Hem i luk wan we i slip long sem eria blong hem, mo i traem blong sakem han, be boe ia i luk long nara ples. Kali i mekem fes blong hem i nogud. ?From wanem i no gat wan i wantem kam fren wetem hem?

Kali i luk i go daon long
kaekae blong hem.
Hem i no filim
hanggri nao. Hem





i waepem ae blong hem, i sarem bokis kaekae blong hem, mo i wokbaot i go aotsaed.

Evriwan i stap pleipeli wetem fren blong olgeta finis. Kali i sidaon hemwan long wan stul, mo i lukluk ol nara pikinini oli gat gud taem, be i no hem. Afta, Kali i bin luk wan boe we i semmak yia olsem hem, i stap sidaon hemwan long gras. Hem i wetem wan yelo sot we i gat wan mak long hem, mo hea blong hem i go antap long bak blong hed blong hem.

Kali i lukluk i go. Hem i bin luk wan grup blong ol gel blong klas blong hem we oli stap plei fo skwea. Hem i wantem tumas se bae oli invaetem hem blong plei wetem olgeta.

Kali i lukluk long boe ia bakegen. Hed blong hem i bendaon, mo hem i stap pikimap gras raon long leg blong hem. Kali i tingbaot wan samting we Mama blong hem i stap talem samtaem: *Lukaotem ol pikinini we oli stap olgetawan.*

Kali i mekem fes blong hem i nogud. *Hem* tu, hem i stap hemwan. !I no gat wan i stap traem blong kam fren *blong hem!*

Be afta, Kali i tingting abaot taem we hem i kasem baptaes long las yia. Hem i bin promes blong stap lisin long Tabu Spirit. Mebi Tabu Spirit i stap helpem hem blong tingbaot wanem we Mama blong hem i bin talem long hem. Mebi Tabu Spirit i bin stap traem blong talem hem blong go pleipeli wetem boe ia wetem yelo sot.

Kali i pulum win, mo i stanap. Wan gud filing

i fulumap hat blong hem. Hem i wokbaot i go, i sidaon long saed blong boe ia long gras.

Hem i talem: "Halo,"

Hem i talem slo: "Halo."

"?Wanem fevret kala blong yu?"

"Ah . . . grin."

"Hem i gud. Mi laekem pink," Kali i talem. "?Yu yu gat wan fevret animol?"

Boe i sidaon i stret smol, mo i lukluk Kali. "Yes. Mi rili laekem ol daenoso."

"O, be mi tu. Fevret blong mi i wan traeseratop."

Boe ia i smael.

Afta, bel i ring. Kali i stanap, mo i talem tata long boe ia. Hem i smael taem hem i stap wokbaot i go long klasrum blong hem, hemwan. Maet hem i no gat wan bes fren, be hem i filim hapi blong save se hem i bin mekem spel taem blong wan narawan i gud smol. ●

Hem we i raet i stap long Yuta, YSA.



Mi bin hariap we hariap blong go long skul. Be mi gat filing ia se mi mas go tekem wan paket poteto jip long hom fas-taem. Afta long lanj, fren blong mi, Drew, i luk olsem se hem i no hapi. Mi askem hem wanem i rong. Hem i talem se hem i fogetem kaekae blong hem. Mi tingbaot ol jip blong mi, mekem se mi givim i go long hem. Drew i talem: "Hemia i wan samting we i moa naes we wan i bin mekem blong mi long skul." Durham M., 11 yia, Yuta, YSA



Halo i Kam Madagaska!

Madagaska i wan
aelan aot long Is kos blong
Afrika. I gat plante plant
mo animol we oli no save
faenem long eni nara ples
long wol—!olsem ring
tel lemur ia!



Halo,
mitufala
Margo mo
Paolo.

Mitufala i stap
travel i go raon long
wol blong lanem abaot
ol pikinini blong God.
!Joenem mifala taem
mifala i stap visitim
Madagaska!



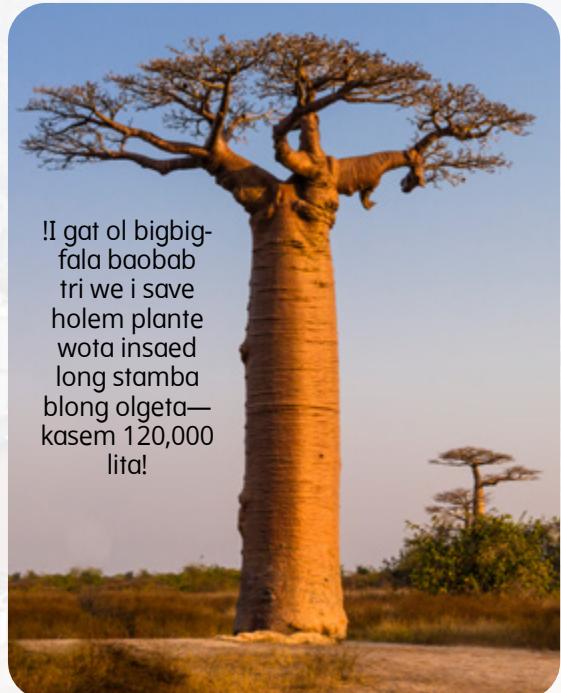
Ol boe ia oli stap help blong karem ol
wota jag blong famli blong olgeta. ?Olsem
wanem nao yu stap helpem famli blong yu?



Jos i smol long Madagaska, !be
i stap gro! Naoia i stap, i gat 14
wod mo 26 branj longwe.



!I gat plante kaen kameleon we oli stag long Madagaska bitim long eni nara ples long wol!

