

STAP TRU LONG FET



B L O N G A N D A S T A N E M
G O S P E L

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Jos blong Jisas Kraes blong Ol Lata-dei Sent
i Pablisim
Sol Lek Siti, Yuta

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MESEJ WE I KAM LONG FAS PRESIDENSI

Oli raetem buk ia olsem wan tul blong givhan long yu taem yu stadi long olgeta skripja mo taem yu stadi long ol tijing blong ol lata-dei profet. Mifala i leftemap tingting blong yu blong lukluk long buk ia taem yu stap stadi mo yusum ol gospel prinsipol. Yusum buk ia olsem wan tul taem yu stap rere long ol toktok, stap tijim ol klas, mo stap ansarem ol kwestin abaot Jos.

Taem yu stap lanem ol trutok blong gospel, bae yu kam antap long andastaning blong yu abaot plan blong Papa long Heven. Wetem andastaning ia we bae i stap olsem wan stamba blong laef blong yu, bae yu save mekem ol waes joes, laef stret wetem tingting blong God, mo faenem glad long laef blong yu. Testemoni blong yu bae i gro strong moa. Bae yu stap tru long fet.

Mifala i tingbaot speseli ol yut, ol yang singgel adalt, mo ol niu konvet. Mifala i promesem yufala se taem yufala i prea yufalawan evri taem mo stadi long olgeta skripja mo doktrin blong gospel evri taem, bae yufala i rere blong stanap agensem ol rabis paoa we bae oli save kam blong giaman mo spolem yufala.

Mifala i prea se bae buk ia bae i mekem yufala i strong moa long wok blong yufala blong kam kolosap moa long Sevya mo stap folem eksampol blong Hem.

Fas Presidensi

OL GOSPEL TOPIK

WE OLI PUTUM LONG ALFABET ODA

Abius

Abius hem i fasin we nara man i mekem long yu, o yu yu mekem long nara man we i mekem se yu kasem kil o yu harem nogud tumas long hem. Hem i spolem maen mo spirit mo plante taem i spolem bodi tu. Abius i save mekem tingting blong man i no stret, man i gat tu tingting, i nomo trastem wan narafala man o woman, mo i mekem man i gat fraet. Hem i agensem ol loa blong sosaeti mo hem i agensem evriwan ol tijing blong Sevyu. Lod i bin tok strong agensem eni kaen fasin blong abius—long bodi, long seks, long toktok, o long filing. Sapos wan i stap gat ol fasin blong abius i save mekem hem i pas long Jos disiplin.

Kaonsel I Go long Wan we I Stap Abiusum Ol Nara Man

Sapos yu bin yusum strong fasin o fasin blong abius long eni rilesensip blong yu, yu mas sakem sin blong yu. Askem strong long Lod blong Hem i fogivim yu. Askem fogivnes long olgeta we yu bin mekem nogud long olgeta. Toktok wetem bisop o branj presiden blong yu blong hem i save helpem yu tru long rod blong sakem sin mo, sapos i nid, blong i helpem yu blong kasem moa kaonsel o sam narafala help.

Sapos ol filing blong bigfala kros i bin mekem se yu mekem ol strong fasin, lanem blong kontrolem ol filing blong yu. Go long Lod long prea mo askem Hem blong Hem i helpem yu. Wetem tingting olsem we i lukluk long laef we i no save finis, bae yu luk se kros blong yu i stap kam oltaem from ol samting we oli no impoten.

Sapos oli faenem se yu rong long fasin blong abius long saed blong seks, yu mas lukaot blong disiplinim (stretim) maen blong yu. Tingbaot se ol tingting i gat wan bigfala paoa long laef blong yu—wei we man i tingting long hat blong hem, hem nao fasin blong hem (luk long Ol Proverb 23:7). Stap

longwe long ponografi mo eni narafala samting we i save mekem se yu stap gat ol rabis filing long saed blong seks. Prea blong yu save gat klin fasin i flasem ol tingting blong yu oltaem (luk long D&C 121:45).

Help blong Olgeta we Oli Abiusum Olgeta

Sapos yu, yu wan we oli bin abiusum yu, lukaotem help kwiktaem. Toktok wetem prishud lida blong yu, olsem bisop o branj presiden blong yu, sapos no wan memba blong stek o distrik presidensi. Bae hem i save helpem yu blong save wanem yu nidim blong mekem.

Yu mas save se bae i no gat man i talem se yu rong from ol fasin we narafala man o woman i mekem long yu. Yu no nid blong filim se yu rong. Sapos yu, yu wan we oli bin repem o abiusum long saed blong seks, olsem sapos wan fren i abiusum yu, wan strenja, o wan memba blong famle, yu yu no rong long sin blong seks. Yu mas save se yu, yu no gat rong mo Papa long Heven i lavem yu.

Prea from pis we i kam nomo tru long Jisas Kraes mo Atonmen blong Hem (luk long Jon 14:27; 16:33). Sevya i bin gotru long evri harem nogud mo hadtaem blong yu, wetem olgeta we ol narafala man oli bin mekem, mo Hem i save olsem wanem blong helpem yu (luk long Alma 7:11–12). Be yu no lukaot blong givimbak, be lukluk nomo long ol samting we yu save kontrolem, olsem blong yu kontrolem wei we yu luk ol samting raon long yu long laef. Prea blong kasem paoa blong save fogivim olgeta we oli mekem nogud long yu.

Gohed blong askem help long prishud lida blong yu blong hem i save lidim yu tru long rod blong kam gud bakegen long ol filing blong yu. Tru long ol blesing blong gospel, yu save stopem fasin blong abius mo bae yu fri long ol safaring we yu bin gotru long hem.

Sam moa skripja: Matiu 18:1–6; D&C 121:34–46

Luk tu long Fogivnes; Fasin blong Sakem Sin

Abosen

Long sosaeti tedei, abosen (fasin blong kilim bebi taem hem i stap yet long bel blong mama) i kam olsem wan samting we man i save wokem nating nomo, mo ol giaman toktok i stap biae long hem. Sapos yu fesem ol kwestin long saed ia, yu save faenem sefti long toktok we Lod i bin talemaot. Ol lata-dei profet oli toktok agensem abosen, mo oli stap ripitim oda blong Lod we i talem se man i no mas kilimded man, o mekem eni samting we i kolosap semmak long hemia (luk long D&C 59:6). Kaonsel blong olgeta long saed ia i klia: Ol memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent oli no mas gat abosen, mekem wan abosen long wan narawan, pem from wan abosen, o mekem rod blong wan i gat abosen. Sapos yu leftemap tingting blong wan blong folem eni rod blong mekem abosen, bae yu save pas long Jos disiplin.

Ol lida blong Jos oli bin talem se i gat sam spesel, spesel kes nomo we i gat gudfala risen blong mekem wan abosen, olsem taem we wan woman i gat bel afta we oli repem hem o afta we wan memba blong stret famle blong hem i bin slip wetem hem; o taem ol dokta oli talem se bae laef blong mama i stap long bigfala denja, o taem ol dokta oli sua mo save se bebi we i stap long bel blong mama bae i gat ol bigfala problem we bae i mekem se bebi ia i no save laef afta we hem i bon. Be nating we i save gat ol kaen kes olsem, hemia i no oltaem wan gudfala risen blong mekem wan abosen. Olgeta we oli fesem ol taem olsem oli save tingting long wan abosen afta nomo we oli toktok wetem ol lokol lida blong Jos blong olgeta, mo afta nomo we oli kasem wan konfemesen tru long wan prea we oli mekem wetem ful hat blong olgeta.

Taem wan woman we i no mared i gat bel, wanem we i moa gud long mama mo papa blong pikinini ia, hem i blong tufala i mared mo tufala i stap wok blong bildimap wan famle rilesensip we i no save finis. Sapos lukluk i stap se bae i no save gat wan mared, nao, i gud blong woman ia i givim pikinini blong oli adoptem hem; bae i moa gud blong mekem

hemia tru long wan oganaesesen we oli singaotem LDS Famle Services (luk long “Adopsen,” ol pej 6–7).

Adaltri (*Luk long Jastiti*)

Adopsen

Ol pikinini oli gat raet blong gat wan papa mo mama blong lukaotem olgeta; mo papa mo mama ia oli stap ona long ol promes blong mared mo oli givim lav mo sapot long ol pikinini. Adopsen i save kam wan bigfala blesing long plante pikinini we oli bon long wol ia mo oli no gat janis ia.

Taem wan pikinini i bon aotsaed long mared, wan wei we i moa gud blong mama mo papa blong pikinini ia blong mekem, i blong tufala i mared mo tufala i wok blong gat wan famle rilesensip we i no save finis. Sapos i no posibol blong wan mared i tekem ples, tufala i mas putum pikinini ia blong man i adoptem; mo i moa gud blong mekem hemia tru long LDS Family Services. Taem tufala i putum wan pikinini blong oli adoptem hem tru long LDS Family Services, bae i helpem tufala blong mekem we i moa gud long pikinini ia. Hemia i givim rod blong pikinini ia i save sil long wan mama mo papa long tempol, mo i givim moa janis blong evriwan oli kasem ol blesing blong gospel long fiuja. Adopsen i no wan selfis tingting blong papa mo mama, be i wan tingting we i soemaot lav, mo i givim blesing long stret mama mo papa blong pikinini, long pikinini hemwan, mo tu, long papa mo mama we bae oli adoptem pikinini ia.

Sapos yu mared, mo yu mo kompanion blong yu i wantem adoptem wan pikinini, mekemsua se yutufala i mas save evri loa we yutufala i mas folem long kantri blong yutufala, mo tu, ol loa blong ol gavman dipatmen we oli lukaot long adopsen. Kasem kaonsel long ol prishud lida blong yutufala, mo sapos i posibol, wetem olgeta we oli stap long LDS Family Services. Sapos i no gat LDS Family Services long eria blong yu, wok wetem ol prishud lida blong yufala blong faenemaot ol kampani we oli gat stret laesens blong mekem ol wok ia, mo

oli save lukaotgud long ol pikinini mo oli save faenem ol gud papa mo mama we oli wantem adoptem pikinini.

Alkol (*Luk long Tok blong Waes*)

Apostasi

Taem wan man, wan woman o grup blong ol pipol oli ta-nem baksaed blong olgeta long ol prinsipol blong gospel, oli stap mekem apostasi.

Truaot long histri blong wol i bin gat ol taem we i bin gat wan jeneral apostasi (evri man i mekem apostasi). Plante taem, afta we i gat ol stret mo gud taem, ol pipol i stat blong tanem olgeta long ol rabis fasin. Wan eksampol, hem i Bigfala Apostasi, we i bin tekem ples afta we Sevya i bin setemap Jos blong Hem. Afta long taem we Sevya mo ol Aposol blong Hem oli bin ded, ol man oli bin jenisim ol prinsipol blong gospel mo oli bin mekem ol jenis we oli no gat raet blong mekem long saed blong oganaesesen blong Jos mo long ol prishud odinens. From se rabis fasin ia i bin stap long evri ples, Lod i bin karemaot atoriti blong prishud long wol ia.

Long taem blong Bigfala Apostasi, ol pipol oli bin stap mo i no bin gat daereksen we i kam long God tru long ol profet we oli laef. Plante jos i stanap, be oli no gat prishud paoa blong lidim ol pipol blong kasem tru save abaot God Papa mo Jisas Kraes. Oli bin jenisim sam pat blong skripja o, sam pat oli bin lus, mo i no bin gat wan we i bin gat atoriti blong givim presen we i Tabu Spirit o, blong mekem ol prishud odinens. Apostasi ia i bin stap kasem taem we Papa long Heven mo Pikinini blong Hem we Hem i lavem tumas i bin kamaot long Josef Smit long 1820 mo Tufala i bin statem blong putumbak fulnes blong gospel.

Naolia yumi laef long wan taem we oli bin putumbak gospel blong Jisas Kraes. Be bae wan jeneral apostasi bae i no save kasem Jos blong Jisas Kraes blong Ol Lata-dei Sent, olsem long

Jos bifo. Olgeta skripja oli tijim se bae oli no save spolem Jos bakegen (luk long D&C 138:44; luk tu long Daniel 2:44).

Nomata we bae i no gat wan taem we evriwan bae i tanem baksaed long trutok, wanwan long yumi i mas lukaot blong no stap mekem apostasi. Yu save protektem yuwan long apostasi taem yu kipim olgeta kavenan, obei long olgeta komanmen, folem ol lida blong Jos, tekem sakramen, o taem yu stap gohed blong mekem testemoni blong yu i strong moa tru long fasin blong stadi evri dei long olgeta skripja, prea mo givim seves.

Sam moa skripja: Aesea 24:5; Amos 8:11–12; Matiu 24:4–14; Oi Wok 20:28–30; Seken Timoti 3:1–5, 14–15; 4:3–4; 1 Nifae 13:24–29; Momon 1:13–14; D&C 1:15–17; Joseph Smith—History 1:17–19

Luk tu long Jos Administresen; Prishud; Restoresen blong Gospel

Aposol (*Luk long Jos Administresen; Profet*)

Aronik Prishud

Taem Profet Josef Smit i bin transletem Buk blong Momon, hem i faenem we buk i tokbaot baptaes blong kam klin aot long sin. Long 15 Mei 1829, hem mo man we i stap raet blong hem, Oliva Kowdri, i bin go long bus blong askem Lod long saed blong baptaes. Taem tufala i bin stap prea, “wan mesenja we i kam long heven i bin kam daon long wan klaod blong laet.” Mesenja ia hem i Jon Baptaes, profet we i bin baptaesem Jisas Kraes plante senturi bifo. Jon Baptaes, we naoia i laef bakegen long ded, i bin putum ol han blong hem antap long hed blong Josef mo Oliva mo i bin givim Aronik Prishud long wanwan long tufala; Aronik Prishud ia, i bin lus long wol ia long taem blong Bigfala Apostasi. Wetem atoriti ia, Josef mo Oliva, tufala i save baptaesem wanwan long tufala bakegen. (Luk long 32667, smol heding namba 7, “Prishud i Kambak Bakegen” paragraf 1)

Long Jos tedei, plante memba blong jos we oli ol man mo oli klin inaf, oli save kasem Aronik Prishud stat long 12 yia. Oli gat plante janis blong tekem pat long ol tabu prishud odinens mo tu blong givim seves. Taem oli klin inaf mo stap fulfilim ol diuti

blong olgeta, oli mekem ol wok ia long nem blong Lod blong helpem ol narafalawan blong kasem ol blesing blong gospel.

Ol ofis insaed long Aronik Prishud oli bisop, pris, tija, mo dikon. Wetem raet blong prisaeding prishud lida (we i bisop o branj presiden), ol dikon oli stap pasem sakramen. Oli helpem bisop o branj presiden blong lukluk long ol memba blong Jos taem oli givim seves blong olgeta, mo taem oli givhan wetem ol wok blong wol ia olsem blong kolektem ol fast ofring. Ol tija oli save mekem evri wok we ol dikon oli mekem, mo tu, oli gat ol janis blong givim seves. Oli rere long bred mo wota blong sakramen mo oli givim seves olsem ol hom tija. Ol pris oli mekem evri wok we ol dikon mo ol tija oli mekem. Wetem raet blong prisaeding prishud lida, oli save blesem sakramen, mekem baptaes, mo odenem ol narawan long ol ofis blong pris, tija mo dikon.

Aronik Prishud, oli ademap long hae prishud, we oli stap singaotem tu Melkesedek Prishud (luk long D&C 107:14). Plante taem, oli singaotem prishud ia olsem prishud we i mekem wan i rere long hae prishud. Taem wan we i gat prishud i givim seves long Aronik Prishud, hem i stap mekem hemwan i rere blong kasem Melkesedek Prishud, blong kasem ol blesing blong tempol, blong go long wan fultaem misin, blong stap olsem wan hasban mo papa we i gat lav, mo blong gohed blong givim seves long Lod long ful laef blong hem.

Luk tu long Melkesedek Prishud; Prishud

Atonmen blong Jisas Kraes

Toktok ia *pem praes* i minim blong joenem bakegen, o blong putumbak pis. Tru long Atonmen blong Jisas Kraes, yumi save joen bakegen wetem Papa long Heven (luk long Rom 5:10–11; 2 Nifae 25:23; Jakob 4:11). Long en, yumi save stap long ples blong Hem blong oltaem, taem yumi kam stret evriwan tru long Jisas (luk long D&C 76:62, 69).

Jisas Kraes “i bin mekem [Hemwan i] rere stat long stat blong wol, blong pemaot ol pipol blong [Hem]” (Ita 3:14). Long spirit wol blong laef bifo laef long wol ia, Papa long

Heven i bin presentem plan blong sevem man we i no save finis, we i nidim wan Atonmen we i no gat en mo i no save finis. Jisas, long taem ia, we i no gat mit mo bun, we oli bin save Hem long taem ia olsem Jehovah, i talem wetem tingting we i stap daon se bae Hem i mekem tingting blong Papa blong Hem blong fulfilim plan ia (luk long Moses 4:2). Mekem se, oli bin odenem fastaem finis blong Hem i mekem Atonmen ia—blong kam long wol, blong safa panismen from ol sin blong yumi, blong ded long kros, mo blong laef bakegen long ded. Hem i kam olsem Smol Sipsip we oli bin kilim ded Hem long stat blong wol ia (Revelesen 13:8; luk tu long Fas Pita 1:19–20; Moses 7:47).

Atonmen i bigfala wei we Papa long Heven i soemaot lav blong Hem long yumi (luk long Jon 3:16). Mo tu, hem i bigfala wei we Sevya i soemaot lav blong Hem long Papa mo long yumi (luk long Jon 14:28–31; 15:9–13; 1 Jon 3:16; D&C 34:3; 138:1–4).

Nid blong Yumi blong Gat Atonmen

From we oli ol laen blong Adam mo Iv, evri pipol oli filim ol samting we i hapen from foldaon blong Adam. Yumi evriwan bae i go tru long ded blong spirit, mo yumi aot long ples we God i stap long hem, mo yumi evriwan bae i save ded, we i ded long saed blong bodi (luk long Alma 42:6–9; D&C 29:41–42).

Long ples ia we yumi stap long hem, bae yumi fesem samting we i kam agensem yumi mo yumi fesem temtesen. Taem yumi foldaon long temtesen, yumi mekem yumi go longwe long God mo yumi no save kasem glori blong Hem (luk long Rom 3:23).

Jastis we i blong taem we i no save finis i mekem se bae wanem i kamaot from foldaon blong Adam bae i mas stap blong mekem se yumi mas kasem panismen from ol samting we yumi mekem i rong. Sapos i no gat Atonmen, bae ded blong spirit mo bodi bae i stap olsem wan fanis o wan samting we bae i stap bitwin yumi mo God. From se yumi no save sevem yumiwan long foldaon blong Adam, o long ol sin blong yumiwan, bambae yumi seperet oltaem long Papa long Heven, from se i no gat eni

samting we i no klin we i save kam stap long ples blong Hem (luk long Moses 6:57).

Wan wei nomo we bae yumi save sef i blong wan narafala man i kam blong sevem yumi. Yumi nidim wan we i save mekem wanem we jastis i askem—wan blong stanap long ples blong yumi blong pemaot sin blong foldaon mo pem praes blong ol sin blong yumi. Jisas Kraes i Hemwan nomo we i bin save mekem kaen sakrifaes ia.

Jisas Kraes, Wan Hop Ia Nomo blong Yumi

Stat long stat blong Kriesen blong wol, Sevyia i bin wan hop ia nomo blong yumi blong yumi gat pis long wol ia, mo long laef we i no save finis long wol we bae i kam (luk long D&C 59:23).