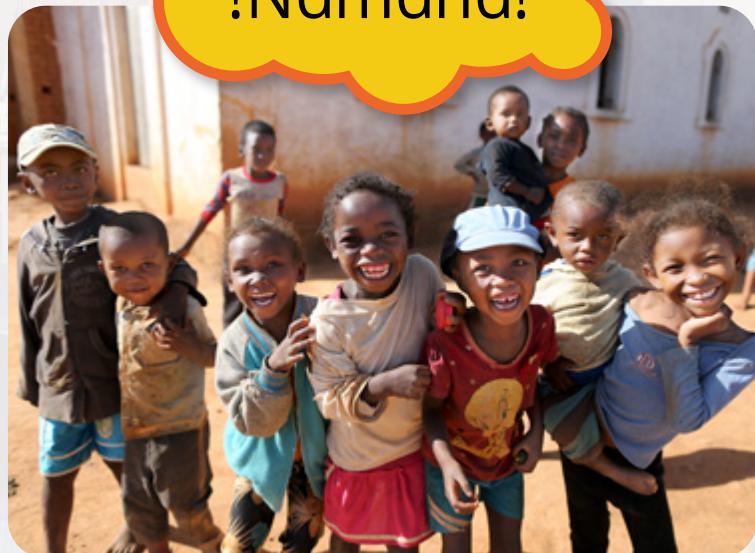


!I gat ol bigbig-fala baobab tri we i save holem plante wota insaed long stamba blong olgeta—kasem 120,000 lita!



Plante long ol pipol long Madagaska oli kakae raes tu o tri taem long wan dei, samtaem wetem ol vejetebol, ol bin, o mit.

!Namana!



Toktok long lanwis Malagasi, hem i namana. ?Sapos yu save mitim wan niu fren long Madagaska, ?bae yu talem wanem long olgeta?

!Mitim sam fren blong mifala blong Madagaska!

Mi save se Jisas Kraes i Seya blong yumi.

**Nathan, 7 yia,
Antananarivo Provins,
Madagaska**



Russel M. Nelson i wan profet blong God.

**Nomena, 6 yia,
Antananarivo Provins,
Madagaska**



**?Yu yu blong Madagaska?
!Raet i kam long mifala!
Bae mifala i laekem tumas
blong harem yufala.**

**Tangkyu
blong
wokbaot long
Madagaska
wetem mifala.
!Luk yu nekis
taem!**





Faneva, Misinari Ia

I Kam long Marissa Widdison

Ol Magasin blong Jos

(I folem wan tru stori)

Faneva i lukluk i go aotsaed long windo i go long bisi rod aotsaed long haos blong hem. Hem i save luk ol pipol oli stap pulum ol kat blong vejetebol, raes, klos, mo ol nara samting blong salem. Hem i save harem ol trak oli bibip, mo ol dog oli singaot. Afta, hem i harem wan nara saon.

"!Mama, wan i stap noknok long doa!" Faneva i singaot. Mama i openem doa. Tufala yang man i werem ol sut mo ol nektae oli stanap long doa. Faneva i neva luk eniwan i dresap olsem long ples blong olgeta long Madagaska bifo.

"Mifala ol misinari blong Jos Ia blong Jisas Kraes blong Ol Lata-dei Sent," wan i talem.
"Mifala i stap tijim ol pipol abaot Jisas. ?Mifala i save serem wan mesej wetem yufala?"

Faneva i glad tumas taem Mama i invaetem tufala i kam insaed. Ful famli i kam tugeta blong harem abaot Jisas Kraes mo olsem wanem Jos blong Hem i stap long wol ia bakegen.

Afta long dei ia, ol misinari oli bin visitim famli blong Faneva plante moa taem. Oli bin tekem wan buk, we oli bin singaotem Ol Stori

long Buk blong Momon. !Faneva i laekem tumas blong ridim buk ia wetem famli blong hem!

Wan dei, bae mi kam wan misinari mo bae mi serem Buk blong Momon wetem ol narawan, Faneva i talem long hemwan.

Wan nara taem, taem we ol misinari oli kam, oli bin tijim famli blong Faneva olsem wanem blong prea. Faneva i bin lanem se hem i save toktok long Papa long Heven eni taem, eni ples.

Wan dei, bae mi kam wan misinari mo bae mi tijim ol pipol olsem wanem blong prea, Faneva i tingting.

Wan dei, ol misinari oli bin gat wan impoten kwestin.

"?Bae Yu folem eksapol blong Jisas Kraes mo kasem baptaes?" wan long tufala i askem.

Faneva i filim hapi insaed long hat blong hem. "!Yes!", Faneva i talem.

"!Yes!" brata mo Mama blong hem i talem.

Papa i talem se hem i no rere yet blong kasem baptaes. Be hem i bin agri blong nara haf blong famli i baptaes. !Mo oli bin baptaes! Faneva i bin kasem baptaes; wan long tufala misinari we i bin tijim hem abaot Jisas i mekem baptaes.

Wan dei, bae mi kam wan misinari mo bae mi helpem ol pipol blong kasem baptaes, Faneva i tingting.

Wan long ol bes pat blong stap wan memba blong Jos, i blong stap go long Praemer. Faneva i bin lavem ol aktiviti mo blong stap



"I moa gud mi spendem taem wetem ol misinari bitim blong mekem eni nara samting moa," Faneva i talem. Oli bin singaotem hem blong stap olsem wan misinari long hom kantri blong hem long Madagaska.

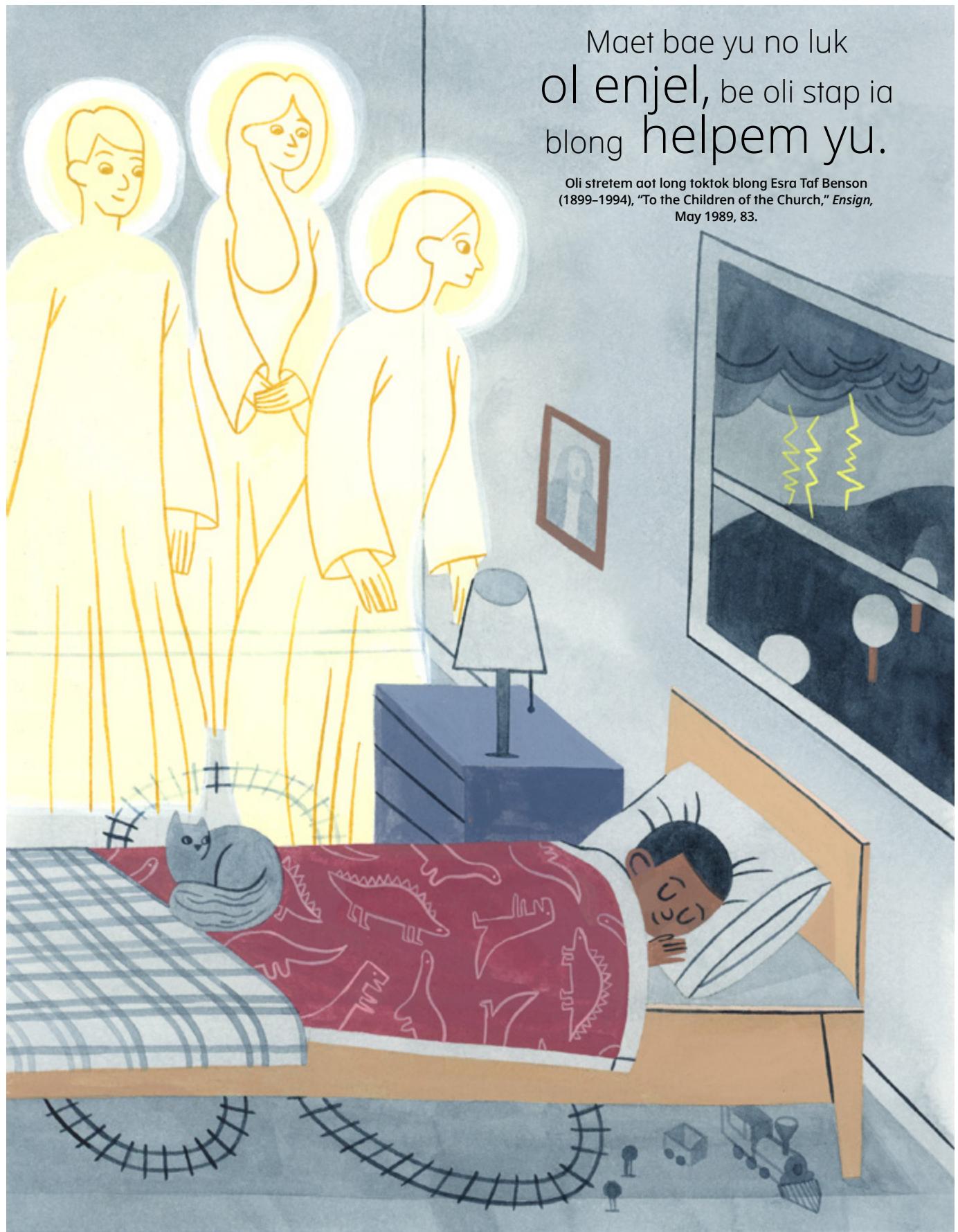
mitim ol niu fren. Be fevret samting blong hem aot long evriwan, i blong singsing ol singsing blong Praemer. Wan Sandei, long Praemer, oli bin stap singsing ol singsing abaot fasin blong serem gospel. "Mi wantem stap olsem wan misinari naoia," Faneva i singsing. "Mi no wantem wet kasem taem i groap."

Mi save stat blong mekem misinari wok naoia, Faneva i luksave. !Mi no nid blong wet kasem wan dei!

Stat long tetaem ia i go, Faneva i lukaotem sam wei we hem i save serem gospel. Hem i bin traem blong stap wan gud eksapol. Hem i bin invaetem ol pipol oli kam long jos. Hem i bin helpem ol neba blong hem. Afta sam yia, hem i bin olfala inaf blong helpem ol misinari blong tijim ol pipol insaed long taon blong hem. Afta sam moa yia, hemwan i bin go long wan misin—i mitim ol niu pipol, mo i bin serem gospel, semmak olsem ol misinari oli bin serem wetem hem. ●

Maet bae yu no luk
ol enjel, be oli stap ia
blong helpem yu.

Oli stretem aot long toktok blong Esra Taf Benson
(1899–1994), "To the Children of the Church," *Ensign*,
May 1989, 83.



Soem mo Talem

Ijeneral konfrens hem i long manis ia! Hemia wanem sam pikinini i laekem abaot konfrens.



Isabella B., 5 yia,
Gwatemala, Gwatemala



Ilse N., 5 yia,
Nuevo León, Meksiko



Gabriel F., 10 yia,
Minas Gerais, Brasil



Shelem, Josué, Mía, mo Ruth C., we oli gat 5, 8, 6 manis, mo 3 yia, Durango, Meksiko, oli bin laekem tumas blong stap long hom mi wajem jeneral konfrens! Hem i bin wan spesel konfrens!



Mi laekem tumas
miusik blong Tabenakol Kwaea. Oltaem mi
filim pis.

Jared B., 7 yia, Nomandi,
Frans



Taem mi wajem Jeneral Konfrens, mi bin
lanem abaot wei we Josef Smit i bin
transletem Buk blong Momon blong mekem
se yumi gat toktok blong God. Buk blong
Momon i tijim mi abaot Jisas Kraes.

Shalom A., 6 yia, Dakar Rijin, Senegal



Annelle, Ruth, Sarah, mo Samira K., we oli gat 8, 2, 6, mo 6 yia, Littoral, Benin, oli bin laekem tumas blong wajem konfrens tugeta olsem wan famli.