Hem nomo i bin gat paoa blong givimaot laef blong Hem mo tekem laef ia bakegen. Aot long mama blong Hem blong wol ia, Meri, Hem i kasem wan bodi we i save ded. Aot long Papa blong Hem we i no save ded, Hem i kasem paoa blong winim ded. Hem i talem “Papa blong mi, hem i stamba blong laef, mo long sem fasin, hem i mekem we mi tu mi stamba blong laef” (Jon 5:26).

Hem nomo i save pemaot yumi from ol sin blong yumi. God Papa i bin givim paoa ia long Hem (luk long Hileman 5:11). Sevyia i bin save kasem paoa ia mo mekem Atonmen from se Hem i bin kipim Hem i fri long sin. Hem i bin safa mo fesem ol temtesen be Hem i no bin foldaon long olgeta temtesen ia (luk long D&C 20:22). From we Hem i bin laef long wan laef we i stret evriwan, we i no gat sin, Hem i bin fri long ol loa blong jastis. From se Hem i bin gat paoa blong pemaot man, mo from se Hem i no gat kaon wetem jastis, Hem i bin save pem kaon blong olgeta we oli sakem sin.

Hem i save askem Papa blong luk long ol safaring blong Hem mo ded blong Hem—ol safaring mo ded blong Hem we i no bin mekem sin, we Papa i bin glad tumas long Hem. Hem i save askem Papa blong luk blad blong Hem we i bin ron—

blad blong Pikinini, we Papa nomo i bin givim blong Hemwan i save gat glori.

Hem i save askem Papa blong i givim laef long olgeta we oli bilif long nem blong Hem, blong oli save kam long Hem mo kasem laef we i no save finis. (Luk long D&C 45:4–5.)

I tru, “i no gat wan narafala nem we bae oli givim, o wan narafala wei, o fasin we fasin blong sevem man i save kam long ol pikinini blong ol man, tru long nem blong Kraes nomo, Lod we i gat Ol Paoa” (Mosaea 3:17).

Sakrifaes we I Pemaot Man

Sakrifaes blong Jisas we i pemaot man i bin tekem ples long Garen blong Getsemane mo antap long kros blong Kalvari. Long Getsemane, Hem i bin putum Hemwan blong folem tingting blong Papa mo i bin stat blong tekem ol sin blong evri pipol long Hemwan. Hem i bin talemaot sam samting we Hem i bin gotru long Hem taem Hem i bin stap pem praes from sin blong yumi.

Hem i bin talem se Hem i bin safa ol samting ia from yumi evriwan, blong mekem se yumi no stap safa taem yumi sakem sin.

Be sapos yumi no sakem sin, yumi mas safa semmak olsem we Hem bin safa, wan safaring we i bin mekem Hem—we i God, i hae bitim evriwan—i seksek from se Hem i bin harem soa long bodi blong Hem, blad blong Hem i bin ronaot long evri hol blong skin blong Hem, i bin safa tugeta long saed blong bodi mo spirit, mo Hem i bin askem blong Hem i no drink long kap ia we i konkon mo foldaon.

Nating long hemia, Hem i bin givim glori long Papa blong Hem. Hem i bin tekem pat mo Hem i bin mekem ol samting i rere long yumi (luk long D&C 19:16–19; luk tu long Luk 22:44; Mosaea 3:7).

Sevya i bin gohed blong safa from ol sin blong yumi taem Hem i bin letem blong oli hangem Hem long kros—oli bin “leftemap hem long kros mo oli bin kilim hem i ded from ol sin blong wol ia” (1 Nifae 11:33).

Antap long kros, Hem i bin letem Hemwan i ded. Afta, oli bin putum bodi blong Hem i silip long wan hol blong ston kasem taem we Hem i bin laef bakegen long ded mo i kam “faswan we i laef bakegen” (Fas Korin 15:20). Tru long ded blong Hem mo taem we Hem i Laef Bakegen long Ded, Hem i winim ded long saed blong bodi blong yumi evriwan. Afta Hem i bin talem:

“Mi bin kam long wol blong mekem wanem we Papa blong mi i wantem, from Papa blong mi i bin sendem mi.

“Mo Papa blong mi i bin sendem mi blong oli save leftemap mi long kros; mo afta we oli bin leftemap mi long kros, blong mi save pulum evri man i kam long mi, se olsem we ol man i bin leftemap mi, long sem fasin bae Papa i leftemap ol man, blong stanap long fored blong mi, blong kasem jajmen blong ol wok blong olgeta, sapos oli gud o sapos oli nogud—

“Mo from stamba tingting ia, oli bin leftemap mi; taswe, folem paa blong Papa, bae mi pulum evri man i kam long mi blong oli save kasem jajmen folem ol wok blong olgeta.

“Mo bae i kam blong hapen, se eni man we i sakem sin mo i kasem baptaes long nem blong mi bae i kam fulap; mo sapos hem i stap strong kasem en, luk, hem bae mi talem se hem i no gat rong long fored blong Papa blong mi long dei we bae mi stanap blong jajem wol” (3 Nifae 27:13–16).

Fasin blong Pemaot Ful Wol long Foldaon

Tru long Atonmen, Jisas Kraes i pemaot evri man long wanem i kamaot from Adam i bin foldaon. Evri pipol we bae oli bin laef long wol ia, o bambae oli laef long wol ia bae oli laef bakegen long ded mo bae oli kam long fored blong God, blong God i jajem olgeta (luk long 2 Nifae 2:5–10; Hileman 14:15–17). Tru long presen blong sore mo gladhat blong Sevya we i pemaot man, bambae yumi evriwan i kasem presen ia blong nomo save ded mo blong laef blong oltaem wetem ol bodi blong glori we i laef bakegen long ded.

Fasin blong Sevem Yumi long Ol Sin blong Yumi

Nomata yumi sef finis long wanem i kamaot from Adam i bin foldaon, yet bae yumi mas ansa from ol sin blong yumiwan. Be yumi save kasem fogivnes mo kam klin long doti blong sin sapos yumi yusum “atonmen mo blad blong Kraes” (Mosaea 4:2). Yumi mas yusum mo soem fet long Jisas Kraes, sakem sin, mo baptaes blong kam klin long sin, mo kasem Presen we i Tabu Spirit. Alma i bin givim kaonsel ia:

“Yufala i mas sakem sin, mo yufala i mas bon bakegen; from Spirit i talem se sapos yufala i no bon bakegen, yufala i no save kasem kingdom blong heven; taswe yufala i kam mo kasem baptaes blong sakem sin, blong yufala i save wasemaot ol sin blong yufala, blong mekem se yufala i gat fet long Smol Sipsip blong God, we i tekemaot ol sin blong wol, we i strong blong sev mo blong wasemaot evri fasin ia we i no stret” (Alma 7:14).

Presen blong Laef we I No Save Finis

Sevya i bin talem se laef we i no save finis i presen we i moa bigwan bitim evri narafala presen blong God (luk long D&C 14:7). Blong winim laef we i no save finis, hem i blong stap klin inaf blong stap long ples we God i stap long hem, blong kasem wan ples long digri blong selestial kingdom we i moa hae bitim ol narafalawan. Presen ia i stap nomo tru long Atonmen blong Jisas Kraes. Momon i bin talem: “Mo hem i wantem we bae yufala i gat hop from? Luk mi talem long yufala se bae yufala i gat hop tru long atonmen blong Kraes mo paoa blong laef bakegen blong hem, blong girap long laef we i no save finis, mo hemia i from fet blong yufala long hem, folem promes” (Moronae 7:41).

Blong kasem presen ia, yumi mas folem sam kondisen. Yumi mas yusum fet long Jisas Kraes, sakem sin blong yumi, mo stap fetful blong stanap strong kasem en. Yumi mas kasem ol odinens blong sevem man; baptaes, Presen we i Tabu Spirit, odinens blong Melkesedek Prishud (blong ol man), mo kasem

endaomen mo mared siling long tempol. Taem yumi kasem ol odinens ia mo yumi stap kipim ol kavenan we i go wetem, yumi kam long Kraes mo long en, yumi kasem presen blong laef we i no save finis (luk long Ol Toktok blong Bilif 1:3).

Long fasin blong Hem blong gat jastis mo sore, Lod i givim laef we i no save finis tu long evriwan we i bin ded be i no bin save gospel, be sapos oli stap long wol bae oli save akseptem gospel ia; mo tu Hem i givim long evri pikinini we oli bin ded bifo oli kasem yia we oli inaf blong ansa from ol aksen blong olgeta (luk long D&C 137:7, 10).

Sevya i invaetem yumi evriwan blong kasem laef we i no save finis: "Hem i sendemaot wan toktok long evri man blong kam, from ol han blong sore i stretem i go long olgeta, mo hem i talem: Sakem sin, mo bae mi tekem yufala. Yes, hem i talem: Kam long mi mo bae yufala i save kakae frut blong tri blong laef; Yes bae yufala kakae mo dring bred mo ol wota blong laef fri nomo" (Alma 5:33–34).

Faenem Pis mo Hiling Tru long Atonmen

Ol blesing blong Atonmen blong Sevya oli stap kasem taem we i no save finis, be oli kam tu long laef ia. Taem yu kam long Kraes, bae yu save glad ia blong stap klin long fored blong Lod. Bae yu save talem bakegen ol toktok blong Alma, we afta we hem i bin mekem plante sin mo i bin mekem plante samting agensem jos, i bin gotru long rod blong sakem sin we hem i bin harem nogud long hem be i bin hilim hem. Afta we hem i bin kasem fogivnes, hem i bin testifae olsem:

"Mi nomo save tingbaot ol soa blong mi; yes, mi nomo bin tingbaot ol sin blong mi we oli bin givim hadtaem long mi.

"Mo, o, glad ia we mi gat, mo gudfala laet ia we mi bin luk; yes sol blong mi i bin fulap long glad, we i bigfala olsem soa blong bodi blong mi!

"... I no save gat eni samting we i dip tumas mo konkon tumas olsem we ol soa blong bodi blong mi. ... long narafala saed, i no save gat eni samting we i dip mo swit olsem we glad blong mi i bin stap" (Alma 36:19–21).

Antap long fasin blong pemaot man long harem nogud blong sin, Sevyia i stap givim pis long ol taem blong tes. Olsem pat blong Atonmen blong Hem, Jisas i bin tekem long Hemwan ol soa blong bodi, ol sik, mo ol harem nogud blong evri pipol (luk long Alma 7:11–12). Hem i andastanem safaring blong yu from se Hem i bin gotru long hem. Wetem stret andastaning ia, Hem i save stret olsem wanem blong givhan long yu. Yu save “putum ol trabol blong [yu] long han blong hem, from we oltaem hem i stap tingbaot [yu]” (Fas Pita 5:7).

Tru long fet mo fasin blong yu blong stap stret mo gud, mo tru long sakrifaes blong Hem we i pemaot man, evri samting we i no stret we oli mekem long yu, evri soa we yu kasem, evri harem nogud blong laef ia, evri samting ia Hem i bin pemaot mo bae Hem i mekem i stret. Ol blesing we yu no save kasem long laef ia, bae yu kasem olgeta long ol taem we i no save finis. Mo nomata we bae Hem i no save karemaot evri harem nogud blong yu naomia, bambae Hem i blesem yu wetem kamfot mo andastaning, mo wetem paoa blong “karem ol hevi samting blong [yu] i isi nomo” (Mosaea 24:15).

“Yufala evriwan we yufala i stap hadwok tumas, mo we yufala i karem ol hevi samting, yufala i kam long mi,” Sevyia i talem, “nao mi bambae mi tekemaot ol hevi samting ya, mi mekem we yufala i spel gud” (Matiu 11:28). Long wan narafala taem bakegen, Hem i bin promesem pis ia we Hem bae i givim, mo Hem i talem, “Long wol ya bambae yufala i harem nogud tumas. Be yufala i no fraet. Mi mi winim paoa blong olgeta samting blong wol ya finis” (Jon 16:33). Ol promes ia oli ol promes blong Atonmen, long laef ia mo truaot long taem we i no save finis.

Sam moa skripja: Aesea 49:13–16; 53; Matiua 26–28; Mak 14–16; Luk 22–24; Jon 10:14–15; 11:25–26; 14:6; 15:13; 19–20; Fas Korin 15:20–22; Hibrus 4:14–16; 1 Jon 1:7; 1 Nifae 10:6; 2 Nifae 2:1–10; 9; 25:23–26; Jakob 4:12; Mosaea 3:1–19; Alma 22:14; 34:5–18; 42; Hileman 5:9–12; 14:13–19; 3 Nifae 9:14–22; 27:13–22; Momon 9:10–14; Ita 12:27, 41; Moronae 8:5–26; 10:32–33; D&C 18:10–12; 19:15–24; 20:17–34; 45:3–5; 76:40–43; Moses 1:39

Luk tu long Baptaes; Ded, blong Bodi; Ded, blong Spirit; Laef we I No Save Finis; Fet; Foldaon; Fogivnes; God Papa; Gospel; Jastis; Kingdom blong Glori; Sore; Odinens; Plan blong Fasin blong Sevem Man; Fasin blong Sakem Sin; Laef Bakegen long Ded; Fasin blong Sevem Man

Baebol (*Luk long Skripja*)

Baptaes

Buk blong Momon i stap tokbaot wan grup blong ol pipol we oli bin lanem gospel mo oli bin baptaes long wan ples we oli singaotem Momon. Stat long taem blong baptaes blong olgeta, oli bin tekem se Momon i wan ples we i naes from se taem oli bin stap long ples ia, oli bin “save Ridima blong olgeta” (Mosaea 18:30). From we testimoni blong olgeta mo kavenan blong baptaes blong olgeta i bin mekem olgeta oli kam strong moa, nao oli bin stap fetful long Lod, mo tu oli bin stap fetful long taem blong bigfala tes (luk long Mosaea 23–24).

Semma olsem ol pipol insaed long stori ia blong Buk blong Momon, yu save stap glad taem yu stap tingbaot kavenan blong yu blong baptaes mo promes we Lod i bin mekem long yu. Yu save faenem paoa long odinens blong baptaes, nating sapos yu jes baptaes, o yu bin baptaes plante yia i pas finis.

Go Insaed long Rod we I Go long Laef we I No Save Finis

Baptaes i fas odinens blong gospel we i sevem man (luk long Ol Toktok blong Bilif 1:4). Tru long baptaes mo konfemesen tru long atoriti blong prishud, yu bin kam wan memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent.

Taem yu bin baptaes, yu bin soem we yu wantem blong folem eksampol blong Sevyia. Hem tu i bin baptaes nating we Hem i no bin gat sin. Olsem we Hem i bin eksplenem long Jon Baptaes, Hem i bin nidim blong kasem baptaes blong mekem se “evri samting we God i wantem, oli kamtru” (luk long Matiu 3:13–17).

Evriwan we i lukaotem laef we i no save finis i mas folem eksampol blong Sevyā; hem i mas kasem baptaes mo kasem presen we i Tabu Spirit. Profet Nifae i bin talem se Sevyā i bin soemaot long yumi se “get we bae [yumi] mas go tru long hem, hem i sakem sin mo baptaes long wota; mo afta i kam wan klin aot long ol sin blong [yumi] tru long faea mo tru long Tabu Spirit. Mo afta [yumi] stap long stret mo smol rod we i lid i go long laef we i no save finis” (2 Nifae 31:17–18). Bambiae yumi kasem laef we i no save finis sapos yumi stap strong kasem en, stap kipim ol kavenan blong yumi mo stap kasem ol odinens blong fasin blong sevem man.

Baptaes long Fasin blong Lod

Sevyā i bin soemaot tru fasin blong baptaes long Profet Josef Smit, mo i mekem i klia se odinens ia, wan we i gat prishud atoriti i mas mekem odinens ia mo oli mas mekem baptaes andanit long wota.

Hem i talem se wan man we God i singaotem hem mo i gat atoriti we i kam long Jisas Kraes blong mekem baptaes bae i go daon insaed long wota wetem man o woman we i wantem baptaes mo i talem, afta we hem i talem nem blong man o woman ia: “Jisas Kraes i bin givim raet ia long mi blong mi baptaesem yu long nem blong Papa, mo long nem blong Pikinini, mo long nem blong Tabu Spirit. Amen.”

Afta, hem we i gat prishud i draonem man o woman we i kasem baptaes insaed long wota, mo i pulum hem i kam antap bakegen aot long wota. (Luk long D&C 20:73–74.)

Fasin blong go insaed long wota i olsem wan saen blong ded blong laef blong sin blong wan man o woman, mo hem i bon bakegen long wan laef we i fulap long spirit, wan laef we i blong givim seves long God mo ol pikinini blong Hem. Hem i saen tu blong ded mo laef bakegen long ded. (Luk long Rom 6:3–6.)

Ol Smol Pikinini mo Baptaes

Aot long revelesen blong lata-dei, yumi save se sore blong Jisas Kraes i pemaot ol smol pikinini. Lod i bin talem se ol smol pikinini oli no save sin, from we Setan i no gat paoa blong temtem ol smol pikinini kasem taem we oli bigwan inaf blong save ansa long fored blong Lod (luk long D&C 29:46–47). Oli no kasem baptaes kasem taem oli kasem yia we i inaf blong oli ansa from aksen blong olgeta, we Lod i bin talem se hem i eit yia (luk long D&C 68:27; Joseph Smith Translation, Genesis 17:11). Sapos i gat wan we i talem se ol smol pikinini oli nid blong oli baptaes nao hem i “tanem baksaed long ol sore blong Kraes, mo i putum olsem nating atonmen blong hem mo paoa blong fasin blong hem blong pemaot man” (Moronae 8:20; luk long ol ves 8–19, 21–24).

Kavenan blong Yu blong Baptaes

Taem yu baptaes, yu mekem wan kavenan wetem God. Yu bin promes blong tekem nem blong Jisas Kraes long yuwan, blong obei ol komanmen blong Hem, mo blong givim seves long Hem kasem en (luk long Mosaea 18:8–10; D&C 20:37). Yu stap riniu long kavenan ia evri taem yu tekem sakramen (luk long D&C 20:77, 79).

Stap Tekem Nem blong Jisas Kraes long Yuwan. Taem yu tekem nem blong Jisas Kraes long yuwan, yu stap luk yuwan olsem we yu, yu wokman blong Hem. Yu putum Hem mo wok blong Hem fastaem insaed long laef blong yu. Yu stap lukaotem samting we Hem i wantem be i no wanem nao yu yu wantem o wanem nao wol i stap tijim yu blong wantem.

Long Buk blong Momon, King Benjamin i stap eksplenem from wanem hem i impoten blong tekem nem blong Sevyia long yumiwan:

“Mo long nem ia yufala i kam fri, mo i no gat wan narafala nem we i save mekem yufala i fri tru long hem. Fasin blong sevem man i no save kam tru long wan narafala nem; taswe mi wantem se yufala i tekem long yufala nem blong Kraes, yufala

evriwan we i bin mekem kavenan ia wetem God se bae yufala i obei kasem en blong ol laef blong yufala.

“Mo bae i kam blong hapen se eni man we i mekem samting ia, bae i gat wan ples blong hem long raet han blong God, from bae hem i save nem ia we bae oli yusum blong singaotem hem long nem blong Kraes.

“Mo nao bae i hapen se, eni man we bae i no tekem long hem nem blong Kraes, oli mas singaotem hem long sam narafala nem; taswe, hem i faenem hem long lef han blong God” (Mosaea 5:8–10).