Talem No, Harem

!Papa long Heven i lavem yumi mo i wantem yumi blong stap sef! Blong stap talem no taem yumi nidim blong talem, mo stap respektom ol narawan taem we oli stap talem no, oli ol wei we yumi save kipim yumiwan mo ol narawan oli stap sef.

Samtaem, yu nid
blong talem no long
wan wei we i naes.

"No, tangkyu. ?Bae
mi save dring
wota nomo?"

!Naoia, hem i taem blong yu!
Traem tingting long maen
blong yu se yu nidim blong
talem no long wan wei we i
naes. ?Wanem nao bae
yu talem?

Samtaem, yu nid
blong talem no long
wan wei we i strong.

"!Mi no wantem luk
samting ia! Yumi no
mas lukluk samting ia."

!Naoia, hem i taem blong
Traem tingting long maen
blong yu se yu nidim blong
talem no long wan fasin
strong. ?Wanem nao
bae yu talem?



No

Samtaem ol pipol oli
stap talem no long
yumi blong helpem
yumi stap sef mo helti.

"Sore, yu no save
go. Hem i no sef."



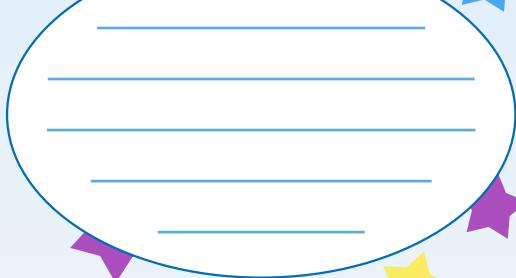
Samtaem ol pipol oli
stap talem no long yumi
taem oli no filim sef.

!Naoia, hem i taem blong yu!
Traem tingting long maen
blong yu se wan adalt i stap
talem no long yu, mo yu no
laekem. ?Wanem nao
yu mas mekem?

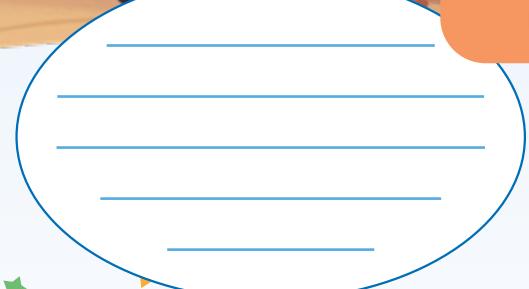
"!Stop! Mi no
laekem gem ia."



!Naoia, hem i taem blong yu!
Traem tingting long maen
blong yu se wan i stap askem
yu blong yu stop blong mekem
wan samting. ?Wanem
nao yu mas mekem?



g yu!
en
ong
we i



?Olsem wanem sapos ol pipol oli no stap
lisin taem yu stap talem no? ?Weswe sapos
oli mekem nogud long yu, o oli minim blong
mekem nogud samting long yu?

- ★ **Wokbaot i go longwe sapos yu save
mekem.**
- ★ **Talem long wan adalt we yu trastem
abaot wanem i bin hapen.**
- ★ **Tingbaot se hemia i no rong blong yu.**
- ★ **I nomata wanem i hapen, yu mas save
se Papa blong yu long Heven mo Jisas
Kraes, oltaem Tufala i lavem yu!**

Ringim Papa

*Sapos mi ron spid moa long
baeskel, Yu i tingting, bae mi save
kasem hom bifo ol rod ia oli
fulap long wota.*

I kam long Julie Cornelius-Huang

(I folem wan tru stori)

Hem we i raet i stap long Yuta, YSA.

"Yufala i stap glad, from we bambae mi lidim yufala i go" (Doktrin mo Ol Kavenan 78:18).

Yu i kamaot long skul i go long ples blong man i wokbaot we i fasfas long man. Hed blong hem i fulap long matematik we i karem long ekstra klas blong hem. Ol pipol oli hariap wetem ol ambrela. Ol bigbig-fala drop blong ren oli stap foldaon kwiktaem, mo rod ia i wetwet evriwan.

Fren blong Yu, Lin, i stanap long saed blong hem. "Yu ringim papa blong yu blong i kam pikimap yu," Lin i talem. "Masta Zhang i talem se wota i ron long sam ples long taon ia."

"Mi save go hom miwan nomo."

"Be yu lukluk evri wota ia!" Lin i talem, i poenem wota we i stap spid i go long hol.

Blong smol taem, Yu i gat wan fani filing. ?Lin i talem tru? Mebi hem i *mas* ringim Papa blong i draevem hem



i go long hom bifo ol rod ia oli fulap long wota. Be hem mo Papa i bin raorao smol long las naet, mo Yu i bin kros yet i stap. Hem i no wantem askem help long Papa blong hem.

Yu i karemaot jen long baeskel blong hem, mo i talem tata long Lin. *Sapos mi ron spid moa long baeskel*, Yu i tingting, *bae mi save kasem hom bifo ol rod ia oli fulap long wota*.

Hem i ron spid i go, be i no longtaem ol han blong hem oli kolkol, klos blong hem oli wetwet evriwan, mo hem i taet. Bakegen, hem i tingting blong ringim Papa. ?Filing ia i kam long Tabu Spirit? Ol misinari we oli bin baptaesem hem oli bin talem se Tabu Spirit i save stap olsem gaed blong hem. Yu i lukluk i go long skae. Skae i grei tumas mekem se hem i no save lukluk top blong ol bielding. Be hem i bin kros yet long Papa.

Yu i no wantem save long filing ia mo i gohed blong ron i go. Wota i kam antap tumas, mekem se ol ona blong ol stoa oli sarem stoa blong olgeta. Ol pipol oli muvum ol ting blong olgeta i go long ol floa blong haos we oli moa hae. Yu i luk wan mama i pusum tufala pikinini blong hem i go tru long big-fala wota ia long wan smol plastik bot.