Stap Obei long Olgeta Komanmen. Kavenan blong yu blong baptaes i givim ful laef blong yu blong kam long kingdom blong God, blong yu seperet long wol mo stanap olsem wan witnes “evri taem mo long evri samting, mo long evri ples” (Mosaea 18:9). Ol hadwok blong yu blong stanap olsem wan witnes blong God, hem i evri samting we yu stap mekem o talem. Traehad blong tingbaot mo obei ol komanmen blong Lod. Mekemsua se ol tingting blong yu, toktok mo aksen blong yu oli klin gud. Taem yu stap lukaotem entetenmen, olsem ol muvi, televisen, Intanet, miusik, buk, magasin, mo niuspepa, yu mas lukaotgud blong yu lukluk, lisin, mo ridim nomo ol samting we bae oli bildimap yu. Dresap gud. Jusum ol fren we bae oli leftemap tingting blong yu blong yu kasem ol gol we i no save finis. Stap longwe long rabis fasin, ponografi (rabis buk mo muvi), fasin blong plei mane, tabak, alkohol (strong dring), mo ol drag we loa i blokem. Mekem yu klin inaf blong go long tempol.

Givim Seves long Lod. Komanmen ia blong yu seperet long wol i no minim se bae yu nomo stap miks wetem ol narafala. Pat blong kavenan blong baptaes i blong givim seves long Lod, mo yu stap givim seves long Hem long bes wei taem yu stap givim seves long ol narafala man. Taem profet Alma i bin tijim abaot kavenan blong baptaes, hem i bin talem se bae yumi mas “glad blong karem ol hevi samting blong wanwan long yumi, blong mekem se oli nomo hevi” mo se bae yumi “glad blong krae wetem olgeta we oli krae ... mo leftemap

tingting blong olgeta we oli nidim fasin blong leftemap tingting” (Mosaea 18:8–9). Stap kaen mo gat respek long evri pipol, mo stap folem eksampol blong Jisas Kraes long fasin we yu stap mekem long ol narafala man.

Ol Blesing blong Baptaes we Oli Promesem

Taem yu stap kipim kavenan we yu bin mekem long baptaes, Lod bae i blesem yu from we yu bin fetful. Sam long ol blesing we bae yu kasem oli blong yu gat Tabu Spirit i stap olsem kompanion blong yu oltaem, blong yu kam klin aot long ol sin blong yu, mo blong yu gat janis blong bon bakegen long saed blong spirit.

Tabu Spirit I Kompanion blong Yu Oltaem. Afta we yu bin baptaes, wan o moa long wan man we oli kasem Melkesedek Prishud oli bin putum han blong olgeta antap long hed blong yu mo oli bin givim yu presen we i Tabu Spirit. Presen ia i givim raet long yu blong gat Tabu Spirit olsem kompanion oltaem, sapos yu stap klin inaf. Blong gat Tabu Spirit i stap olsem kompanion blong yu oltaem i wan long ol blesing we i moa hae bitim ol narafala blesing we yu save kasem long wol ia. Bae Spirit i lidim yu long ol rod blong stret mo gud fasin mo pis, i lidim yu i go long laef we i no save finis.

Kam Klin Aot long Ol Sin. From se yu bin baptaes, yu save kam klin aot long ol sin blong yu. Long narafala toktok, Sevyas, tru long sore blong Hem, i save fogivim yu. Wetem blesing ia, yu save gat raet blong laef wetem Papa long Heven.

Blong kam klin aot long ol sin blong yu, yu mas yusum fet long Jisas Kraes, stap tru taem yu sakem sin, mo traehad blong obei oltaem long olgeta komanmen. Profet Momon i bin tijim “ol fasfala frut blong fasin blong sakem sin i baptaes; mo baptaes i kam tru long fet we i mekem i hapen ol komanmen; mo taem we ol komanmen i hapen, i karem i kam fasin blong kam klin aot long ol sin” (Moronae 8:25). Yu “holem taet fasin blong kam klin aot long sin” taem yu gohed blong putum tingting blong yu i stap daon long fored blong God, yu singaotem Hem evri dei tru

long prea, yu stanap strong long fet, mo yu givim seves long ol-geta we oli stap long nid (luk long Mosaea 4:11–12, 26).

Blong Bon Bakegen. Tru long ol odinens blong baptaes mo konfemesen, yu bin bon bakegen long wan niufala laef. Sevyia i bin talem long Nikodimas “[sapos] man i no bon long wota mo long Tabu Spirit, bambae hem i no save kam we God i King blong hem.” (Jon 3:5). Semmak olsem we wan smol pikinini i bon i kam long wol ia, yu statem wan niufala laef taem yu mekem kavenan blong baptaes. Yu save gro long saed blong spirit mo yu save kam olsem Sevyia taem yu kipim kavenan blong yu blong baptaes, yu tekem sakramen blong riniu long kavenan ia, mo yu sakem ol sin blong yu. Aposol Pol i bin tijim se taem yumi baptaes, yumi mas “wokbaot long niufala laef ia” (Rom 6:4).

Stap Strong Kasem En

Naoia we yu baptaes mo kasem presen we i Tabu Spirit, yu mas gohed long stret mo gud fasin, from se ol odinens ia oli makem stat nomo blong rod blong yu we i gobak long Papa long Heven blong yu. Profet Nifae i bin tijim:

“Afta we yufala i bin kam long stret mo smol rod ia, bae mi askem yufala sapos evri samting i finis? Luk, mi talem long yufala, No, from yufala i no bin kam long ples ia we i longwe tu-mas sapos i no tru long toktok blong Kraes wetem strong fet we i no seksek long hem, yufala i hang fulwan long ol gud wok blong hem, we i strong blong sev.

“From samting ia, yufala i mas wokbaot fored wetem strong bilif long Kraes, wetem wan stret mo klin hop, mo wan lav blong God mo blong evri man. From samting ia, sapos yufala i gohed strong, kakae gud long toktok blong Kraes, mo stap strong kasem en, luk olsem ia nao Papa i talem: Bae yufala i kasem laef we i no save finis” (2 Nifae 31:19–20).

Sam moa skripja: Ol Wok 2:37–38; 2 Nifae 31:4–13; Alma 7:14–16; 3 Nifae 11:18–41; 27:13–22; D&C 39:5–6, 10; 76:50–53

Luk tu long Fet; Tabu Spirit; Fasin blong Obei; Prishud; Fasin blong Sakem Sin; Sakramen

Bisop (*Luk long Jos Administresen*)

Bon Bakegen (*Luk long Baptaes; Fasin blong Jenisim Laef; Fasin blong Sevem Man*)

Buk blong Momon (*Luk long Skripja*)

Ded, blong Bodi

Ded blong bodi i taem spirit i seperet long bodi blong man long wol ia. Foldaon blong Adam i mekem se bodi blong yumi i save ded long wol ia (luk long Moses 6:48).

Ded i wan impoten pat blong plan blong Papa long Heven blong sevem man (luk long 2 Nifae 9:6). Blong save kam olsem Papa blong yumi we I No Save Finis, yumi mas gotru long ded, mo afta kasem ol bodi we oli stret evriwan, we oli laef bakegen long ded.

Taem bodi blong man i ded, spirit i gohed blong laef. Long spirit wol, ol spirit blong olgeta we oli stret mo gud “oli kasem wan ples blong glad, we oli singaotem paradaes, wan ples blong spel, wan ples blong pis, long ples ia bae oli spel long ol trabol mo ol wari, mo ol harem nogud blong olgeta” (Alma 40:12). Wan ples we oli singaotem spirit kalabus i stap blong olgeta we oli bin ded wetem ol sin blong olgeta mo oli no bin save trutok, o, oli bin sin from se oli no bin wantem lisin long olgeta profet (luk long D&C 138:32). Oli stap tijim ol spirit long kalabus abaot fet long God, fasin blong sakem sin, fasin blong kasem baptaes tru long proksi blong oli kam klin aot long sin, presen we i Tabu Spirit taem man i putum han antap long hed blong man, mo ol narafala prinsipol blong gospel we i nid blong oli save (luk long D&C 138:33–34). Sapos oli akseptem ol prinsipol blong gospel, sakem ol sin blong olgeta, mo akseptem ol odinens we oli bin mekem long bihaf blong olgeta insaed long ol tempol, bae oli save go long paradaes.

From Atonmen mo Laef Bakegen long Ded blong Jisas Kraes, ded blong bodi i wan samting blong sot taem nomo:

“Olgeta man we oli joen long Adam oli save ded, mo long sem fasin, olgeta man we oli joen long Kraes oli save laef bakegen long ded” (Fas Korin 15:22). Evriwan bae i laef bakegen long ded, we i minim se spirit blong evri man bae i joen bakegen wetem bodi blong hem—“evri samting bae oli kambak bakegen long ol raet mo stret ples blong olgeta” mo bae oli nomo save ded bakegen (Alma 40:23; luk tu long Alma 11:44–45).

Ating yu bin go tru long harem nogud we i kam long taem blong ded blong wan memba blong famle o fren. Hem i stret nomo blong filim nogud long ol taem olsem. I tru, blong krae i wan bigfala wei blong soemaot lav. Lod i bin talem se yumi mas laef tugeta wetem lav, semmak olsem we yumi krae from we yumi lusum olgeta we oli ded” (luk long D&C 42:45). Wan wei nomo blong tekemaot harem nogud long taem blong ded i blong tekemaot lav long laef.

Nomata we yu stap krae from olgeta we yumi lavem we oli ded finis, yu save kasem kamfot long promes blong laef bakegen long ded, mo long stret save ia se ol famle oli save stap tugeta blong oltaem. Yu “save luk bigfala stamba tingting blong sore, mo tu blong glad—sore from ded mo smasgud long medel blong ol man, mo glad from laef blong Kraes i go kasem laef” (Alma 28:14; luk tu long ol ves 9–13).

Antap long kamfot we yu kasem taem wan we yu lavem i ded, yu save stap long pis wetem save ia se bae yu tu, bae yu ded samtaem. Taem yu laef folem gospel, yu save tingbaot promes blong Lod se olgeta we oli joen long Hem mo ded, bae oli no save testem ded, from ded ia bae i swit long olgeta (luk long D&C 42:46).

Sam moa skripja: Aesea 25:8; Fas Korin 15:51–58; 2 Nifae 9:6–15; Mosaea 16:6–8

Luk tu long Atonmen blong Jisas Kraes; Paradaes; Plan blong Fasin blong Sevem Man; Laef Bakegen long Ded

Ded, blong Spirit

Ded blong spirit, i taem yumi seperet long God. Ol skripja oli tijim tu stamba blong ded long saed blong spirit. Faswan, hem i Foldaon blong Adam, mo nambatu, hem i taem yumiwan i no obei.

Profet blong Buk blong Momon Samuel i bin tijim, “evri man tru long foldaon blong Adam, God i bin katemaot olgeta, oli olsem se oli ded, long saed blong ol samting blong wol ia tugeta wetem blong spirit” (Hileman 14:16). Long taem blong laef blong yumi long wol ia, yumi seperet long ples blong God. Tru long Atonmen, Jisas Kraes i pemaot evriwan long ded blong spirit ia. Samuel i bin testifae se taem Sevya i bin laef bakegen long ded, Hem i bin “pemaot evri man long fas ded—ded ia blong spirit. ... Be luk, laef bakegen blong Kraes i pemaot man, yes, hem i evri man, mo i karem olgeta bak long fes blong Lod” (Hileman 14:16–17). Profet Lihae i bin tijim se from Atonmen, “olgeta evriwan i kam long God; from samting ia, oli stanap long fes blong hem, blong kasem jajmen long hem, folem trutok mo tabu fasin we i stap long hem” (2 Nifae 2:10).

Mo tu, ded long saed blong spirit i kam from se yumi no obei. Ol sin blong yumi oli mekem yumi no klin mo yumi no save stap long ples blong God (luk long Rom 3:23; Alma 12:12–16, 32; Hileman 14:18; Moses 6:57). Tru long Atonmen, Jisas Kraes i givim rod we i pemaot yumi long ded blong spirit ia, be nomo sapos yumi yusum fet blong yumi long Hem, yumi sakem ol sin blong yumi, mo yumi obei long ol prinsipol mo odinens blong gospel (luk long Alma 13:27–30; Hileman 14:19; Ol Toktok blong Bilif 1:3).

Sam moa skripja: 1 Nifae 15:33–35; Alma 40:26; 42:23

Luk tu long Atonmen blong Jisas Kraes; Fet; Foldaon; Fasin blong Obei; Fasin blong Sakem Sin; Sin

Ded blong Spirit (*Luk long* Ded, blong Spirit)

Devel

Devel (*Luk long Setan*)

Divos

Insaed long “Famle: Wan Ofisol Toktok I Go long Wol,” Fas Presidensi mo Kworom blong Olgeta Twelef Aposol “i stap talemaot tabu tok ia se mared bitwin man mo woman hem i wan samting we God i givim wetem paoa mo atoriti, mo famle hem i stamba blong plan blong Krieta, blong ol pikinini blong Hem oli save gobak stap long ples blong ol kasem taem we i no save finis” (luk long pej 29 blong buk ia). Nomata ol trutok ia oli stap, divos i kam wan samting we plante man i mekem long plante sosaeti mo i kam antap tu long medel blong ol memba blong Jos. Rabis problem ia i no blong God, be i wok blong enemy.

Wanwan mared kapol i mas wok tugeta blong stap klin inaf blong kasem ol blesing blong laef we i no save finis. Sapos yu mared, mo yu mo waef blong yu i gat hadtaem, tingbaot se meresin blong plante hadtaem blong mared i no blong divos, o blong seperet. Meresin i stap insaed long gospel blong Jisas Kraes—long fasin blong sakem sin, long fasin blong fogiv, long fasin blong stap tru mo strong, mo long lav. Yu save faenem meresin ia taem yu mekem gud long waef blong yu semmak olsem we yu wantem blong hem i mekem long yu (luk long Matiu 7:12). Taem yutufala i stap wok blong stretem ol problem we oli stap, yutufala i mas wok tugeta blong kasem kaonsel we i kam long bisop blong yutufala o long branj presiden blong yutufala.

Luk tu long Jareti; Famle; Lav; Mared; Tempol

Dikon (*Luk long Aronik Prishud; Prishud*)

Doctrine and Covenants (*Luk long Skripja*)

Drag (*Luk long Tok blong Waes*)

Edukesen

Lod i bin komandem yumi blong yumi mas lanem samting tru long fasin blong stadi, mo tu, tru long fasin blong gat fet (luk long D&C 88:118). Hem i bin givim kaonsel long yumi blong yumi lanem gospel mo blong andastanem ol samting we i blong heven, mo blong wol, mo blong andanit long wol; blong yumi andastanem ol samting we i bin pas finis, ol samting we oli stap hapen naoia, mo ol samting we bae oli mas hapen; blong yumi andastanem ol samting we oli stap long hom, mo ol samting we oli stap ovasi; abaot ol wo mo blong wari blong ol nesen mo abaot ol jajmen we oli stap long kantri; mo blong kasem wan save tu abaot ol kantri mo ol kingdom—blong yumi save rere long saed blong evri samting (luk long D&C 88:78–80).

Skul mo Profesenol Trening

Oltaem yu mas wok blong tijim maen mo han blong yu blong mekem se yu save gat sakses long wanem wok yu bin jusum. Yusum edukesen blong yu blong gat paoa blong mekem gud raon long yu. Taem yu mekem olsem, bae oli kam blong save yu olsem wan man o woman we i stap tru mo strong. Bae yu rere long ol janis we bae oli kam long fored blong yu, mo bae yu stap olsem wan gudfala tul long famle blong yu, Jos, mo komuniti blong yu.

Lukaotem skul we i moa gud we yu save go long hem. Sam long ol skul ia oli ol kolej, ol yunivesiti, ol hom stadi kos, ol komuniti edukesen, mo praevet skul.

Seminari mo Institiut

Raon long wol, ol Lata-dei Sent we yia blong olgeta i stat long 14 kasem 18 oli tekempat long seminari, we i givim instraksen, long ol dei blong wik, we i kamaot long olgeta skripja. Ol institiut blong relijin oli givim ol kos, long dei blong wik, abaot ol defren gospel topik blong ol Lata-dei Sent we yia blong olgeta i stat long 18 i go kasem 30.

Elda

Ol program ia oli givim wan ples long saed blong spirit mo sosol, we ol studen oli save kam tugeta mo long sem taem oli lanem moa abaot gospel.

Blong gat moa infomesen abaot seminari mo instituiut, kontaktem wan lokol prishud lida.

Lanem Samting long Ful Laef blong Yu

Gohed blong lukaotem ol janis blong kasem edukesen long ful laef blong yu. Hemia bae i helpem yu blong mekem save blong yu i stap long stret standet long saed blong wok we yu bin jusum, mo tu, long saed blong ol narafala skil mo intres blong yu. Long wol ia we i stap jenis kwiktaem, yumi mas mekem taem blong tijim yumiwan from taem naoia mo from fiuja.

Antap long fasin blong mekem skul blong yu i go moa, yu save gohed blong lanem samting tru long fasin blong stap rid, taem yu stap go long ol kalja aktiviti we oli stret, mo taem yu visitim ol miusium mo ol ples we oli gat wan histri, mo taem yu stap lukluk gud long ol samting we oli stap raonabaot long yu.

Sam moa skripja: Ol Proveb 1:5; D&C 130:18–19

Elda (*Luk long Melkesedek Prishud; Prishud*)

Endaomen (*Luk long Tempol*)

Eria Atoriti Seventi (*Luk long Jos Administresen*)

Famle

Long 23 Septemba 1995, Presiden Godon B. Hinkli, namba 15 Presiden blong Jos, i bin ridim ofisol toktok ia long wan jeneral Rilif Sosaeti miting. Ofisol toktok ia we i kam long fasin we God i toktok long man, oli singaotem “Famle: Wan Ofisol Toktok I Go long Wol,” mo hem i stap naoia olsem wan stamba toktok abaot famle:

“Mifala, long Fas Presidensi mo Kaonsel blong Olgeta Twelef Aposol blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, i stap talemaot tabu tok ia se God i odenem mared bitwin man mo woman, mo famle hem i stamba blong plan blong Krieta, blong ol pikinini blong Hem oli save gobak stap long ples blong olgeta kasem taem we i no save finis.

“Evri famle blong man—man mo woman—oli mekem olgeta folem imej blong God. Wanwan long olgeta hem i wan spirit pikinini boe o spirit pikinini gel blong papa wetem mama long heven we oli laekem olgeta tumas, mo from we oli olsem wan spirit, wanwan long olgeta i gat gudfala fasin mo oli gat bigfala janis blong save kam olsem God. Blong stap olsem man o woman, hem i wan stamba samting we i save talem stret huia nao yumi olsem man mo woman long ol tri defren laef we i stap, hemia laef bifo yumi kam long wol ia, laef long wol ia, mo laef we bae i kam afta mo from wanem hem i olsem.

“Long laef bifo laef long wol ia, ol spirit pikinini boe mo ol spirit pikinini gel oli bin save God mo oli bin stap wosipim Hem olsem Papa blong olgeta We I no Save Finis. Oli agri wetem glad hat long plan blong Hem, we i talem se ol pikinini blong Hem oli mas gat wan bodi blong mit mo bun, mo kasem eksperiens long wol ia blong save kam stret, mo long en, bae oli gat raet blong kasem laef ia we i no save finis. Plan blong God blong stap hapi, i mekem se fasin blong holem taet famle tugeta i save gohed afta long ded. Ol tabu odinens mo ol kavenan we oli stap insaed long ol tabu tempol oli mekem rod i klia long wanwan man o woman i save gobak long ples blong God mo ol famle oli save joen tugeta kasem taem we i no save finis.

“Fasfala komanmen we God i bin givim long Adam mo Iv hem i blong save kam hasban mo waef, mo tu olsem wan papa mo mama. Mifala i stap talemaot se komanmen blong God long ol pikinini blong Hem blong kam plante mo fulumap wol ia, i stap yet naoia. Mifala i stap gohed yet blong talemaot se God i givim komanmen ia se tabu paoa blong mekem pikinini i mas tekem ples nomo bitwin man mo woman we tufala i bin mared folem loa olsem hasban mo waef.