Naoia wota i stap long angkel blong hem. Yu i nomo save purumbut long pedol blong baeskel blong hem. Hem i jiam daon mo i pusum baeskel. Ating i let tumas blong ringim Papa naoia, mo ren ia i stap foldaon yet. Tanda i faerap mo laetning i laet antap long hem. Yu i fraet. !Mo hem i taet tu! Hem i lukluk i go fored. Hom i longwe yet. Sapos nomo

hem i bin lisin long Tabu Spirit, be no, hem i wantem stap tingting long smol raorao ia.

Yu i stop blong talem wan sot prea. Hem i no save harem voes blong hem antap long noes blong ren mo tanda, be hem i bin save se Papa long Heven i save harem hem.

“Papa long Heven,” Yu i bin prea. “Plis helpem mi blong gobak hom sef.” Taem hem i finis blong prea, hem i filim paoa blong gogohed.

Smol taem moa afta, Yu i save luk haos blong hem antap long hil. Hem i kolkol, i taed, mo i mestem wan saed sus samples, be Yu i pulum hem i go antap long hil. Hem i bin luk Papa i stap wet long hem aotsaed. Papa i ron i kamdaon long hil i mitim hem, i saksakem wota long semtaem we hem i stap ron.

Taem Papa i kasem hem, hem i putum han blong hem i raonem Yu. “Mi wari tumas! Papa i talem. “*Sapos yu ringim mi nomo!*”

“Mi ting se yumitu kroskros long yumitu,” Yu i talem.

“Mi mi neva kros tumas long yu blong helpem yu,” Papa i talem. Afta, hem i tekem baeskel blong Yu mo i pusum i go kasem antap long hil.

Iven wetem tanda we i stap faerap bitwin ol tolfaa bielding mo hevi ren we i stap foldaon, wan wom filing i fulumap hat blong Yu. Hem i bin filim pis mo hem i filim se hem i sef taem hem i bin stap folem Papa i gohom. ●



“Papa blong yumi long Heven i bin save se, long laef long wol ia, bae yumi fesem ol jalenj. . . . Blong givim yumi paoa long wol ia, mo blong i soem rod long yumi, Hem i bin givim Tabu Spirit.”

Elder Ronald A. Rasband blong Kwo-rom blong Olgeta Twelef Aposol, “Let the Holy Spirit Guide,” *Liahona*, May 2017, 93.

Peso blong Taeting

I Kam long Alan Iván Ruiz Ontiveros

(I folem wan tru stori)



Sofia i bin wekap eli. Tedei i spesel tumas.
!Bambae hem i salem laman jus long garaj
sel blong anti mo angkel blong hem! Mama i
mekem wan bigfala jag laman jus blong hem.

Sofia i mekem wan bana. Hem i raetem:
"!Laman Jus!" long ol orenj mo yelo leta. Hem i

skojem long wan smol tebol. Mo afta hem i sidaon blong wet.

I no longtaem, wan man i kam pas. Hem i askem: "?Mi save gat wan kap?" Hem i putum sam pesos long glas botel blong Sofia.

"!Yes!" Sofia i talem. Hem i kasem wan kap laman jus blong man ia.

Smol smol, ol pipol oli kam blong luk garaj sel. Mo smol smol, oli pem naes laman jus blong hem. Moning i pas, i wan hapi dei. I no longtaem laman jus i finis.

Sofia i seksekem glas botel blong hem. Ol pesos ia oli ring gud. !Hem i gat fulap!

"!Gudfala wok!" Papa i talem.

Sofia i neva gat fulap mane olsem bifo. "!Bae mi go pem wan yoyo!"

Papa i smael. "Yu yu save se Mama mo mi i mekem wanem taem mitufala i stap winim mane?"



Sofia i seksekem hed blong hem.

"Mitufala i stap pem taeting," Papa i talem. "Papa long Heven i givim yumi evri samting. Hem i askem se yumi givim wan smol pat i gobak long Hem. Yumi stap pem taeting from se yumi lavem Hem."

Sofia i smael. Hem i bin wantem soem tu long Papa long Heven se hem i lavem hem tu.

Papa i bin helpem Sofia blong kaontem ol pesos blong hem. Taem hem i kaontem selen i kasem ten, hem i putum wan pesos i go long wan envelop. Papa i bin helpem hem blong raetem ol namba long wan smol waet pepa. Afta, tufala i putum pepa insaed long envelop wetem ol pesos. Nao, tufala i sarem envelop. Sofia bae i givim envelop long bisop tumoro long jos.

"?Olsem wanem nao yu filim?" Papa i askem Sofia.

"!Mi hapi! Mo mi gat inaf mane yet blong pem wan yoyo." Hem i bin filim se Papa long Heven i hapi wetem joes blong hem. ●

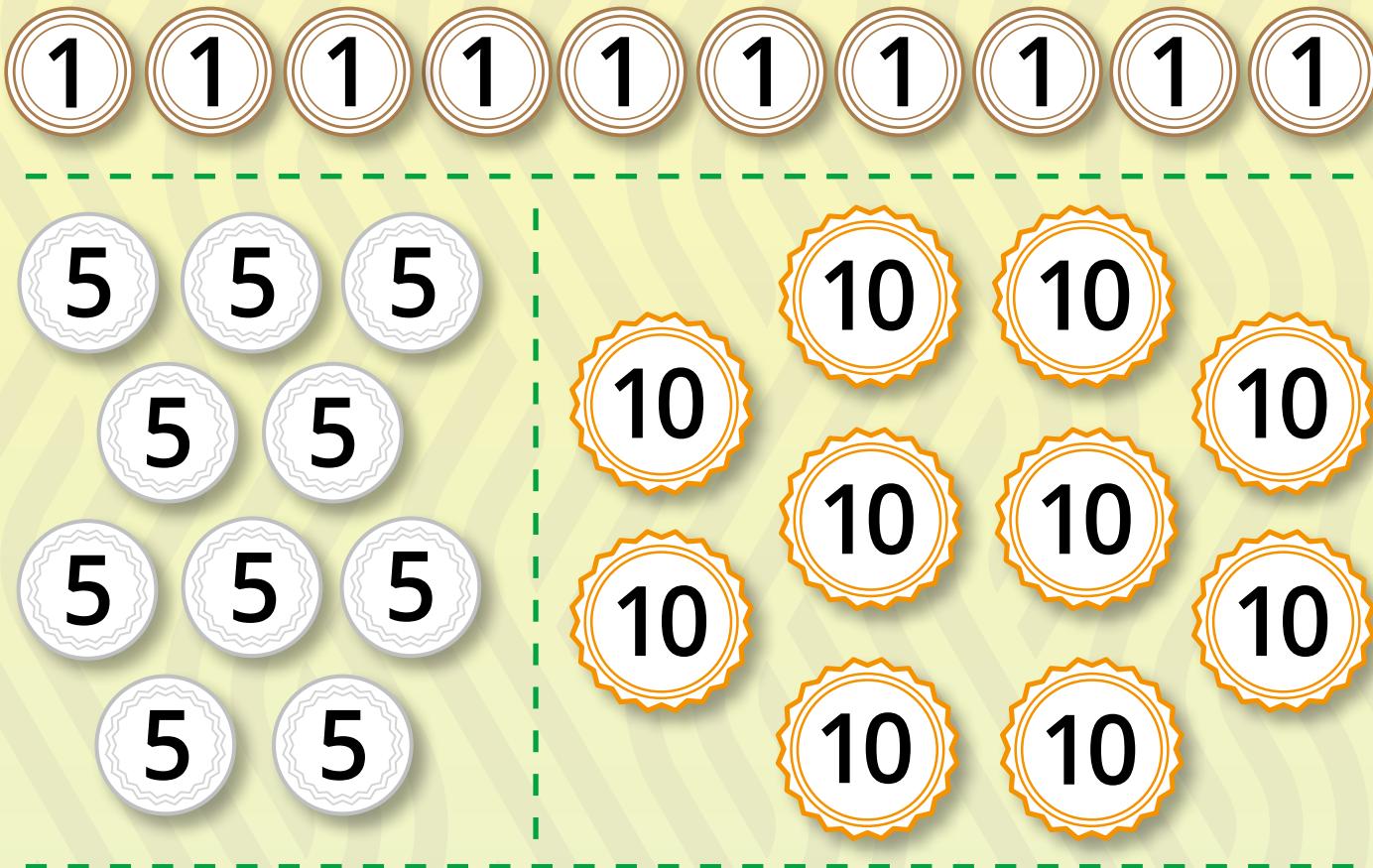
Hem we i raet i stap long Jiwawa, Meksiko.



Taeting Taem

Papa long Heven i askem yumi blong pem taeting Hemia i minim se yumi givim wan aot long evri ten mane we yumi winim. !Yu save yusum pej ia blong praktis!

Kaontem ol selen. Taem yu kaontem 10, nao kalarrem wan aot long ol ten ia. !Ol koen we yu kalarem oli wanem bae yu pem olsem taeting!



?Rere blong mekem wan samting we i had moa? Ademap ol mane andanit ia. Afta kalarem hamas selen bae yu pem olsem taeting. (Tingbaot, evri taem yu kaontem 10, yu tekemaot wan mo givim.) ●





I kam long
Elda Edward Dube
Blong Olgeta Seventi

"Yufala i mas lan long mi mo bambae yufala i save faenem pis long laef blong yufala" (Matiu 11:29).

Wan man we mi wok blong hem i bin givim wan kopi blong Buk blong Momon long mi. Be mi no bin ridim blong kolosap tu yia. Wan Sandei, mi pikimap Buk blong Momon mo mi go sidaon long saed blong rel blong tren aotsaed long taon we mi stap laef long hem long Simbabwe. Mi sidaon mo stat blong rid.

Blong fastaem i bin had blong andastanem. Be mi ridim bakegen testemoni blong Josef Smit bakegen mo bakegen. Ol toktok blong Hem i tajem hat blong mi.

Afta long hemia, wan i bin invaetem mi blong kam long jos. Long fas ples, mi no filim gud, mekem se mi sidaon long ro we i stap biaen. Be taem ol pipol oli stat blong serem

testemoni blong olgeta abao Sevya Jisas Kraes mo Buk blong Momon, mi bin filim wan samting we i gud tumas insaed.

I no longtaem afta long hemia, ol misinari oli kam long ples we mi stap laef long hem. I no longtaem afta, mi kasem baptaes. Sam yia afta, mi bin gat ona blong go long wan misin, mo serem gospel wetem plante nrafala man.

Jos i bin gro plante long Simbabwe. Be i gat fulap wok i stap yet blong yumi save serem gospel, i nomata long weaples yumi stap laef long hem. Tru long prea, skripja stadi, mo haos naet, yu save mekem testemoni blong yu i gro, mo stap kolosap long Papa long Heven. Testemoni blong yu i save blesem laef blong plante pipol raon long wol. ●



Ol Fetful Pipol Oli bin Folem Jisas



Taem Jisas i bin visitim Ol Man blong Nifae, Hem i bin tijim olgeta abaot baptaes mo olsem wanem blong tekem sakramen. Hem i bin setemap Jos blong Hem.