“Mifala i stap talemaot naoia se fasin we oli mekem laef long wol ia, hem i kam long God. Mifala i stap talemaot trutok ia se laef hem i tabu mo hem i impoten insaed long plan ia blong God we i no save finis.

“Hasban mo waef, tufala i gat wan strong mo tabu wok blong lavem mo lukaotem gud wanwan long tufala mo ol pikinini blong tufala. “Ol pikinini ya blong yumi, hemia wan presen we Hae God i givim long yumi” (Ol Sam 127:3). Ol papa mo mama oli gat wan tabu wok blong lukaotem gud pikinini blong olgeta wetem lav mo fasin blong stap stret oltaem, mo blong givim long olgeta ol samting we oli nidim long saed blong spirit mo long saed blong bodi, blong tijim olgeta blong lavem mo givim seves long wanwan long olgeta, blong folem ol komanmen blong God, mo blong kam olsem ol sitisen we oli folem ol loa blong kantri we oli laef long hem. God bae i jajem ol hasban mo ol waef—ol mama mo ol papa,—sapos oli no mekem ol samting we oli mas mekem.

“Famle, God nao i odenem. Mared bitwin man mo woman hem i wan stamba samting folem plan ia blong Hem we i no save finis. Ol pikinini oli gat raet blong oli bon insaed long mared laef blong papa mo mama. Oli gat raet tu blong groap long han blong papa mo mama we tufala i agri mo folem ol promes we tufala i bin mekem long mared blong tufala wetem fasin blong stap fetful long tufala oltaem. Hapines insaed long famle laef i gat gudfala janis blong kamtru sapos laef insaed long famle i stanap long ol tijing blong Lod Jisas Kraes. I gat sakses oltaem long ol mared laef mo famle, taem oli folem ol stamba tingting blong fet, prea, sakem sin, fasin blong fogiv, respek, lav, fasin blong kea, wok mo ol samting o pleplei we oli gud. Folem plan blong God, ol papa oli mas lidim ol famle blong olgeta wetem lav mo fasin blong stap stret oltaem. Oli gat wok ia tu, blong luk se ol famle blong olgeta i gat proteksen mo evri samting we oli nidim long laef. Ol fas wok blong wan mama hem i blong fidim ol pikinini blong tufala long saed blong spirit mo long saed blong bodi. Long ol tabu wok ia, papa mo mama, tufala i mas helpem wanwan long tufala, olsem we tufala i sem-

mak. Handikap, ded o ol narafala samting, i save mekem se i gat jenis long wanem we wan papa o mama i mekem blong lukao-tem famle. Olgeta narafala memba blong famle oli mas givim help sapos i gat nid.

“Mifala i givim woning se, olgeta we oli stap brekem ol kavenan blong jastiti (klin laef), olgeta we oli stap mekem no-gud long ol man, woman o pikinini blong olgeta, o oli no mekem evri famle wok we oli mas mekem, bambae olgeta ia oli mas lukaot from God bambae i jajem olgeta from ol samting ia. Mo tu, mifala i givim woning se seraot blong famle bae i mekem se wanwan man o woman, ol komuniti, mo ol kantri bae oli fesem wan taem we i had tumas olsem we ol profet blong yumi bifo mo naoia oli stap talem.

“Mifala i askem strong long ol sitisen mo ol wokman blong gavman long evri ples, we oli gat responsabiliti ia, blong wok strong moa long ol samting ia we oli stap olsem plan blong hollem taet mo mekem famle i kam strong olsem stamba yunit ia blong sosaeti” (*Famle-Wan Ofisol Toktok I Go long Wol-* 35538 852).

Luk tu long Famle Haos Naet; Mared; Tempol

Famle Haos Naet

Hom i ples we i moa impoten blong lanem abaot gospel. I no gat eni oganaesesen we i save tekem ples blong famle. Ol profet blong lata-dei oli bin askem plante, plante taem long ol mama mo papa blong oli fidim ol pikinini wetem lav mo tijing blong gospel.

Long 1915, Presiden Josef F. Smit mo ol kaonsela blong hem long Fas Presidensi oli statem wan wok raon long wol blong mekem famle i kam strong moa. Oli bin singaotem ol papa mo mama long Jos blong oli tekem ol pikinini blong olgeta wan taem long wan wik long wan “Haos Naet”. Ol famle oli mas tekem taem blong prea mo singsing tugeta, ridim ol skripja, mo tijim gospel long wanwan long olgeta, mo blong oli tekempat long ol narafala aktiviti we bae i bildim yuniti insaed long famle.

Long 1970, Presiden Josef Filding Smit i bin joenem ol kaonsela blong hem long Fas Presidensi blong jusum Mandei naet olsem taem blong famle haos naet. Stat long taem blong anaonsmen ia, Jos i kipim ol Mandei oli fri long ol aktiviti blong Jos blong mekem se ol famle oli save gat taem ia tugeta.

Ol lata-dei profet oli gohed blong askem strong long ol memba blong Jos blong oli mas putum taem blong famle haos naet i kam faswan. Oli bin promes se sapos yumi putum strong tingting blong yumi long program ia, bae hem i save protektem ol famle blong yumi agensem ol devel blong taem blong yumi mo bae i givim bigfala glad long yumi naoia mo long ol taem we i no save finis.

Evri memba blong Jos oli mas mekem se Mandei naet i wan tabu taem, we oli putum i stap nomo blong mekem famle haos naet. Sapos yu mared, gat ol famle haos naet long wik wetem waef o hasban blong yu. Taem yu gat pikinini, mekem olgeta i tekempat tu long famle haos naet. Stretem program ia blong i go wetem ol nid mo ol intres blong olgeta, mo letem olgeta blong tekempat. Afta we ol pikinini blong yufala oli groap mo oli aot long haos, gohed blong gat famle haos naet wetem waef o hasban blong yu.

Sapos yu singgel, tingting blong askem bisop blong yu o branj presiden blong yu blong oganaesem wan famle haos naet grup blong yu mo ol narafala singgel memba blong wod o branj blong yu. Hem i save singaotem wan haos naet lida, we bae i responsibol blong oganaesem program ia mo luk se oli holem famle haos naet ia oltaem.

Wan tingting blong famle haos naet i go olsem:

- Fas singsing
- Fas prea
- Skripja riding
- Lesen
- Aktiviti
- Las singsing

- Las prea
- Smol Kaekae

Taem yu stap rere long ol lesen blong famle haos naet, tingbaot blong mekem lesen blong yu long ol skripja, ol tijing blong ol lata-dei profet, mo ol eksperiens mo testemoni blong yuwan. Buk ia i save givhan long yu blong jusum sam topik blong tijim. Antap long hem, yu save lukluk long ol narafala buk we Jos i pablisim, olsem *Family Home Evening Resource Book* (aetem namba 31106), *Olgeta Gospel Prinsipol* (31110 852), *Famle Kaetbuk* (31180 852), mo ol magasin blong Jos.

Luk tu long Famle

Famle Histri Wok mo Wok blong Famle Laen

Long 3 Epril 1836, profet Elaeja i bin kam long Josef Smit mo Oliva Kowdri long Ketlan Tempol. Hem i givim long tufala siling paoa blong prishud, we i mekem i posibol blong ol famle oli sil truaot long ol jeneresen. Taem hem i givim paoa ia, hem i fulfilim profesi se Lod bae i sendem hem blong tanem ol hat blong ol papa i go long ol pikinini, mo hat blong ol pikinini i go long ol papa" (luk long D&C 110:14–16; luk tu long Malakae 4:5–6).

Tru long wok blong famle histri, yu save tekem pat blong gohed blong mekem profesi ia i kamtru. Yu save lanem abaot ol bubu blong yu mo gat moa lav long olgeta. Yu save kasem insperesen tru long ol stori blong olgeta abaot ol taem we oli bin gat strong paoa long tingting mo oli bin gat fet. Yu save pasem ol save ia long ol pikinini blong yu.

Olgeta gud frut ia oli kamaot long wok blong famle histri, be oli no stamba risen from wanem Jos i stap putum tugeta ol rekod blong famle laen blong ol man. Evri hadwok blong wok blong famle histri we Jos i mekem, oli blong mekem se i gat wan jen we i joenem ol papa mo ol pikinini (luk long D&C 128:18). Jen ia i kamaot tru long paoa blong prishud, tru long

ol tabu odinens blong tempol we yumi kasem long bihaf blong ol bubu blong yumi.

Fasin blong Pemaot Ol Dedman

Plante long ol pikinini blong Papa long Heven oli bin ded mo oli no bin gat janis blong kasem fulnes blong gospel. Wetem sore mo lav blong Hem we i no gat en, Lod i bin mekem rere wan wei blong oli kasem wan testimoni blong gospel mo blong oli kasem ol odinens blong prishud we i sevem man.

Long spirit wol, oli tijim gospel long olgeta we oli ded wetem ol sin blong olgeta, olgeta we oli no gat wan save abaot trutok, o olgeta we oli stap yet long sin, o oli bin sakemaot ol profet. Oli stap tijim fet long God long olgeta, oli stap tijim fasin blong sakem sin, fasin blong man i mekem baptaes long bihaf blong olgeta from ol sin blong olgeta, oli tijim abaot presen we i Tabu Spirit tru long fasin blong man i putum han antap long hed blong man, mo evri narafala prinsipol blong gospel we oli nidim blong save blong mekem se oli kwalifae blong oli save jajem olgeta folem fasin blong man long mit mo bun be oli bin laef folem fasin blong God long spirit (luk long D&C 138:32-34).

Plante long olgeta long spirit wol oli akseptem gospel. Be, oli no save kasem ol prishud odinens long bihaf blong olgetawan from se oli no gat ol bodi blong mit mo bun. Long ol tabu tempol, yumi gat janis ia blong kasem ol odinens ia long bihaf blong olgeta. Ol odinens ia, i gat baptaes, konfemesen, odinensen long Melkesedek Prishud (blong ol man), endaomen, siling blong mared, mo siling blong ol pikinini i go long papa mo mama blong olgeta. Lod i bin soemaot wok ia long Profet Josef Smit, mo i putumbak wan praktis we i bin kamaot long ol Kristin man i no longtaem afta we Jisas Kraes i laef bakegen long ded (luk long Fas Korin 15:29).

Taem yu stap kasem ol prishud odinens ia long bihaf blong olgeta we oli bin ded, yu kam olsem wan Sevya long Hil Saeon long bihaf blong olgeta (luk long Obadaea 1:21). Hadwok blong yu i kam kolosap long fasin blong sakrifae blong Sevya we

Hem i bin mekem blong pem praes from ol sin blong yumi—yu stap mekem wan wok ia blong sevem ol narafala man, from oli no save mekem long bihaf blong olgetawan bakegen.

Ol Responsabiliti blong Yu long Wok blong Famle Histri

Long wok blong famle histri, yu gat tri stamba responsabiliti:

1. Kasem ol tempol odinens blong yuwan mo helpem ol stret memba blong famle blong yu blong oli kasem ol odinens blong olgeta.
2. Holem wan tempol rekomen we i laef mo go long tempol oltaem folem hamas nao yu save mekem.
3. Putum tugeta ol infomesen blong famle histri blong mekem se yu save helpem ol bubu blong yu blong oli kasem ol blesing blong tempol.

Yu save tekempat long wok blong tempol mo famle histri, ating sam bae yu no save mekem, be hemia nomata weaples yu laef long hem mo nomata wanem situesen blong laef blong yu. Ating bae yu no save mekem evri samting, be yu save mekem wan samting. Ol aedia we oli stap daon ia oli save givhan long yu blong yu stat long wok ia:

- Rekodem ol impoten taem blong laef blong yuwan. Rekodem deit we yu bon long hem mo ples we yu bon long hem, mo tu, ol deit we yu baptaes mo konfem long hem. Kipim wan jenol blong yuwan blong rekodem ol bigfala taem long laef blong yu, mo tu, ol eksperiens blong yuwan we bae i givhan blong mekem fet blong ol pikinini blong yu mo ol narafala jeneresen oli kam strong moa.
- Lanem samting abaot ol bubu blong yu. Stat blong rekodem ol infomesen we yu save tingbaot mo oli stap long sam ples long hom. Rekodem ol stamba infomesen we yu tingbaot gud o yu save faenem abaot ol brata mo

sista blong yu, papa mo mama blong yu, ol angel mo ol anti, ol bubuman mo bubuwoman mo ol papa mo mama blong olgeta. Taem i posibol, kasem kopi blong ol setifiket o ol narafala pepa we i gat ol infomesen ia. Taem yu stap putum tugeta moa infomesen, bae yu wantem traem long lukaot long ol narafala ples, olsem ol pablik rekod. Lokol wod o branj blong yu i save gat wan famle histri konsalten we i save givhan long yu. Yu save visitim tu ofisol websaet blong Jos long saed blong famle histri, www.familysearch.org.

- Taem yu stap faenem ol bubu blong yu, yusum ol bubu jat mo ol famle grup pepa blong rekodem ol infomesen we yu faenem. Ol fom ia, oli stap long pepa mo tu oli stap long ol kompiuta program we Jos i wokem, olsem Personal Ancestral File.

Taem yu karem tugeta ol infomesen ia abaot ol bubu blong yu we oli bin ded mo oli no bin kasem gospel, mekemsua se oli mekem ol tempol wok long bihaf blong olgeta. Nating sapos yu no laef kolosap long wan tempol blong mekem se yu mo ol famle memba blong yu oli mekem ol wok blong olgeta, yu save sendem ol nem blong olgeta i go long tempol blong mekem se ol narafala pipol oli save mekem ol wok ia long bihaf blong olgeta. Bae yu save visitim wan famle histri senta we i stap kolosap o yu save toktok wetem ol konsalten blong wod o branj blong yu long saed blong famle histri blong luk olsem wanem yu save mekem hemia.

Profet Josef Smit i bin talemaot se i no gat eni rilesen long saed blong ol dedman mo ol man we oli laef we bae oli no tingting hevi long hem, be hemia long saed blong fasin blong sevem man. From i nid blong oli sevem olgeta, mo yumi nidim olgeta blong yumiwan i save sef—semmak we olgeta, sapos oli no gat yumi, bae oli no save kam stret evriwan, mo yumi tu, sapos yumi no gat olgeta, bae yumi no save kam stret evriwan (luk long D&C 128:15). Tru long fasin blong yu blong

tekem pat long wok blong famle histri, yu mo ol bubu blong yu, yufala i save progres i go blong yufala i stap sef.

Luk tu long Tempol

Famle Planing

Taem ol kapol we oli mared oli save mekem, oli gat janis ia blong givim ol bodi blong mit mo bun long ol spirit pikinini blong Papa long Heven. Oli plei wan pat long bigfala plan blong hapines, we i givim janis long ol pikinini blong God blong kasem ol bodi blong mit mo bun mo gat eksperiens long laef long wol ia.

Sapos yu mared, yu mo waef o hasban blong yu i mas tok-tok raon long tabu responsabiliti blong tekem ol pikinini i kam long wol ia mo lukaotem olgeta long stret mo gud fasin. Taem yutufala i stap mekem hemia, tingbaot olsem wanem laef i tabu mo wanem mining blong laef. Tingting hevi long glad we i kam taem ol pikinini oli stap insaed long hom. Tingbaot ol blesing we i no save finis we i kam blong gat wan gudfala famle laen. Wetem wan testemoni abaot ol prinsipol ia, yu mo waef o hasban blong yu, bae yutufala i rere blong jusum hamas pikinini bae yutufala i gat mo wetaem nao blong gat ol pikinini ia. Ol desisen ia oli stap bitwin yutufala mo Lod.

Taem yutufala i stap toktok raon long tabu poen ia, tingbaot se fasin blong gat seks insaed long mared i wan fasin we God i agri long hem. Wan stamba tingting blong ol rilesen ia i blong givim ol bodi blong mit mo bun long ol pikinini blong God, be wan narafala stamba tingting tu i blong soemaot lav long wanwan long yutufala—blong joenem hasban mo waef tugeta long tru fasin, long fasin blong stap fetful, long fasin blong lisin, mo long wan sem stamba tingting.

Famle Prea (*Luk long Prea*)

Fas Presidensi (*Luk long Jos Administresen; Profet*)

Fas Sin

From we Adam mo Iv, tufala i bin foldaon long sin, evri pi-pol oli laef long wan laef we i no stanap strong, we yumi sepe-ret long God mo bae yumi ded wan dei. Be, yumi no kasem panismen long wanem plante man oli singaotem “fas sin.” Long narafala toktok, yumi no akaontebol from sin blong Adam long Garen blong Iden. Profet Josef Smit i bin talem, “Mifala i biliv we ol man bae oli kasem panis from ol sing blong olgetawan nomo, be i no from wanem we Adam i bin foldaon long hem” (Ol Toktok blong Bilif 1:2).

Tru long Atonmen, Sevyia i bin pem praes blong sin long Garen blong Iden (luk long Moses 6:53). Hem i bin givim yumi tras se bae yumi laef bakegen long ded mo promes ia se, folem hamas yumi stap fetful, bae yumi save gobak stap wetem Papa blong yumi long Heven blong oltaem.

Luk tu long Foldaon

Fasin blong Gat Tingting I Stap Daon

Blong gat tingting we i stap daon i blong luksave wetem fasin blong tangkyu se yu stap dipen long Lod—i blong anda-stanem we yu gat nid oltaem blong gat sapot blong Hem. Fasin blong gat tingting i stap daon i fasin blong luksave se ol talen mo ol samting we yu save mekem oli ol presen we oli kam long God. Hem i no wan saen we i soem we yu no strong, se yu sem, o se yu fraet; hem i wan saen we i soem se yu save weaples nao tru paoa blong yu i stap long hem. Yu save gat tingting i stap daon mo semtaem no gat fraet. Yu save gat tingting i stap daon mo semtaem gat strong paoa long tingting.

Jisas Kraes i bigfala eksampol blong yumi blong fasin blong tingting i stap daon. Long taem blong ministri blong Hem long wol ia, oltaem Hem i bin luksave se paoa blong Hem i stap from we Hem i dipen long Papa blong Hem. Hem i bin talem, “mi no save mekem wan samting nating long tingting blong mi nomo. ...mi no traem blong mekem olsem we mi nomo mi wantem, mi

stap traem mekem olsem we Papa blong mi we i sanem mi mi kam, hem i wantem" (Jon 5:30).

Lod bae i mekem yu strong moa taem yu putum tingting blong yu i stap daon long fored blong Hem. Jemes i bin tijim: "God i agensem olgeta we oli praod, be long olgeta we tingting blong olgeta i stap daon, hem i stap givhan long olgeta long gladhat blong hem. ... Long fes blong Hae God, yufala i mas mekem tingting blong yufala i stap daon, nao hem bambae i leftemap yufala" (Jemes 4:6, 10).

Sam moa skripja: Matiu 18:4; 23:12; 26:39; Luk 22:42; Fas Pita 5:5-6; Mosaea 4:11-12; 15:6-7; Alma 5:27-28; Hileman 3:33-35; Ita 12:27; D&C 12:8; 67:10; 112:10; 136:32-33

Fasin blong Gud Dresap

Fasin blong Gud Dresap i wan fasin we i soem tingting blong yu we i stap daon mo soem we yu gat respek long fasin blong dresap, blong lukaotem bodi blong yu, fasin blong toktok, mo long aksen blong yu. Sapos yu gat fasin blong gud dresap, bae yu no save pulum ae blong man i kam long yu. Be, bambae yu lukaot blong "yusum bodi, [mo spirit] blong yufala blong leftemap nem blong hem" (Fas Korin 6:20; luk tu long ves 19).