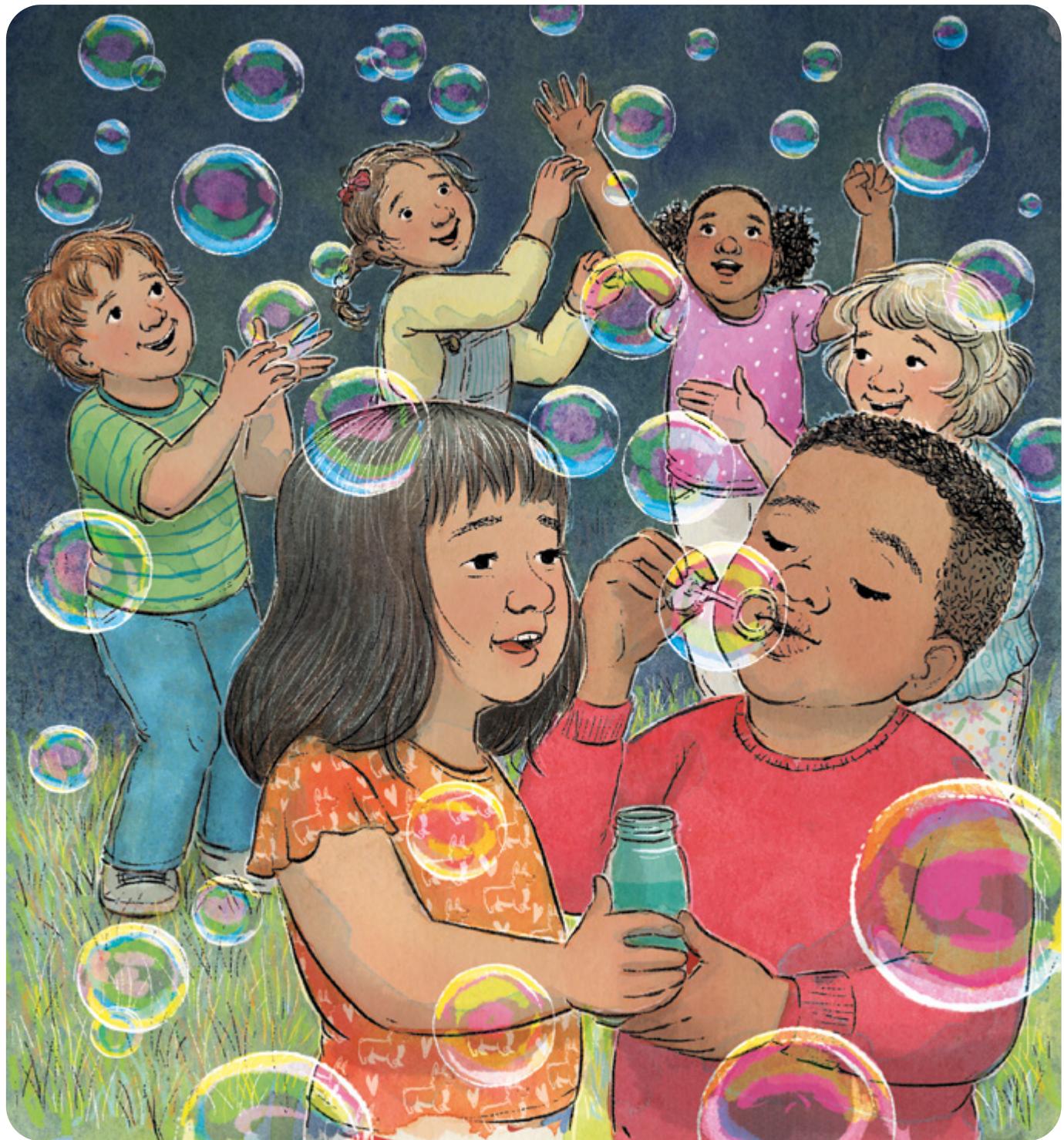
Jisas i bin blesem wanwan pikinini. !Ol enjel oli bin kam! Jisas i bin hilim ol pipol mo i bin prea from olgeta. Afta long hemia, Hem i bin gobak long heven.



Afta we Jisas i bin aot, ol pipol oli bin gohed blong mekem wanem we Hem i bin tijim. Evriwan i bin wok tugeta mo i bin serem wanem we oli bin gat, blong mekem se i no gat wan i pua i stap. Ol lida blong Jos oli bin blesem olgeta we oli bin sik.