Sapos yu no save sapos sapos fasin blong yu dresap o mekem bodi blong yu i gud o no, askem yuwan, "bambae mi harem gud nomo olsem we mi stap sapos mi stap long ples we Lod i stap long hem?" Yu save askem wan semmak kwestin ia long yuwan abaot fasin blong toktok mo aksen blong yu: "Bambae mi talem ol toktok ia, o bambae mi tekempat long ol kaen aktiviti ia sapos Lod i stap?" Sapos yu ones mo ansa long ol kwestin ia, bambae i save gat ol bigfala jenis long laef blong yu. Infomesen ia we i kam afta bae i givhan long yu taem yu traehad blong gat wan gud fasin blong dresap.

Fasin blong Dresap Gud mo Mekem Gud Yu

Profet, oltaem i givim kaonsel long yumi blong yumi mas dresap gud. Kaonsel ia i stanap long trutok ia se, bodi blong man

i tabu kriesen blong God. Respektem bodi blong yu olsem we hem i wan presen we i kam long God. Tru long fasin blong yu blong dresap mo mekem bodi blong yu, yu stap soem long Lod se yu save hamas nao bodi blong yu hem i gat bigfala praes.

Ol kaen klos blong yu oli talemaot huia yu. Hem i sendem wan mesej abaot yu, mo hem i lidim ol rilesensip blong yu wetem ol narafala. Taem yu mekem gud bodi blong yu mo yu dresap gud, yu save invaetem Spirit i kompanion blong yu, mo yu save gat wan gudfala paoa long olgeta we oli stap raon-abaot long yu.

Wanem i stap biae long komanmen blong stap dresap gud, i blong andastanem tabu paoa blong save givim laef, paoa blong karem ol pikinini oli kam long wol ia. Paoa ia, oli stap yusum nomo bitwin ol hasban mo ol waef. Ol klos we oli stap soemaot bodi mo i save pulum tingting long saed blong seks, olsem ol sot traoses mo sket, ol klos we oli fas long bodi, mo ol sot we oli no kavremap bel, oli save wekemap ol filing mo mekem man i mekem ol aksen we oli go agensem loa blong Lod long saed blong jastiti.

Antap long wei blong no werem ol klos we i stap soemaot bodi, yu mas lego tu fasin blong stap mekemkem yu i go tumas, hemia long saed blong klos, long saed blong wei we yu mekem fes mo bodi blong yu, mo long saed blong mekem hea stael blong yu. Long olgeta samting ia, klos blong yu, wei we yu luk, mo long fasin blong yu, oltaem yu mas stret mo klin, be i no blong mekem yu i olbaot tumas. No spolem bodi blong yu wetem ol tatu o fasin blong mekem ol hol long ol defren pat blong bodi. Sapos yu wan woman, mo yu wantem mekem hol long sora blong yu, i gud blong yu mekem wan hol nomo blong putum iaring long wanwan sora.

Holem taet ol standet blong fasin blong dresap gud we oli hae long eni taem. No mekem standet blong yu i kam daon blong mekem se man i lukluk bodi blong yu nomo, o blong yu mekem se ol grup blong pipol oli akseptem yu. Ol tru disaepol blong Jisas Kraes oli stap holem taet ol standet blong Lod

nomata wanem nao wol i stap laekem, o ol presa we i kam long ol narafalawan.

Lanwis mo Aksen

Semmak olsem fasin we yu stap dresap mo fasin we yu stap mekem yu, lanwis mo aksen blong yu oli tokbaot huia yu. Ol toktok mo ol aksen blong yu oli save gat bigfala paoa long yuwan mo long ol narafalawan. Talemaot ol samting wetem wan lanwis we i klin, i stret, long wan lanwis we i leftemap tingting mo aksen blong man blong i save mekem olgeta we oli stap raonabaot long yu oli hapi. Taem bae yu traehad blong yu stap mekem gud long toktok mo aksen blong yu, bambae Tabu Spirit i save lidim yu moa mo givim moa kamfot long yu.

Stap longwe long fasin blong yusum ol rabis toktok mo toktok blong rod, toktok we i yusum nogud nem blong Lod, we man long wol tedei i luk se i oraet nomo blong mekem. Stanap agensem eni temtesen blong tekem pat long ol fasin o aksen we oli nogud tumas. Fasin blong yusum ol rabis lanwis mo aksen ia bae i mekem se yu no save kasem ol kwaet toktok blong Tabu Spirit.

Sam moa skripja: D&C 42:40–41; Ol Toktok blong Bilif 1:13

Luk tu long Fasin blong Stikim Hol long Bodi; Jastiti; Profaniti; Tatu

Fasin blong Jenisim Laef

Aposol Pol i bin talem “Sipos tingting blong man i fas gud long ol rabis fasin ya we tingting blong hem nomo i wantem, bambae hem i ded from. Be sipos tingting blong man i fas gud long ol gudfala fasin ya we Tabu Spirit i wantem, bambae hem i gat laef mo pis from” (Rom 8:6; luk tu long 2 Nifae 9:39). Long situesen blong yumi naoia, plante taem yumi traehad wetem temtesen, mo samtaem yumi “folem wanem we bodi blong mit mo bun i wantem mo ol nogud we i stap long hem” (2 Nifae 2:29; luk tu long “Foldaon,” ol pej 64–68 long buk ia). Blong save kasem ol blesing blong laef we i no save finis, yumi

nid blong “gat tingting blong spirit” mo winim ol tingting blong yumi long ol samting we i no stret mo gud. Yumi nid blong jenis. Blong talem stret moa, yumi nid blong *yumi jenisim yumiwan*, o blong yumi konvet, tru long paoa blong Atonmen blong Sevyā, mo tru long paoa blong Tabu Spirit. Rod ia, oli singaotem fasin blong jenisim laef.

Fasin blong jenisim laef i minim blong jenisim fasin o ak-sen blong yumi, be hem i moa bitim fasin; hem i blong yumi jenisim wanem kaen man o woman yumi stap long hem naoia. Jenis ia i bigwan tumas, mekem se Lod mo ol profet blong Hem oli singaotem hemia olsem wan bon bakegen, wan jenis blong hat, mo wan baptaes blong faea. Lod i bin talem:

“No sapraes se evri man, yes, ol man mo ol woman, evri kantri, famle, lanwis mo pipol, i mas bon bakegen; yes, bon long God, oli mas jenis long fasin blong wol mo fasin blong foldaon blong olgeta we oli stap long hem, i go long wan fasin blong stret fasin, mo God i pemaot olgeta, oli kam ol boe mo ol gel blong hem;

“Mo olsem ia nao oli kam ol niu man, mo hemia nomo sapos oli no mekem samting ia, oli no save long eni wei, kasem kingdom blong God” (Mosaea 27:25–26).

Rod blong Fasin blong Jenisim Laef

Fasin blong jenisim laef i wan rod, i no wan samting we i hapen wantaem. Yu kam blong jenisim laef folem ol stret mo gud hadwok blong yu blong folem Sevyā. Ol hadwok ia i minim tu blong yusum fet long Jisas Kraes, stap sakem sin, kasem baptaes, kasem Presen we i Tabu Spirit, mo blong stap strong kasem en long fet.

Nomata se fasin blong jenisim laef i wan merikel mo i jenisim laef, hem i wan merikel we i kwaet nomo. Fasin blong gat ol visit blong ol enjel o eni nara bigbigfala samting we i save hapen i no mekem man i jenisim laef. Be Alma tu, we i bin luk wan enjel, i bin jenisim laef blong hem afta nomo we hem i bin “livim kakae mo prea plante dei” blong kasem wan witness blong trutok ia (Alma 5:46). Mo Pol, we i bin luk Sevyā we

i laef bakegen long ded, i bin tijim se “Man we Spirit blong God i stap lidim hem, hem i no save talem se, ‘Jisas i rabis.’ Mo man we Tabu Spirit i no stap lidim hem, hem i no save talem se, ‘Jisas i Hae God, i Masta blong mi.’” (Fas Korin 12:3).

From se fasin blong jenisim laef i wan rod we i kwaet mo i stap gohed sloslo, yu save jenisim laef naoia be yu no luk-save. Bae yu save mekem olsem ol man blong Lemana we, “from fet blong olgeta long [Kraes] long taem we oli bin jenisim laef, oli bin baptaes wetem faea mo wetem Tabu Spirit, mo oli no bin save” (3 Nifae 9:20). Taem yu gohed blong traehad blong yusum fet blong yu mo folem Sevya, bae hemia i lidim yu long wan bigfala jenis long laef.

Ol Fasin blong Ol Pipol we Oli Jenisim Laef blong Olgeta

Buk blong Momon i tokbaot ol pipol we oli bin jenisim laef blong olgeta i kam long Lod:

Oli wantem blong mekem gud. Ol pipol blong King Benjamin oli bin talem, “Spirit blong Lod we i gat Ol Paoa, we i bin mekem wan bigfala jenis long mifala, o insaed long ol hat blong mifala, mekem se mifala i nomo wantem blong mekem nogud fasin, be blong gohed blong mekem gudfala fasin oltaem” (Mosaea 5:2). Alma i tokbaot ol pipol we oli “no bin save luk sin sapos oli no gat fasin blong no laekem” (Alma 13:12).

Oli no bin go stanap agensem Lod. Momon i bin tokbaot wan grup blong ol man blong Lemana we oli bin rabis mo oli tosta from blad, be oli bin “jenisim laef blong olgeta long Lod” (Alma 23:6). Ol pipol ia oli bin jenisim nem blong olgeta i kam ol Antae-Nifae-Lihae mo oli bin kam “wan stret pipol; oli bin putum daon ol tul blong faet blong olgeta, we oli yusum taem oli tanem olgeta agensem man, blong oli no bin faet agensem God bakegen, mo agensem eni long ol brata blong olgeta” (Alma 23:7).

Oli serem gospel. Inos, Alma we i Bigfala Brata, Yangfala Alma, ol boe blong Mosaea, Amulek, mo Sisrom oli bin putum ful tingting mo taem blong olgeta blong prijim gospel afta we

oli bin jenisim laef blong olgeta long Lod (luk long Inos 1:26; Mosaea 18:1; Mosaea 27:32–37; Alma 10:1–12; 15:12).

Oli bin fulap wetem lav. Afta we Sevyia we i bin laef bakegen long ded i bin visitim ol pipol long ol Amerika, “evri pipol i bin jenisim laef i go long Lod, long ful fes blong graon, ol man blong Nifae tugeta wetem ol man blong Lemana, mo i no bin gat ol faet mo ol rao long medel blong olgeta, mo evri man i bin mekem gudfala fasin, wan wetem narawan. ...

“Mo i bin hapen se i no bin gat eni raon long graon, from lav blong God we i bin stap insaed long ol hat blong ol pipol.

“Mo i no bin gat ol tingting blong wantem samting blong narafala man, o ol rao, o ol faet, o ol fasin blong slip olbaot, o ol giaman, o ol fasin blong kilim man i ded, o eni kaen fasin blong gat rabis tingting; mo i tru we i no save gat wan pipol we i moa hapi long medel blong evri pipol we han blong God i bin mekem olgeta.

“I no bin gat ol man blong stil, o ol man blong kilim man i ded, mo tu i no bin gat ol man blong Lemana, o eni kaen pipol we oli singaotem long nem blong eni man; be oli bin stap long wan, ol pikinini blong Kraes, mo oli kasem kingdom blong God” (4 Nifae 1:2, 15–17).

Traehad blong Jenisim Laef Moa

Yuwan, yu gat responsabiliti ia faswan blong jenisim laef blong yu. I no gat wan i save jenisim laef long bihaf blong yu, mo i no gat wan i save fosem yu blong jenisim laef. Be, ol narafala pipol oli save givhan long yu blong yu save jenisim laef blong yu. Lanem samting aot long ol stret mo gud eksampol blong ol memba blong famle, ol lida mo tija blong Jos, mo ol man mo woman insaed long ol skripja.

Paoa blong yu blong go tru long wan bigfala jenis long hat bae i kam antap taem yu traehad blong folem stret eksampol blong Sevyia. Stadi long ol skripja, prea wetem fet, obei long ol komanmen, mo lukaotem blong gat Tabu Spirit oltaem wetem yu. Taem yu gohed blong stap jenisim laef blong yu, bae yu kasem wan “bigfala glad”, semmak we olsem ol pipol blong

King Benjamin oli bin gat taem Spirit i “bin mekem wan bigfala jenis long ol hat blong [olgeta]” (luk long Mosaea 5:2, 4). Bae yu save folem kaonsel blong King Benjamin blong “stanap strong mo no muvmuv, mekem plante gudfala wok oltaem, blong mekem se Kraes, Lod God we i gat Ol Paoa, i save holem taet yufala blong hem, blong hem i save karem yufala i go long heven, blong yufala i save kasem fasin blong sevem man mo laef we i no save finis” (Mosaea 5:15).

Sam moa skripja: Matiu 18:3; Luk 22:32; Alma 5:7–14

Luk tu long Atonmen blong Jisas Kraes; Baptaes; Tabu Spirit; Fasin blong Sevem Man

Fasin blong Kam Olsem God (*Luk long* Laef we I No Save Finis)

Fasin blong Man I Silip Wetem Man O, Woman I Silip Wetem Woman (*Luk long* Jastiti)

Fasin blong Obei

Long laef bifo laef long wol ia, Papa long Heven i bin pri-saed ova long wan Bigfala Kaonsel long Heven. Long taem ia, yumi bin lanem abaot plan we Hem i gat blong yumi save stap sef; mo insaed long plan ia i gat wan taem blong fesem ol tes long wol ia. Bambae oli mekem wan wol we bae yumi stap long hem, mo Lod bambae i testem yumi sapos bae yumi mekem evri samting we bae Hem i givim komanmen long yumi blong mekem (luk long Abraham 3:24–25). Wan risen from wanem yu stap long wol ia tedei i blong yu soem se yu wantem blong obei long ol komanmen blong Papa long Heven.

Plante pipol oli filim se ol komanmen oli olsem wan hevi samting blong karem long solda, mo se ol komanmen oli mekem se yumi no fri mo yumi no save gro. Be Sevya i bin tijim se fri-dom i kam nomo taem yumi folem Hem: “Sipos yufala i obei long ol tok ya blong mi, yufala i prapa man blong mi. Nao bambae yufala i save trutok, mo trutok ya bambae i mekem

yufala i fri man” (Jon 8:31–32). God i givim olgeta komanmen blong gud blong yu. Oli ol instraksen we oli kam wetem lav, blong mekem se yu hapi mo blong yu stap gud long saed blong bodi mo long saed blong spirit.

Profet Josef Smit i bin tijim se fasin blong obei long olgeta komanmen i lidim yu blong kasem ol blesing we oli kam long God. Hem i talem se i gat wan loa, we oli bin putum long heven bifo oli mekem wol ia mo loa ia i stap yet, we i tokbaot olsem wanem man i kasem ol blesing—mo taem yumi kasem olgeta blesing we oli kam long God, hem i from we yumi bin obei long loa ia we i promesem blesing ia (luk long D&C 130:20–21). King Benjamin i bin tijim prinsipol ia tu. Hem i givim kaonsel ia “Mi wantem se yufala i tingbaot gudfala mo hapi ples blong olgeta we oli holem ol komanmen blong God. From luk, Lod i blesem olgeta long evri samting, ol samting blong wol tugeta wetem blong spirit; mo sapos oli holem taet fet kasem en, bae oli kasem olgeta long heven, blong mekem se oli save stap wetem God long wan ples blong hapi we i no gat en. O tingbaot, tingbaot se ol samting ia i tru; from Lod God i bin talemaot ol samting ia” (Mosaea 2:41).

Taem yumi obei long olgeta komanmen, hem i wei we yumi talemaot lav we yumi gat long Papa long Heven mo Jisas Kraes. Sevyia i bin talem se “Sapos yufala i lavem mi, bambae yufala i save obei long ol tok blong mi” (Jon 14:15). Sam taem afta Hem i bin talem: “Sipos yufala i stap obei long ol tok blong mi, bambae mi mi lavem yufala olwe, stret olsem we mi mi stap obei long ol tok blong papa blong mi, nao oltaem hem i stap lavem mi” (Jon 15:10).

Sam moa skripja: Josua 24:14–15; Prija 12:13; Matiu 7:21; Jon 7:17; 1 Nifae 3:7; D&C 58:21–22; 82:8–10

Luk tu long Fridom blong Jusum; Plan blong Fasin blong Sevem Man

Fasin blong Putum Han Antap long Hed

Fasin blong putum han antap long hed blong man i rod we Lod i soemaot blong mekem plante long ol prishud odinens,

olsem konfemesen, odinesen, setem apat ol memba blong oli wok long ol koling, blong blesem ol sikman, mo blong givim ol narafala blesing blong prishud (luk long D&C 42:44; Ol Toktok blong Bilif 1:4–5). Olgeta we oli gat stret atoriti oli putum han blong olgeta antap long hed blong hem we i kasem odinens. Taem oli mekem olsem, oli stap olsem ol tul we tru long olgeta, Lod i blesem ol pikinini blong Hem (luk long D&C 36:2).

Rod o fasin ia, oltaem nomo olgeta we oli kasem prishud oli yusum. Adam i bin odenem ol man long laen blong hem we oli stret mo gud taem hem i putum han blong hem antap long olgeta (luk long D&C 107:40–50). Taem Jakob i bin givim ol blesing long Efrem mo Manase, hem i bin putum han blong hem antap long hed blong tufala (luk long Jenesis 48:14–19). Alma “i bin odenem ol pris mo ol elda, hem i bin putum han blong hem long hed blong olgeta folem oda blong God” (Alma 6:1). Ol Aposol Pita mo Jon, tufala i bin givim presen we i Tabu Spirit taem tufala i bin putum han antap long hed (luk long Ol Wok 8:14–17). Long dispensesen ia, Jon Baptaes i bin givim Aronik Prishud long Josef Smit mo Oliva Kowdri taem hem i bin putum han blong hem antap long hed (luk long Joseph Smith—History 1:68–69).

Sam moa skripja: Namba 27:18–23; Ol Wok 19:1–6; Fas Timoti 4:14; D&C 33:15; 35:6

Luk tu long Tabu Spirit; Prishud

Fasin blong Sakem Sin

Fasin blong sakem sin i wan long ol fas prinsipol blong gospel (luk long Ol Toktok blong Bilif 1:4). Hem i wan pat we i nid blong gat blong stap hapi long laef ia mo truaot long taem we i no save finis. Fasin blong sakem sin i moa bitim fasin blong luksave mo talem se yumi mekem wan rong samting. Hem i blong jenisim maen mo hat blong yu, mo hemia bae i givim yu wan niufala wei long olsem wanem nao yu lukluk God, yu lukluk yuwan, mo yu lukluk wol. Hem i minim blong tanem baksaed long sin mo tanem yu i go long God blong

kasem fogivnes. Yu mekem hemia from we yu gat lav long God, mo yu gat trufala tingting blong wantem obei long olgeta komanmen blong Hem.

Nid blong Gat Fasin blong Sakem Sin

Lod i bin talem se “i no gat wan samting we i doti we i save kasem kingdom blong heven” (Alma 11:37). Ol sin blong yu oli mekem yu yu no klin—yu no klin inaf blong yu save gobak mo stap long ples we Papa long Heven i stap long hem. Ol sin oli mekem yu gat bigfala wari long sol blong yu long laef ia.

Tru long Atonmen blong Jisas Kraes, Papa long Heven i bin givim wan wei ia nomo blong yu save kasem fogivnes from ol sin blong yu (luk long “Fogivnes,” pej 61–64). Jisas Kraes i bin safa long panismen from ol sin blong yu blong mekem se yu save kasem fogivnes sapos yu sakem sin wetem tru hat blong yu. Taem yu sakem sin mo dipen long gladhat blong Hem blong yu save stap sef, bambae yu kam klin long sin.

Hem i givim komanmen long yumi blong yumi sakem sin sapos no, bambae Hem i kilim yumi wetem stik blong maot blong Hem, mo wetem bigfala filing blong kros blong Hem, mo wetem kros blong Hem, mo bae yumi harem yumi safa tumas—bae i soa hamas, yumi no save; i bigwan hamas, yumi no save; i had hamas, yumi no save.

Hem i bin safa olgeta samting ia from yumi evriwan, blong mekem se bae yumi no safa sapos yumi sakem sin.

Be sapos yumi no sakem sin, yumi mas safa olsem we Hem i bin safa;

mo safa we Hem i bin safa long hem i mekem Hem—Hem God, we i hae long evriwan—i seksek from Hem i harem i soa, from blad i kamaot long evri hol blong skin blong Hem, from Hem i safa long tugeta, bodi mo spirit; mo Hem i bin askem blong Hem i no dring long kap ia we i konkon mo hollem taet Hem.

Be, Hem i bin givim glori long Papa. Hem i bin tekem mo i bin finisim ol wok blong Hem blong mekem yumi rere (luk long D&C 19:15–19).

Denja blong Stap Pusumbak Taem blong Sakem Sin

Yu no traem blong givim wan gudfala eskus long ol sin blong yu, o yu no traem blong tekem taem blong sakem sin blong yu. Amulek i bin givim woning ia: “Laef ia hem i taem blong ol man blong mekem rere blong mitim God; yes, luk dei blong laef ia i dei blong ol man blong mekem ol wok blong olgeta...Mi askem strong long yufala blong yufala i no pusum bak dei blong sakem sin blong yufala i go kasem en; from afta dei blong laef ia, we God i bin givim long yumi blong mekem rere from taem we i no save finis, luk, sapos yumi no yusum moa gud taem blong yumi long laef ia, ale naet blong tudak i kam, mo long taem ia yumi nomo save mekem wok.” (Alma 34:32–33).

Ol Pat blong Fasin blong Sakem Sin

Fasin blong sakem sin i wan rod we man i harem nogud long hem, be hem i lidim yumi long fogivnes mo pis we i stap oltaem. Tru long profet Aesea, Lod i bin talem, “Nating we ol sin blong yufala i mekem yufala i doti gud, be bambae mi mekem we yufala i klin we i klin. Naoia, yufala i doti we i doti, be bambae yufala i kam klin olgeta” (Aesea 1:18). Long dispensesen ia, Lod i bin promesem se taem we yumi sakem ol sin blong yumi, yumi kasem fogivnes, mo Hem i nomo tingbaot olgeta sin ia bakegen (luk long D&C 58:42). Fasin blong sakem sin i tekem olgeta samting ia:

Fet long Papa long Heven mo Jisas Kraes. Paoa blong sin i bigwan. Blong kam fri long hem, yu mas tanem yuwan long Papa long Heven mo prea wetem fet. Setan i save traem blong winim tingting blong yufala se yufala i no klin inaf blong prea—se Papa long Heven i harem nogud tumas long yu bae Hem i neva harem ol prea blong yu. Hemia i wan giaman. Papa blong yu long Heven i rere oltaem blong givhan long yu sapos yu kam long Hem wetem wan hat we i wantem sakem sin. Hem i gat paoa blong hilim yu mo blong helpem yu blong winim sin.

Fasin blong sakem sin i wan aksen we i soem fet blong yu long Jisas Kraes—wan saen we yu luksave mo akseptem paoa blong Atonmen blong Hem. Tingbaot se bae yu kasem fogivnes nomo folem kondisen blong Hem. Taem yu luksave, wetem tangkyu, Atonmen blong Hem mo paoa blong Hem blong klinim yu, bae yu save “stat blong yusum fet blong [yu], we i mekem [yu] sakem sin” (Alma 34:17).

Harem Nogud from Sin. Blong save kasem fogivnes, fastaem yu mas luksave mo akseptem insaed long yuwan se yu bin mekem sin. Sapos yu stap traehad blong laef folem gospel, taem bae yu luksave mo akseptem se yu bin mekem sin, bae i mekem yu “harem nogud mo luk long God” mo “hemia i rod blong God i sevem man” (Seken Korin 7:10). Blong harem nogud mo luk long God i no kam from we yu bin mekem sin, o from we yu fraet long panismen; be, i kam long save ia se yu bin mekem Papa long Heven mo Sevyia blong yu i harem nogud. Taem yu harem nogud mo luk long God, yu save wantem tru, insaed long hat blong yu, blong jenis mo yu wantem blong folem evri samting we yu mas mekem blong kasem fogivnes.

Fasin blong Konfes. “Sipos yu stap traem haedem ol sin blong yu, bambae yu no save win long laef blong yu. Be sapos yu tannem tingting blong yu, nao yu talemaot ol sin ya blong yu long Hae God, mo yu gowe long olgeta, hem bambae i gat sore long yu” (Ol Proverb 28:13). Wan impoten pat long fogivnes i blong wantem blong talemaot evri samting long Papa long Heven, evri samting ia we yu bin mekem. Nildaon long fored blong Hem long prea wetem tingting we i stap daon, mo talemaot ol sin blong yu. Konfes se yu sem mo yu rong, mo afta, askem help.

Ol bigfala sin, olsem fasin blong brekem loa blong jastiti, i save putum membasip blong yu insaed long Jos i stap long kwestin. From hemia, bae yu nidim blong konfes long olgeta sin ia long tugeta, long Lod mo long olgeta we oli ripresentem Hem insaed long Jos. Hemia i hapen anda long kea blong bisop o branj presiden blong yu, mo i posibol tu anda long stek o misin presiden, we oli stap wok olsem ol gadman mo ol jaj insaed long Jos. I tru we Lod nomo i save fogivim ol sin blong

yu, be ol prishud lida ia oli gat wan impoten pat blong plei insaed long rod blong fasin blong sakem sin. Bambae olgeta oli kipim konfesen blong yu i konfidensiol mo bambae oli helpem yu long rod ia blong sakem sin. Yu mas ones evriwan wetem olgeta. Sapos yu konfesem (talemaot) haf blong ol samting, mo talemaot ol smol rong nomo, bambae yu no save stretem ol rong we oli moa bigwan we yu no talemaot. Sapos yu statem rod ia eli, bambae yu save faenem pis mo glad moa we i kam wetem merikel blong fogivnes moa kwik.

Fasin blong Lego Sin Fogud. Nomata we, blong konfes long sin i wan pat we i nid blong mekem blong sakem sin, hemwan, hem i no inaf. Lod i bin talem se blong sakem sin blong yumi, yumi mas konfes long olgeta mo yumi mas lego olgeta fogud (luk long D&C 58:43).

Yu mas mekem strong tingting mo mas stanap strong long hem oltaem se bambae yu neva ripitim rong ia bakegen. Taem yu kipim komitmen ia, bae yu neva filim soa blong sin ia bakegen.

Ronwe naoia long eni situesen we i save putum yu long denja. Sapos i gat wan situesen we i stap we i stap mekem yu yu sin, o i save mekem yu sin, yu mas aot long hem. Yu no save stap longtaem moa long ples we i gat temtesen mo tingting se bae yu save winim sin.

Putumbak o Mekem I Stret Bakegen. Yu mas stretem bakegen o putumbak olsem we i posibol, evri samting we aksen blong yu i bin spolem; sapos hem i propeti blong wan man, o blong mekem gud nem blong wan man bakegen. Taem yu wantem blong mekem samting i stret bakegen, i soem long Lod se bae yu mekem evri samting we yu save mekem blong sakem sin.

Laef long Stret mo Gud Fasin. Hem i no inaf blong stanap nomo agensem ivel o blong mekem laef blong yu i emti long sin. Yu mas fulumap laef blong yu wetem fasin we i stret mo gud mo yu mas tekempat long ol aktiviti we i givim paoa long saed blong spirit. Draonem yuwan insaed long olgeta skripja. Prea evri dei blong Lod i givim yu paoa we i bigwan bitim paoa blong yuwan. Samtaem, livim kakae blong kasem ol spesel blesing.

Blong obei fulwan i tekem ful paoa blong gospel insaed long laef blong yu, mo hemia i tekem tu blong gat paoa we i stap gohed blong kam bigwan blong yu save winim olgeta samting we yu no strong long hem. Fasin ia blong obei i minim blong yu tekem sam aksen we yu no ting fastaem se oli pat blong sakem sin, olsem blong go long Jos mo ol miting, pem taeting, givim seves, mo blong fogivim ol narafala. Lod i promesem se sapos yumi sakem sin mo mekem folem ol komanmen blong Hem, bambae Hem i fogivim yumi (luk long D&C 1:32).

Sam moa skripja: Luk 15:11–32; 2 Nifae 9:19–24; Mosaea 4:1–3, 10–13; 26:30–31; D&C 18:10–16

Luk tu long Atonmen blong Jisas Kraes; Baptaes; Ol Jos Disiplin Kaonsel; Fet; Fogivnes; Plan blong Fasin blong Sevem Man; Sin; Temtesen

Fasin blong Sevem Man

Long ol storian blong yu wetem ol narafala Kristin man, samtaem oli askem yu, “Yu yu sef finis?” Olgeta we oli stap askem kwestin ia oli stap tokbaot fasin blong konfes wetem tru hat, o blong talemaot long pablik se yu bin akseptem Jisas Kraes olsem Lod mo Sevya blong yu. Taem oli askem kwestin ia, oli stap soem fet blong olgeta folem ol toktok ia we Aposol Pol i bin raetem:

“Mo sipos yu talemaot we Jisas i Hae God, i Masta blong yu, mo yu bilif long hat blong yu we God i mekem hem i laef bakegen, God bambae i sevem yu. Taem yumi bilif long hem long hat blong yumi, God i mekem yumi kam stret man long fes blong hem, mo taem yumi talemaot tok ya, God i sevem yumi.” (Rom 10:9–10).

Stap ansa long kwestin ia “Yu yu sef finis?”

Long Rom 10:9–10, toktok ia *sevem* i minim se i gat wan kavenan rilesensip wetem Jisas Kraes. Tru long rilesensip blong kavenan ia, yumi gat promes blong yumi save sef long ol samting we i kamaot long sin long laef we i no save finis sapos yumi

obei. Evri fetful Lata-dei Sent i sef folem mining we i stap ia. Yumi bin jenisim laef i kam long gospel we i bin kambak. Tru long odinens blong baptaes, yumi bin mekem wan kavenan rilesensip wetem Sevya, mo tekem nem blong Hem long yumiwan. Yumi stap riniu long kavenan blong baptaes ia taem yumi tekem long sakramen.

Ol Defren Mining blong Toktok Ia *Fasin blong Sevem Man*

Long doktrin blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, ol toktok ia *stap sef* mo *fasin blong sevem man* oli gat plante defren mining. Folem ol mining ia, ansa blong yu long kwestin Yu yu sef finis? bae i “Yes”, o “Yes, be wetem sam kondisen.” Ol eksplenesen ia oli poenemaot sikis defren mining blong toktok ia *fasin blong sevem man*.

Fasin blong Sevem Man from Ded blong Bodi. Evri pipol bae oli ded. Be tru long Atonmen mo Laef Bakegen long Ded blong Jisas Kraes, evri pipol bae oli laef bakegen long ded—oli sef long ded blong bodi. Pol i bin testifae se “olgeta man we oli joen long Adam oli save ded, mo long sem fasin, olgeta man we oli joen long Kraes oli save laef bakegen long ded” (Fas Korin 15:22).

Fasin blong Sevem Man from Sin. Blong kam klin long sin tru long Atonmen blong Sevya, yu mas yusum fet long Jisas Kraes, sakem sin, kasem baptaes, mo kasem presen we i Tabu Spirit (luk long Ol Wok 2:37–38). Sapos yu bin baptaes mo kasem Tabu Spirit tru long stret prishud atoriti, yu bin sef long sin folem sam kondisen finis. Bae yu no save sef fulwan long sin kasem taem yu bin finisim laef blong yu long wol ia, we stap fetful blong stap strong kasem en blong hem.

Mekem not se yu no save sef *wetem ol sin blong yu*; yu no save sef we i no gat kondisen from se yu bin talem nomo se yu bin biliv long Kraes wetem andastaning ia se bae yu mekem sin truaot long laef blong yu (luk long Alma 11:36–37). Tru long gladhat blong God, yu save sef *long sin blong yu* (luk long Hileman 5:10–11). Blong kasem blesing ia, yu mas yusum fet long Jisas Kraes, traehad blong kipim ol komanmen, livim sin,

mo riniu fasin blong yu blong sakem sin mo kam klin tru long odinens blong sakramen.

Blong Bon Bakegen. Samtaem yu save askem sapos yu bin bon bakegen. Prinsipol blong bon bakegen long saed blong spirit i kamaot plante taem long ol skripja. Niu Testeman i tekem tijing blong Jisas se yumi mas “bon bakegen” mo sapos yumi no “bon long wota mo long Tabu Spirit, bambae hem i no save kam we God i King blong hem” (Jon 3:3, 5). Tijing ia i konfem insaed long Buk blong Momon: “Evri man, yes, ol man mo ol woman, evri kantri, famle, lanwis mo pipol, i mas bon bakegen; yes, bon long God, oli mas jenis long fasin blong wol mo fasin blong foldaon blong olgeta we oli stap long hem, i go long wan fasin blong stret fasin, mo God i pemaot olgeta, oli kam ol boe mo ol gel blong hem. Mo olsem ia nao oli kam ol niu man, mo hemia nomo sapos oli no mekem samting ia, oli no save long eni wei, kasem kingdom blong God” (Mosaea 27:25–26).

Blong bon bakegen i wan samting we i hapen afta we yumi bin baptaes mo kasem presen we i Tabu Spirit. Hem i kam olsem risal blong yumi wantem “mekem wan kavenan wetem God blong [yumi] blong mekem wok we hem i wantem, mo blong obei long ol komanmen blong hem, long evri samting we bae hem i askem mifala, long evri dei blong mifala we i stap” (Mosaea 5:5). Nao ol hat blong yumi bae “i jenis tru long fet long nem blong hem; taswe [yumi] bon long hem mo bin kam ol boe blong hem mo ol gel blong hem (Mosaea 5:7). Sapos yu bin baptaes long nem blong Jisas Kraes, yu save tale se yu bin bon bakegen. Mo yu save riniu hemia evri Sabat taem yu tekempat long sakramen.

Fasin blong Sevem Man from Fasin blong No Save Samting. Plante pipol oli stap laef long tudak, mo oli no save laet blong gospel we i kambak. Oli no kasem trutok nomo from we oli no save weaples blong faenem (luk long D&C 123:12). Olsem wan memba blong Jos blong Lod, yu bin sef long samting ia. Yu gat wan save abaot God Papa, Jisas Kraes, stamba tingting blong laef, plan blong sevem man, mo hamas yu save mekem blong taem we i no save finis. Yu save laef olsem wan disaepol blong

Sevya, we i bin talem, “Mi nao mi olsem laet blong ol man long wol. Man we i biae long mi, bambae hem i no save wokbaot long tudak. Hem bambae i gat laet long laef” (Jon 8:12).

Fasin blong Sevem Man from Nambatu Ded. Ol skripja, samtaem, oli tokbaot fasin blong stap sef long nambatu ded. Nambatu ded i las ded long saed blong spirit—we yumi aot evriwan long stret mo gud fasin mo yumi no gat wan ples long eni kingdom blong glori (luk long Alma 12:32; D&C 88:24). Nambatu ded ia bae i no save kam kasem nomo Las Jajmen, mo bae i kam long sam nomo (luk long D&C 76:31–37). Kolosap evriwan we i bin laef long wol i save sef long nambatu ded ia (luk long D&C 76:40–45).

Laef we I No Save Finis, o Blong Kam Olsem God. Long olgeta skripja, ol toktok ia *stap sef* mo *sevem man* i tokbaot laef we i no save finis, o blong kam olsem god (luk long Abraham 2:11). Laef we i no save finis i blong save Papa long Heven mo Jisas Kraes, mo blong stap wetem Tufala blong oltaem—blong kasem wan ples long digri we i moa hae long selestial kingdom (luk long Jon 17:3; D&C 131:1–4; 132:21–24). Blong kasem bigfala presen ia, yumi mas mekem moa bitim blong sakem sin blong yumi mo baptaes mo kasem konfemesen long ol stret prishud atoriti. Ol man oli mas kasem Melkesedek Prishud, mo evri memba blong Jos oli mas mekem mo kipim ol tabu kavenan insaed long tempol, wetem mared we i no save finis.

Sapos yumi yusum toktok ia *fasin blong sevem man* blong minim laef we i no save finis, i no gat wan long yumi i save talem we yumi bin sef long laef ia long wol. Bigfala presen ia i kam nomo afta long Las Jajmen.

Sam moa skripja: Matiu 10:22; Mak 16:16; Efesas 2:8–10; Jemes 2:14–18; 2 Nifae 25:23, 26; Mosaea 5:8–15; 3 Nifae 9:21–22; Moronae 10:32–33; Ol Toktok blong Bilif 1:3

Luk tu long Atonmen blong Jisas Kraes; Baptaes; Laef we I No Save Finis; Gladhat; Kingdom blong Glori; Plan blong Fasin blong Sevem Man

Fasin blong Stap Revren

Fasin blong Stap Revren i wan respek mo lav we i bigwan. Taem fasin blong yu long God i revren, yu stap givim ona long Hem, yu stap talemaot tangkyu blong yu long Hem, mo yu stap obei long ol komanmen blong Hem.

Yu mas revren long fasin blong yu mo tu long aksen blong yu. Ol revren fasin i minim prea, skripja stadi, fasin blong livim kaekae, mo pem taeting mo ofring. Hem i minim blong werem ol stret klos mo yusum ol toktok we oli klin mo i gud evriwan. Hamas yu stap revren bae i kamaot long wanem kaen miusik yu lisin long hem mo ol narafala entetenmen we yu laekem, long wei we yu tokbaot ol tabu topik, mo long wei we yu dresap mo long aksen blong yu taem yu kam long jos mo long tempol. Yu stap soem se yu revren long Lod taem yu givim seves long ol narafala pipol mo yu tritim olgeta wetem kaen fasin mo respek.

Taem yu kam moa revren, bae yu luk wan kwaet jenis long laef blong yu. Lod bae i givim Spirit blong Hem i fulap we i fulap long yu. Bae yu no gat tumas trabol mo bae yu no konfius tumas. Bae yu save kasem revelesen we bae i givhan long yu blong stretem ol problem blong yuwan mo ol problem blong famle.

Semmak olsem we fasin blong stap revren i mekem yu kam kolosap moa long God, fasin blong no stap revren i stret long stamba tingting blong man we i agens. Setan bae i temtem yu blong yu folem ol rod blong wol blong mekem moa noes, blong yu muvmuv olbaot, blong yu raorao mo blong yu nomo gat respek long yuwan. Semmak olsem wan komanda blong ami we i stap planem wan ami faet blong tekem ova wan ples, bae hem i traem blong spolem evri komunikesen blong yu wetem Lod. Lukaot gud long ol trik ia, mo traehad blong stap revren long evri samting we yu mekem.

Sam moa skripja: Levitikas 26:2; Ol Sam 89:5-7; Hibrus 12:28; D&C 59:21; 63:61-62, 64; 109:21

Luk tu long Fet; Fasin blong Talem Tangkyu; Fasin blong Gud Dresap; Prea; Revelesen; Wosip

Fasin blong Stikim Hol long Bodi

Ol profet blong lata-dei oli no agri nating long fasin blong stap mekem hol long bodi, be nomo sapos hem i from helt blong yu. Sapos ol gel o ol woman oli wantem mekem hol long sora, oli stap leftemap tingting blong werem wan naes iaring nomo long wanwan sora.