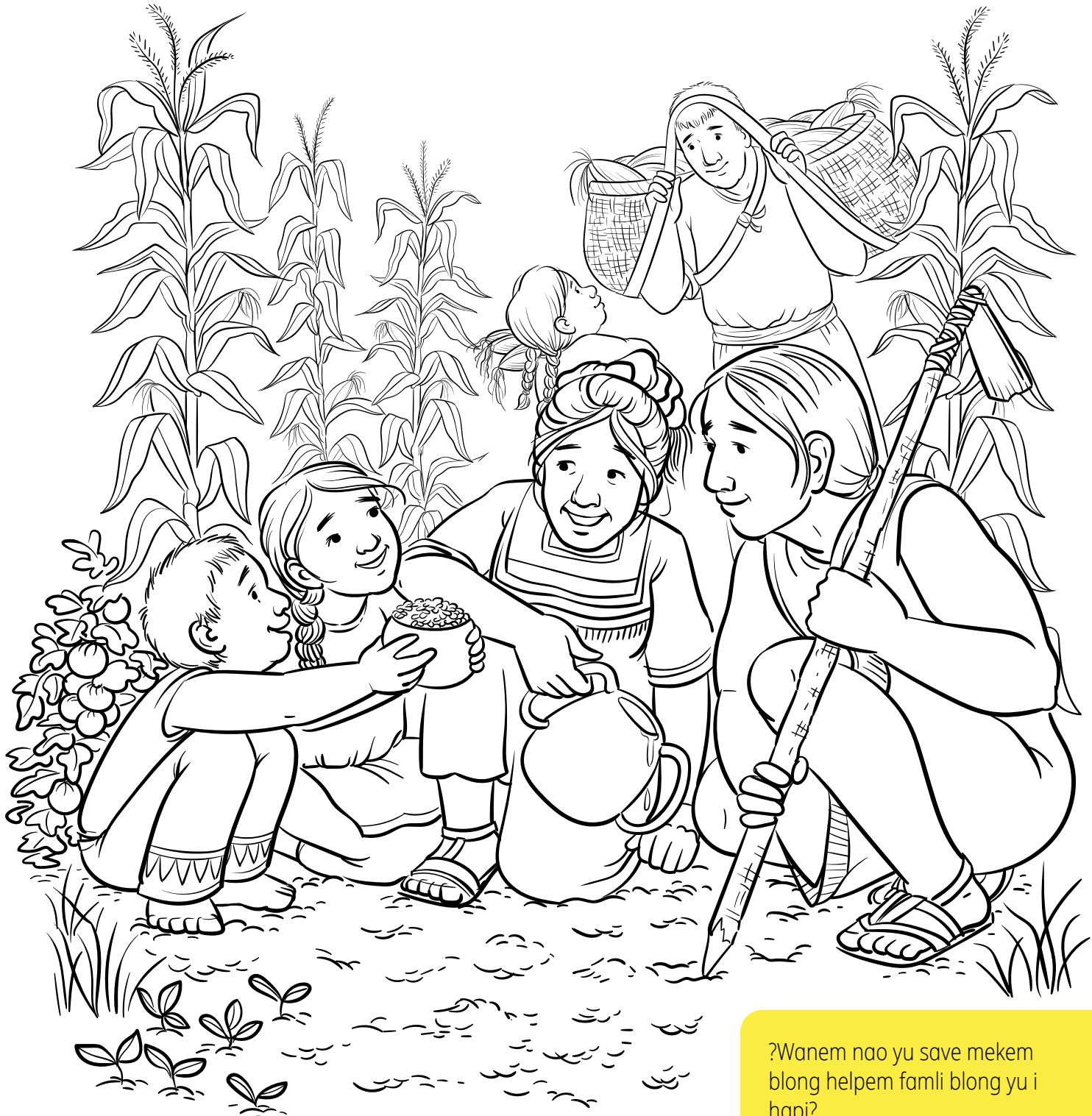
Oli nomo faet, be ol pipol oli bin jusum se bae oli nomo raorao. Evriwan i bin folem olgeta komanmen blong God. !Mo oli bin hapi i stap blong wan longfala taem!



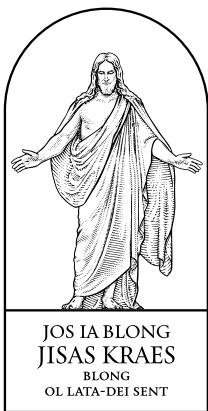
Laef blong mi bae i hapi moa taem mi stap
folem ol komanmen blong God. Mi save serem
ol samting we mi gat wetem ol narafalawan. Mi
save helpem ol pipol blong oli nomo raorao. ●

Ridim abaot hemia long 3 Nifae 17 i go kasem 4 Nifae 1.

Ol Pipol Oli bin Laef Hapi



?Wanem nao yu save mekem
blong helpem famli blong yu i
hapi?



JOS IA BLONG
JISAS KRAES
BLONG
OL LATA-DEI SENT

Ol Dia Papa mo Mama,

Oli mas protektem mo kea long evri pikinini. Jisas i givim wan eksampol long saed blong hemia insaed long Buk blong Momon, we Hem i stap blesem mo prea blong wanwan pikinini (luk long ol pej F20–23). ?Olsem wanem yumi save blesem mo protektem ol pikinini we yumi save olgeta? Hemia samfala aedia:

- Yumi save protektem olgeta long saed blong bodi, mo tijim olgeta blong respektem bodi blong ol nara pipol (ol pej F12–13).
- Yumi save help blong protektem olgeta long saed blong spirit taem yumi leftemap tingting blong olgeta blong tekem mo kakae sakramen (ol pej F2–3).
- Yumi save tijim olgeta blong askem help taem we oli nidim (ol pej F14–15).

Yu save pikimap wan long ol mesej ia blong ridim tugeta olsem wan famli. !Meksua se ol pikinini blong yu oli save hamas oli lavem olgeta!

Mifala i lavem yufala,

Fren

SENDEM OL WOK BLONG ART O EKSPERIENS BLONG PIKININI BLONG YU I GO LONG LIAHONA

Go long liahona.ChurchofJesusChrist.org mo klikim “Submit an Article or Feedback.” O sendem imel i kam long mifala long liahona@ ChurchofJesusChrist.org tugeta wetem nem blong pikinini blong yu, yia blong hem, siti we yu stap long hem, mo toktok ia we i givim raet: “Mi, [putum nem blong yu], givim raet long Jos la blong Jisas Kraes blong Ol Lata-dei Sent blong yusum wok blong pikinini blong mi long ol magasin blong Jos, long ol Websaet blong Jos, mo long ol sosol media, mo long ol nara buk blong Jos.” !Mifala i no save wet blong harem yufala!



**!Faenem Liahona we i haed i stap
insaed!**

OL SAMTING WE OLI STAP INSAED

- F2** I Kam long Fas Presidensi: Sakramen mo Mi
- F4** Miwan long Lanj Taem
- F6** !Halo i Kam long Madagaska!
- F8** Faneva, Misinari Ia
- F10** Gudfala Tingting
- F11** Soem mo Talem
- F12** Talem No, Harem No
- F14** Ringim Papa
- F16** Peso blong Taeting
- F18** Naes Pleiplei: Taeting Taem
- F19** Fren I Go long Fren: Stap Serem Gospel
- F20** Ol Skripja Stori: Ol Fetful Pipol Oli bin Folem Jisas
- F23** Pej blong Kala: Ol Pipol Oli bin Laef Hapi

I STAP LONG FREN KOVA

Pikja o droing i kam long Jim Madsen