Olgeta we oli jusum blong no folem kaonsel ia oli stap soem we oli no gat respek long olgetawan mo long God. Bae wan dei, bae oli harem sore from tingting blong olgeta.

Aposol Pol i bin tijim abaot mining blong bodi blong yumi mo denja we i stap blong yumi spolem olgeta: “Ating yufala i save finis we yufala i olsem haos blong God, mo we Spirit blong God i stap finis long yufala. Be sipos wan man i spolem haos ya, bambae God i spolem hem, from we haos ya i tabu, mo i tru we yufala i olsem haos ya” (Fas Korin 3:16–17).

Luk tu long Fasin blong Gud Dresap; Tatu

Fasin blong Talem Tangkyu

Lod i bin promesem se olgeta we oli kasem evri samting wetem fasin blong talem tangkyu, bae oli gat glori (luk long D&C 78:19). Fasin blong talem tangkyu i wan fasin we i leftemap tingting mo i wan fasin olsem hemia blong wan god. Ating aot long eksperiens blong yu, yu save talem se yu bin hapi moa taem yu bin gat fasin blong talem tangkyu long hat blong yu. Yu no save toktok nogud, filim nogud, o minim blong mekem samting nogud long man taem yu gat wan hat we i stap talem tangkyu.

Talem tangkyu from ol gudgudfala blesing we oli blong yu. Talem tangkyu from ol gudgudfala janis we yu gat. Talem tangkyu long papa mo mama blong yu. Mekem tufala i save se yu glad long tufala. Talem tangkyu long ol fren mo ol tija blong yu. Talemaot tangkyu blong yu long evriwan we i mekem wan gud samting blong yu, o i givhan long yu long eni wei.

Talem tangkyu long Papa long Heven from gudfala fasin blong Hem long yu. Yu save talem tangkyu long God taem yu luksave han blong Hem long evri samting, mo talem tangkyu long Hem from evri samting we Hem i givim long yu, taem yu obei long ol komanmen blong Hem, mo taem yu givim seves long ol narafala man. Talem tangkyu long Hem from Pikinini blong Hem we Hem i Lavem Tumas, Jisas Kraes. Talemaot tangkyu blong yu from bigfala eksampol blong Sevyu, from ol tijing blong Hem, from fasin blong Hem blong stretem han blong Hem i go aot long ol narafala man blong leftemap tingting blong olgeta o blong givhan long olgeta, from Atonmen blong Hem we i no gat en.

Talem tangkyu long Lod from Jos blong Hem we Hem i bin putumbak. Talem tangkyu long Hem from evri samting we Hem i givim long yu. Talem tangkyu long Hem from ol fren mo famle blong yu. Letem wan spirit blong talem tangkyu i lidim mo blesem ol dei mo naet blong yu. Wok blong stap talem tangkyu. Bae yu faenem se i givim ol gudfala frut.

Sam moa skripja: Ol Sam 100:3–4; Luk 17:11–19; Mosaea 2:19–22; Alma 34:38; D&C 59:7

Fet

Aposol Pol i bin tijim se “fasin ya we yumi bilif strong long God, hem i soemaot long yumi we olgeta samting ya we yumi stap putum tingting blong yumi i strong long hem, olgeta oli tru. Mo hem i soemaot long yumi we olgeta ya we yumi no save luk, be oli stap” (Hibrus 11:1). Alma i bin mekem wan toktok we i kolosap semmak: “sapos yufala i gat fet, yufala i hop long ol samting we yufala i no lukim, we oli tru” (Alma 32:21).

Fet i wan prinsipol blong aksen mo paoa. Taem yu stap wok from wan gol we i klin inaf, yu stap yusum fet. Yu soem hop from wan samting we yu no save luk yet.

Fet long Lod Jisas Kraes

Blong mekem se fet blong yu i lidim yu i go long fasin blong sevem man, fet blong yu i mas stap long Lod Jisas Kraes (luk long Ol Wok 4:10–12; Mosaea 3:17; Moronae 7:24–26; Ol Toktok blong Bilif 1:4). Yu save yusum fet long Kraes taem yu save stret se Hem i stap laef, taem yu gat wan stret save abaot fasin blong Hem, mo taem yu gat wan save we yu stap traehad blong yu stap laef folem wanem samting we Hem nao i wantem.

Blong gat fet long Jisas Kraes i minim blong dipen fulwan long Hem—blong trastem fulwan paoa blong Hem we i no gat en, waes blong Hem mo lav blong Hem. Hem i minim tu blong bilivim ol tijing blong Hem. Hem i minim tu se, blong bilivim se nating we yu no andastanem evri samting, be Hem nao i andastanem evri samting. Tingbaot se, from we Hem i bin gro tru long evri sobodi blong yu, evri harem nogud blong yu, evri samting we yu no gat, nao, Hem i save olsem wanem blong helpem yu blong kam antap moa bitim ol hadtaem blong yu evri dei (luk long Alma 7:11–12; D&C 122:8). Hem i bin “winim paoa blong olgeta samting blong wol ia finis” (Jon 16:33) mo Hem i bin mekem rere wan rod blong yu kasem laef we i no save finis. Hem i rere oltaem blong givhan long yu taem yu tingbaot toktok blong Hem we i kam long yu, wei blong yu lukluk long Hem wetem evri tingting, mo no gat tu tingting, mo blong no fraet (luk long D&C 6:36).

Laef wetem Fet

Fet i moa bitim fasin blong stap biliv nating. Yu soem fet blong yu tru long ol aksen—tru long fasin we yu stap laef long hem.

Sevya i bin promes, “Sapos bae yufala i gat fet long mi, bae yufala i gat fet long mi, bae yufala i gat paoa blong mekem eni samting we i gat nid long plan blong mi” (Moronae 7:33). Fet long Jisas Kraes i save pusum yu blong folem eksampol blong Hem we i stret evriwan (luk long Jon 14:12). Fet blong yu i save lidim yu blong mekem ol gudfala wok, blong

yu obei long ol komanmen, mo blong yu sakem ol sin blong yu (luk long Jemes 2:18; 1 Nifae 3:7; Alma 34:17). Fet blong yu i save help blong yu winim temtesen. Alma i bin givim kaonsel long boe blong hem Hileman “tijim olgeta blong winim evri temtesen blong devel, wetem fet blong olgeta long Lod, Jisas Kraes” (Alma 37:33).

Lod bae i mekem ol bigfala merikel long laef blong yu folem fet we yu gat (luk long 2 Nifae 26:13). Fet long Jisas Kraes i helpem yu blong kasem hiling long saed blong spirit mo long saed blong bodi tru long Atonmen blong Hem (luk long 3 Nifae 9:13–14). Taem ol taem blong tes oli kam, fet i save givim yu paoa blong go fored mo fesem ol hadtaem blong yu wetem strong paoa long tingting. Nating we yu no sua tumas long wanem bae i kam long fiuja, bae fet blong yu long Sevyia bae i save givim yu pis (luk long Rom 5:1; Hileman 5:47).

Mekem Fet blong Yu I Kam Antap Moa

Fet i wan presen we i kam long God, be yu mas fidim fet blong yu blong mekem se hem i stap strong. Fet i olsem wan masel blong han blong yu. Sapos yu mekem eksasaes wetem, bae hem i kam strong. Sapos yu putum i stap long wan sling mo lego i stap long sem ples ia, hem i lusum paoa blong hem.

Yu save fidim presen blong fet taem yu prea long Papa long Heven long nem blong Jisas Kraes. Taem yu stap talem tangkyu blong yu long Papa blong yu, mo taem yu stap askem Hem blong kasem ol blesing mo stap askem ol blesing blong ol narafala man, bae yu kam kolosap long Hem. Bae yu kam kolosap long Sevyia, we Atonmen blong Hem nao i mekem i posibol blong yu askem sore long Hem (luk long Alma 33:11). Mo tu, bae yu save kasem kwaet givhan blong Tabu Spirit.

Yu save mekem fet blong yu i kam strong moa taem yu kipim olgeta komanmen. Semmak olsem ol blesing blong God, oli kasem fet, mo fet i kam antap moa taem wan i obei mo i mekem ol aksen we oli stret mo gud. Sapos yu wantem blong mekem fet blong yu i kam bigwan evriwan i kasem digri we i

moa hae evriwan long ol narafalawan, yu mas kipim ol kave-
nan we yu bin mekem.

Yu save developem fet blong yu tu taem yu stadi long ol-
geta skripja, mo ol toktok blong ol lata-dei profet. Profet Alma i
bin tijim se toktok blong God i save givhan blong mekem fet i
kam strong moa. Sapos yumi komperem toktok ia long wan sid,
hem i talem se “tingting blong wantem biliv” i save mekem se
yu “mekem spes i stap” blong oli planem toktok insaed long hat
blong yu.” Afta, bae yu filim se toktok ia i gud, from we bae
hem i stat blong mekem sol blong yu i kam bigwan mo i givim
laet long andastaning blong yu. Hemia bae i mekem fet blong
yu i kam strong moa. Taem yu stap gohed blong fidim toktok ia
insaed long hat blong yu, wetem “fulap kea, mo wetem fasin
blong save wet longtaem, lukluk i go long fored long frut ia, bae
rus blong hem i gro; mo luk bae i kam wan tri we i gro i kam an-
tap kasem laef we i no save finis.” (Luk long Alma 32:26–43.)

Sam moa skripja: Hibrus 11; Jemes 1:5–6; 2:14–26; Ita 12:4–27; Moronae
7:20–48; D&C 63:7–11; 90:24

Luk tu long Baptaes; God Papa; Jisas Kraes; Fasin blong Sakem Sin

Fogivnes

Ol skripja oli tokbaot fogivnes long tu fasin. Lod i givim
komanmen long yumi blong yumi mas sakem ol sin blong
yumi mo yumi askem fogivnes blong Hem. Hem i givim ko-
manmen long yumi tu blong yumi fogivim olgeta we oli me-
kem nogud long yumi o, oli mekem yumi harem nogud. Long
prea blong Lod, Jisas i givim kaonsel long yumi blong askem
Papa long Heven blong Hem i “ fogivim [yumi] from ol sin
blong [yumi], olem we [yumi] stap fogivim ol man we oli
mekem i nogud long [yumi]” (Matiu 6:12).

Stap Askem Fogivnes long Lod

Sin hem i wan hevi samting blong stap karem. Hem i me-
kem yumi harem nogud from yumi rong, mo i mekem yumi

fraet tumas from yumi mekem samting i agensem tingting blong Papa long Heven. Hem i mekem yumi stap sore oltaem taem yumi luksave from ol aksen blong yumi, ating yumi bin mekem ol narafala man oli harem nogud, mo yumi bin blokem yumiwan blong kasem ol blesing we Papa i bin rere blong givim long yumi.

From Atonmen blong Jisas Kraes, yumi save kasem fogivnes from ol sin blong yumi taem yumi tru blong sakem sin mo taem yumi sakem sin fulwan. Fasin blong stap mekem sin i mekem se yumi safa mo harem nogud, be fogivnes blong Lod i givhan long yumi, i mekem yumi harem gud mo yumi glad.

Lod i bin promesem se taem yumi sakem ol sin blong yumi, mo yumi kasem fogivnes from, nao Hem i nomo tingbaot olgeta sin ia bakegen (luk long D&C 58:42).

“Nating we ol sin blong yufala i mekem yufala i doti gud, be bambae mi mekem we yufala i klin we i klin. Naoia, yufala i doti we i doti, be bambae yufala i kam klin olgeta.” (Aesea 1:18).

Yu save gotru long eksperiens ia sapos yu nid blong sakem sam bigfala sin, o sapos yu nidim blong sakem sin blong yu evri dei. Semmak olsem Sevyia i bin askem long ol pipol bifo, Hem i askem yu tedei:

“Yufala evriwan we yufala i stap hadwok tumas, mo we yufala i stap karem ol hevi samting, yufala i kam long mi, nao mi bambae mi tekemaot ol hevi samting ya, mi mekem we yufala i spel gud.

“Yufala i mas putum yok blong mi long solda blong yufala, blong yufala i wok wetem mi, from we mi mi wan kwaet man, mo tingting blong mi i stap daon. Mo yufala i mas lan long mi, nao bambae yufala i save faenem pis long laef blong yufala.

“Yufala i mas mekem olsem, from we yok ya we mi bambae mi putum long yufala, wok blong hem i isi nomo, mo ol samting we bambae mi givim long yufala blong yufala i karem, oli no hevi” (Matiu 11:28–30).

“Bae yufala i no kambak naoia long mi, mo sakem ol sin blong yufala, mo jenisim laef blong yufala blong mekem se mi save mekem yufala i kam oraet?

“Yes, i tru mi talem long yufala, sapos yufala i kam long mi bae yufala i gat laef we i no save finis. Luk, mi stap stretem han blong sore blong mi i go long yufala, mo eni man we bae i kam, hem bae mi akseptem, mo olgeta we i kam long mi i kasem blesing” (3 Nifae 9:13–14).

Blong kasem wan eksplenesen abaot fasin blong sakem sin, luk long “Fasin blong Sakem Sin,” pej 47–52.

Fogivim Ol Narafala Man

Antap long fasin blong askem fogivnes from ol sin blong yumiwan, yumi mas save fogivim ol narafala man tu. Lod i bin talem se yumi mas fofogivim wanwan long yumi. Olgeta we oli no fogivim ol narafala man from rong blong olgeta, bae Lod i panisim olgeta taem bae oli kam long fored blong Hem, from sin we i stap wetem olgeta i bigwan moa long hemia blong narafala man. Lod i bin talem se Hem, bae Hem i fogivim huia bae Hem i wantem fogivim, be Hem i givim oda long yumi blong yumi mas fogivim evri pipol (luk long D&C 64:9–10).

Long eni kaen taem blong laef evri dei, ol narafala pipol oli save mekem yu go rong—santaem oli no minim, mo santaem oli minim. Hem i isi blong toktok nogud o kam kros long olgeta, o blong wantem givimbak long olgeta long ol taem olsem. Be hemia i no wei blong Lod. Sevyia i bin givim kaonsel ia: “yufala i mas lavem ol enemi blong yufala, mo yufala i mas prea from olgeta we oli stap mekem i nogud tumas long yufala” (Matiu 5:44). Hem i soem stret eksampol blong fogivnes taem Hem i bin stap long kros. Taem Hem i bin stap tokbaot ol soldia blong ol man Rom we oli bin hangem Hem long kros, Hem i bin prea from olgeta mo talem: “Papa, plis yu fogivim olgeta ya, from we oli no save samting ya we oli stap mekem” (Luk 23:34).

Prea blong gat paoa blong fogivim ol narafala man we oli mekem yu go rong. Lego ol filing blong bigfala kros, blong wantem mekem nogud long olgeta, o blong wantem givimbak long olgeta. Luk long wanem i gud long olgeta be i no blong yu lukluk nomo long ol rong blong olgeta mo soemaot gud ol samting we oli no strong long hem. Letem God i jaj blong ol

Foldaon

aksen blong ol narafala man we oli mekem nogud long yu. Bae i had blong lego ol filing blong harem nogud, be yu save mekem wetem help blong Lod. Bae yu save faenem se fogivnes i save hilim ol bigfala soa, i putum pis mo lav i tekem ples blong posen blong fasin blong raorao mo rabis filing. Pis mo lav ia, God nomo i save givim.

Sam moa skripja: Matiu 6:14–15; 18:21–22; 1 Nifae 7:16–21

Luk tu long Atonmen blong Jisas Kraes; *Stap Jajem Ol Narafala Man*; *Fasin blong Sakem Sin*

Foldaon

Long garen blong Iden, God i bin talem se Adam mo Iv, tufala i fri blong save kakae ol kaekae blong evri tri blong garen, be tufala i no mas kakae frut blong tri blong save gud mo nogud. Nating long toktok ia blong Hem, Hem i givim raet long tufala blong tufala i save mekem joes blong tufala, from oli givim tri ia long tufala. Be God i talem se tufala i mas tingbaot se Hem, God, i bin putum tabu long frut blong tri ia blong save gud mo nogud, se tufala i no save kakae. From long dei ia we bae tufala i kakae frut ia, bae tufala i ded (luk long Moses 3:16–17). From se Adam mo Iv tufala i bin go agensem komanmen ia blong Hem mo tufala i bin tekem frut blong tri blong save gud mo nogud, oli bin sakemaot tufala long ples we Lod i stap long hem (luk long D&C 29:40–41). Long narafala toktok, tufala i bin go tru long ded blong spirit. Tufala i kasem ol bodi we i save ded—mekem se tufala i save ded wan dei. Ded blong spirit mo ded blong bodi ia oli singaotem Foldaon.

Olsem Wanem Yumi Stap long Foldaon blong Yumi

Yumi, olsem laen we i kamaot long Adam mo Iv, yumi kasem tu wan bodi we i save ded long taem blong yumi long wol ia (luk long Alma 42:5–9, 14). Yumi seperet long ples we Lod i stap long hem mo bae bodi blong yumi i ded wan dei. Yumi stap tu long wan ples we bae yumi fesem samting we i

kam agensem yumi, mo tru long hemia, oli testem yumi long ol hadtaem blong laef mo long ol temtesen blong enemy (luk long 2 Nifae 2:11–14; D&C 29:39; Moses 6:48–49).

Long ples ia we yumi foldaon long hem, i gat wan samting we i no stret wetem yumi. Yumi ol spirit pikinini blong God, wetem paoa blong “save kam joen long laef blong God” (Seken Pita 1:4). Be, “mifala i no stret long fored blong [God]; from foldaon, fasin blong mifala i bin kam nogud oltaem” (Ita 3:2). Yumi traehad oltaem blong winim ol filing mo ol tingting blong yumi we oli no stret mo gud.

Taem hem i ripitim ol toktok blong wan enjel, King Benjamin i bin talem, “From man we i folem fasin blong wol i wan enemy blong God, mo i bin olsem stat long taem we Adam i bin foldaon.” King Benjamin i bin givim woning ia, se long taem we man i stap long hem olsem ia, we i foldaon, wanwan man o woman bae i wan enemy long God blong oltaem sapos nomo “hem i lisen long ol gudfala toktok blong Tabu Spirit, mo i tekemaot man we i folem fasin blong wol, mo kam wan sent tru long atonmen blong Kraes, Lod, mo i kam olsem wan pikinini, i stap lisen, no stap flas, putum tingting blong hem i stap daon, i save wet longtaem, i gat plante lav, glad blong stap biae long evri samting we Lod i tingting blong putum long hem, olsem wan pikinini i stap biae long papa blong hem” (Mosaea 3:19).

Ol Gudfala Samting we Oli Kamaot long Foldaon blong Ol Man

Foldaon blong man, hem i wan impoten pat blong plan, we i kam long Papa long Heven, blong sevem man (luk long 2 Nifae 2:15–16; 9:6). Foldaon ia i bin wan foldaon aot long wan hae kondisen be hem i statem tu progres blong man i go fored. Antap long fasin blong putum ded long saed blong spirit mo blong bodi, plan ia i givim yumi wan janis blong yumi save bon bakegen long wol ia mo blong yumi lanem samting mo yumi progres. Tru long wei blong yumi blong yusum fridom blong jus long stret mo gud fasin, mo tru long stret fasin blong yumi blong sakem sin taem yumi mekem

sin, yumi save kam long Kraes, mo tru long Atonmen blong Hem, yumi save rere blong kasem presen ia we hem i laef we i no save finis. Profet Lihae i bin tijim:

“Sapos Adam i no bin sin bae hem i no bin foldaon, be bae hem i bin stap long garen blong Iden. Mo evri samting we God i bin mekem bae i mas bin stap semak olsem taem we afta hem i bin mekem olgeta; mo bae oli mas bin stap semak blong oltaem, mo bae oli no gat en.

“Mo bae [Adam mo Iv] i no gat eni pikinini; from samting ia, bae oli bin stap long wan ples we oli no gat rong from oli no save, oli no glad, from oli no bin save sore; oli no bin mekem eni gud, from oli no bin save sin.

“Be luk, evri samting i bin hapen long waes tingting blong hem, we i save evri samting.

“Adam i bin foldaon blong mekem se man i save stap; mo ol man i stap, blong oli save gat glad.

“Mo Mesaea i kam long en blong taem we God i makem, blong hem i save pemaot ol pikinini blong ol man long foldaon” (2 Nifae 2:22–26; luk tu long ol ves 19–21, 27).

Adam mo Iv, tufala i bin talemaot tangkyu blong tufala from ol blesing we i bin kam from Foldaon:

Adam i bin presem God mo hem i bin fulap long Spirit; mo hem i stat blong talem ol profesi long saed blong ol famle blong wol, mo talem se bae oli presem nem blong God. Hem i bin talem se ol ae blong hem oli bin open from hem i bin mekem sin—se, long laef ia bae hem i gat glad, mo bakegen long mit mo bun bae hem i luk God.

Iv, waef blong hem, i bin harem evri samting ia mo hem i bin glad, mo i talem se sapos tufala i no bin foldaon, bae tufala i neva gat pikinini mo bae tufala i neva save gud mo nogud, mo bae tufala i neva save glad we i kamaot long fasin we Lod i pemaot tufala, mo laef we i no save finis we God i stap givim long evri man we oli stap obei (luk long Moses 5:10–11).

Fasin blong Pemaot Man long Foldaon

From we yumi gat wan bodi we i save ded, mo from sin blong wanwan long yumi, hop blong yumi wanwan i stap nomo long Jisas Kraes mo long plan blong pemaot man.

Tru long Atonmen blong Jisas Kraes, bae Lod i pemaot evriwan long wanem i kamaot from fasin we man i foldaon. Bae yumi laef bakegen long ded, mo bae yumi gobak long ples we Lod i stap long hem blong Hem i jajem yumi (luk long 2 Nifae 2:5–10; Alma 11:42–45; Hileman 14:15–17).

Antap long fasin blong pemaot yumi long wanem i kamaot long fasin blong Foldaon, Sevyia i save pemaot yumi aot long wanwan sin blong yumi. Long taem we yumi stap wetem wan bodi we i save ded, yumi mekem sin mo yumi stap longwe long Lod, mekem se yumi tekem ded long saed blong spirit i kam long yumi. Olsem we Aposol Pol i bin talem, “olgeta evriwan oli mekem nogud finis, mo oli stap afsaed olgeta long ol gudgud-fala fasin blong God” (Rom 3:23). Sapos yumi stap nomo wetem ol sin blong yumi, bae yumi no save stap long ples we God i stap long hem, from se i no gat eni samting we i doti we i save stap long ples we God i stap long hem (luk long Moses 6:57). Tangkyu tumas, Atonmen “i mekem fasin blong sakem sin i hapen” (Hileman 14:18), we i mekem i posibol blong yumi save kasem fogivnes from ol sin blong yumi mo yumi stap long ples we God i stap long hem blong oltaem. Alma i bin tijim, “taswe laef ia i bin kam wan ples blong tes; wan taem blong mekem rere blong mitim God, wan taem blong mekem rere blong ples ia we i no gat en, we mitufala i bin tokbaot, we i kam afta long laef bakegen blong ol ded” (Alma 12:24).

Fasin blong Talem Tangkyu from Sakrifaes blong Sevyia we Hem I Mekem blong Pemaot Yumi

Semma olsem fasin we yumi no wantem kakae kasem taem nomo yumi hanggri, bambae yumi no save wantem blong stap sef blong taem we i no save finis kasem taem nomo we yumi luksave nid blong gat wan Sevyia. Bae yumi kam blong

Fridom blong Jusum

luksave samting ia taem yumi stap gro long andastaning blong yumi abaot fasin we man i foldaon. Olsem we Profet Lihae i bin tijim, “Evri man i bin stap long wan ples blong lus mo foldaon, mo bae oli stap long ples ia oltaem hemia nomo sapos oli no dipen long Ridima ia” (1 Nifae 10:6).

Sam moa skripja: Jenesis 3; Momon 9:12–14; Moses 4

Luk tu long Fridom blong Jusum; Atonmen blong Jisas Kraes; Fas Sin; Plan blong Fasin blong Sevem Man; Sin

Fridom blong Jusum

Papa long Heven blong yu i bin givim long yu fridom blong jusum, paoa blong save jusum samting mo aksen blong yuwan. I nid blong gat fridom blong jusum insaed long plan blong sevem man. Sapos yu no gat fridom ia, bae yu no save lanem samting, o progres, o folem Sevyia. Wetem fridom ia, yu “fri blong jusum fridom mo laef we i no save finis, tru long bigfala Man blong givhan, blong evri man, o blong jusum blong kam prisena mo ded, folem fasin blong kam prisena mo paoa blong devel” (2 Nifae 2:27).

Yu bin gat paoa blong save jusum samting bifo yu bon long wol ia. Long Kaonsel long Heven long laef bifo laef long wol ia, Papa long Heven i bin presentem plan blong Hem, mo insaed long plan ia i bin gat prinsipol blong fridom blong jusum samting. Lusifa i bin go agens mo i bin wantem blong karemaot fridom ia long man (luk long Moses 4:3). Long en blong hem, Lusifa mo evriwan we oli bin folem hem oli no gat janis blong kasem wan bodi long wol ia. From we yu stap long wol ia, hemia i konfemem se yu bin yusum fridom blong yu blong jusum blong folem plan blong Papa long Heven.

Long laef long wol ia, yu stap gohed blong gat fridom blong jusum. Wei we yu yusum presen ia i talemaot hamas bae yu hapi o bae yu harem nogud long laef ia mo long nekis laef. Yu fri blong jusum samting mo mekem aksen folem wanem yu jusum, be yu no fri blong jusum wanem bae i hapen folem ol aksen we yu bin mekem. Wanem bae i kam afta bae i no kam

kwiktaem oltaem, be bae i kamaot. Ol joes we yu mekem blong jusum ol samting we oli gud, mo ol samting we oli stret mo gud bae i save lidim yu blong gat hapines, pis mo laef we i no save finis, be ol joes blong mekem sin o blong devel bae i lidim yu blong gat hat i soa mo stap nogud.

Yuwan nomo yu responsibol from ol desisen we yu mekem. Yu no mas blemem kaen laef we yu stap long hem, famle blong yu, o ol fren blong yu sapos yu jusum blong no obei long olgeta komanmen blong God. Yu wan pikinini blong God we i gat fu-lap paoa. Yu gat paoa blong jusum fasin we i stret mo gud mo fasin blong stap hapi, nating wanem laef yu stap long hem.

Mo tu yuwan nomo i responsibol blong stap developem ol skil mo talen we Papa long Heven i bin givim long yu. Yu mas ansa long fored blong Hem from ol samting we yu stap mekem wetem ol skil mo talen blong yu mo olsem wanem yu stap yusum taem blong yu. Yu no westem taem blong yu. Yu mas gat strong tingting blong save wok had. Jusum blong mekem plante gud samting long tingting blong yuwan.

Sam moa skripja: Dutronome 11:26–28; 30:15–20; Josua 24:14–15; 2 Nifae 2; Hileman 14:30–31; D&C 58:26–28; 101:78

Luk tu long Fasin blong Obei; Plan blong Fasin blong Sevem Man; Temtesen

Gamen (*Luk long* Tempol)

Gavman (*Luk long* Sivil Gavman mo Loa)

Gladhat

Toktok ia *gladhat*, olsem we oli yusum insaed long olgeta skripja, i tokbaot faswan help mo paoa we i kam antap we yumi kasem tru long Atonmen blong Lod Jisas Kraes. Aposol Pita i bin tijim se yumi mas “kam strong moa long Kristin laef blong [yumi], we Jisas Kraes, we i Masta mo [Sevya] blong yumi, i stap givhan moa long [yumi] long gladhat blong hem, mo we [yumi] save hem moa” (Seken Pita 3:18).

Fasin blong Sevem Man Tru long Gladhat

From Foldaon, evriwan bae i go tru long ded blong wol ia. Tru long gladhat, we i stap from sakrifaes blong Sevyia we i pemaot man, evri man bae oli laef bakegen long ded mo bae oli nomo save ded bakegen (luk long 2 Nifae 9:6–13). Be blong laef bakegen long ded nomo i no mekem yumi save kwalifae blong gat laef we i no save finis long ples we God i stap long hem. Ol sin blong yumi oli mekem yumi nomo klin mo yumi no fit blong stap long ples we God i stap long hem, mo yumi nidim gladhat blong Hem blong mekem yumi kam klin evriwan mo kam stret evriwan “afta evri samting [yumi] save mekem” (2 Nifae 25:23).

Toktok ia “afta evri samting yumi save mekem” i stap tijim se yumi nidim blong hadwok blong save kasem ful gladhat blong Lod mo blong yumi save kam klin inaf blong stap wetem Hem. Lod i bin komandem yumi blong obei long gospel blong Hem, we i minim tu blong gat fet long Hem, blong sakem sin blong yumi, blong yumi baptaes, blong yumi kasem presen we i Tabu Spirit, mo blong yumi stap strong kasem en (luk long Jon 3:3–5; 3 Nifae 27:16–20; Ol Toktok blong Bilif 1:3–4). Profet Moronae i bin raet abaot gladhat we yumi kasem taem yumi stap kam long Sevyia mo stap obei long ol tijing blong Hem:

“Kam long Kraes, mo stap stret gud long hem, mo tanem baksaed blong yufala long evri fasin we i no olsem blong god; mo sapos bae yufala i tanem baksaed blong yufala bakegen long evri fasin we i no olsem blong god, mo lavem God wetem evri strong blong yufala, tingting mo paoa, afta gladhat blong hem i naf blong yufala, blong tru long gladhat blong hem, yufala i save stap stret gud long Kraes; mo sapos tru long gladhat blong God yufala i stret gud long Kraes, yufala i no save tanem baksaed long paoa blong God long eni wei.

“Mo bakegen, sapos yufala tru long gladhat blong God, i stret gud long Kraes, mo no tanem baksaed long paoa blong hem, ale yufala i tabu long Kraes, tru long gladhat blong God, tru long blad blong Kraes we i ron, we i stap long kavenan

blong Papa blong kam klin aot long ol sin blong yufala, blong mekem se yufala i kam tabu, no gat mak" (Moronae 10:32–33).

Stap Kasem Gladhat Truaot long Laef blong Yu

Yumi nidim gladhat blong mekem se yumi save sef, be tu, antap long hem, yumi nidim paoa blong Hem blong save mekem samting evri dei long laef blong yumi. Taem yu stap go kolosap long Papa long Heven wetem strong tingting, tingting we i stap daon, mo kaen fasin, bambae Hem i leftemap yu mo mekem yu kam strong, hemia tru long gladhat blong Hem (luk long Ol Proverb 3:34; Fas Pita 5:5; D&C 88:78; 106:7–8). Taem yu dipen long gladhat blong Hem, bae i save mekem se yu progres mo yu gro long stret mo gud fasin. Jisas Hemwan, i no bin kasem evri samting long fas taem, be Hem i bin gohed mo kasem wan gladhat afta wan narafala gladhat, kasem taem Hem i kasem fulwan (luk long D&C 93:13). Gladhat i mekem se yu save givhan blong bildim kingdom blong God, we i wan seves we yu no save givim nomo tru long paoa blong yu o samting we yu gat (luk long Jon 15:5; Filipae 4:13; Hibrus 12:28; Jakob 4:6–7).

Sapos yu kam blong slakem tingting blong yu, o yu filim se yu no strong inaf blong gohed blong laef folem gospel, tingbaot paoa ia we yu save kasem tru long paoa blong gladhat we i save mekem samting. Yu save faenem kamfot mo stret tingting long ol toktok blong Lod: "Gladhat blong mi i naf blong evri man we i putum tingting blong olgeta i stap daon long fored blong mi; from sapos oli putum tingting blong olgeta i stap daon long fored blong mi, mo gat fet long mi, afta bae mi mekem ol samting we i no strong i kam strong long olgeta" (Ita 12:27).

Sam moa skripja: Ol Wok 15:11; Rom 5:2; 2 Nifae 10:24; 11:5

Luk tu long Atonmen blong Jisas Kraes; Laef Bakegen long Ded; Fasin blong Sevem Man

Godhed

Fas toktok blong bilif i talem se: “Mifala i biliv long God, Papa we I No Save Finis, mo long Pikinini blong Hem, Jisas Kraes, mo long Tabu Spirit.” Olgeta trifala Man ia oli mekem Godhed. Oli prisaed ova long wol ia mo evri narafala kriesen blong Papa blong yumi long Heven.

Tru doktrin blong Godhed i bin lus long taem blong apostasi we i bin kam afta long ministri blong Sevyta long wol ia mo ded blong olgeta Aposol blong Hem. Doktrin ia i stat blong kambak taem Josef Smit, we i gat 14 yia, i bin kasem Fas Visen blong hem (luk long Joseph Smith—History 1:17). Aot long stori blong Profet abaot Fas Visen, mo aot long ol narafala tijing blong hem, yumi save se ol memba blong Godhed oli trifala man we oli seperet. Papa mo Pikinini, Tufala i gat ol bodi blong mit mo bun we oli save tajem, mo Tabu Spirit i wan man long spirit (luk long D&C 130:22).

Nating we ol memba blong Godhed oli ol defdefren man wetem ol defdefren wok, oli wan long stamba tingting mo doktrin. Oli wan evriwan blong mekem plan blong sevem man blong Papa long Heven i kamtru.

Sam moa skripja: Matiu 3:13–17; Jon 14:6–10; 17:6–23; Ol Wok 7:55–56; 2 Nifae 31:18; Momon 7:5–7; D&C 76:20–24

Luk tu long God Papa; Tabu Spirit; Jisas Kraes

God Papa

God Papa i Man we Paoa blong Hem i Hae we i Hae Olgeta, we yumi biliv long Hem mo yumi wosipim Hem. Hem nao, i stamba Krieta, Man blong Rul, mo Man blong Lukaot long evri samting. Hem i stret evriwan, i gat evri paoa, mo i save evri samting. Hem i gat wan bodi blong mit mo bun we oli save tajem semmak olsem bodi blong man (luk long D&C 130:22).

Papa blong yumi long Heven i wan God we i save jaj, mo i strong, mo i gat save, mo i gat paoa, be tu, Hem i wan God

we i gat wan fasin blong sore, fasin blong stap kaen, mo fasin blong bigfala lav we i stret evriwan. Nating we yumi “no save mining blong evri samting,” yumi save faenem pis long tru save ia se, Hem i lavem yumi (luk long 1 Nifae 11:17).

Papa blong Ol Spirit blong Yumi

Wan long ol bigfala kwestin blong laef i “Huia mi?” Wan singsing blong Praemeri we oli laekem tumas i givhan, mo i givhan tu long ol smol pikinini blong ansarem kwestin ia. Yumi singsing olsem se, “Mi pikinini blong God, Hem i sendem mi long ples ia.” Save ia se yumi ol pikinini blong God i givim paoa, kamfot mo hop long yumi.

Yu yu stret pikinini blong God, we yu bon stret long spirit blong Hem long laef bifo laef ia long wol. Olsem stret pikinini blong Hem, yu mas save se yu gat ol paoa we oli hae mo i no save finis, mo hemia bae i givhan long yu long ol tru hadwok blong yu blong kasem ful paoa blong yu.

Krieta we Paoa blong Hem I Hae Olgeta

Papa long Heven i Krieta we i Hae, we i Hae Olgeta. Tru long Jisas Kraes, Hem i bin krietem heven mo wol mo evri samting we oli stap long olgeta (luk long Moses 2:1). Alma i bin taem: “Evri samting i soem se i gat wan God; yes, wol tu, mo evri samting we i stap long fes blong hem, yes, mo ol mov blong hem, yes, mo tu, evri wol we oli mov long stret fom blong olgeta, oli witnes se i gat wan Krieta we Paoa blong hem i hae tumas” (Alma 30:44).

Wanwan taem, tingting hevi long ol naesfala samting blong kriesen: ol tri, ol flaoa, ol animol, ol maonten, ol wef blong solwota, wan niubon pikinini. Tekem taem blong lukluk i go antap long ol heven, olsem ol sta mo ol planet oli pruf se God i stap mov long fasin we i hae tumas mo wetem paoa (luk long D&C 88:41–47).

Man we I Krietem Plan blong Fasin blong Sevem Man

Papa blong yumi long Heven i wantem yumi blong stap wetem Hem blong taem we i no save finis. Wok mo glori blong Hem i blong mekem man i nomo save ded mo i laef blong taem we i no save finis (luk long Moses 1:39). Blong mekem se hemia i posibol, Hem i bin rere long plan blong sevem man. Hem i bin sendem Pikinini blong Hem we Hem I Lavem Tumas, Jisas Kraes, blong brekem daon ol rop blong ded mo blong pemaot ol sin blong wol: "God i lavem tumas ol man long wol, nao hem i givim ... stret Pikinini blong Hem, ... wan nomo we hem i gat, blong olgeta man we oli bilif long [hem] bambae oli no save lus, oli gat laef we i no save finis" (Jon 3:16). Sakrifaes ia i bigfala fasin blong God we Hem i soem lav blong Hem long yumi.

Kam blong Save God Papa

Olsem ol pikinini blong God, yumi gat wan spesel rilesensip wetem Hem, we i mekem yumi defren evriwan long ol nara-fala kriesen blong Hem. Lukaotem blong save Papa blong yu long Heven. Hem i lavem yu, mo Hem i bin givim spesel janis ia blong yu kam kolosap long Hem taem yu stap prea. Ol prea blong yu, we yu givim wetem tingting we i stap daon mo wetem tru hat, Hem i harem mo Hem i ansarem olgeta.

Yu save kam blong save Papa blong yu tu, taem yu lanem abaot Pikinini blong Hem we Hem i Lavem Tumas mo taem yu yusum gospel insaed long laef blong yu. Sevy a bin tijim ol disaepol blong Hem se: "From we yufala i save mi, bambae yufala i save Papa blong mi tu. Man we i luk mi, hem i luk Papa blong mi" (Jon 14:7, 9).

Yu kam kolosap long God Papa taem yu stadi long olgeta skripja mo ol toktok blong ol profet blong lata-dei mo taem yu givim seves. Taem yu folem tingting blong God mo laef olsem we Hem i wantem yu blong laef, bae yu kam moa olsem Hem mo Pikinini blong Hem. Yu stap mekem yuwan i rere blong gobak laef long ples we Tufala i stap long hem.

Sam moa skripja: Jon 14:6, 21–24; 17:3; Mosaea 4:9; D&C 132:22–24; Ol Toktok blong Bilif 1:1

Luk tu long Kriesen; Godhed; Plan blong Fasin blong Sevem Man

Gospel

Gospel i plan blong Papa long Heven blong yumi stap hapi. Stamba doktrin blong gospel ia i Atonmen blong Jisas Kraes.

Profet Josef Smit i bin talem se, “Ol fas prinsipol mo odinens blong Gospel oli: nambawan, Fet long Lod Jisas Kraes; nambatu, Sakem Sin; nambatri, Kasem Baptaes andanit long wota blong kam klin long ol sin; nambafo, Putum han long hed blong kasem presen we i Tabu Spirit” (Ol Toktok blong Bilif 1:4). Ful gospel i tekem evri doktrin, prinsipol, loa, odinens, mo kavenan we i nid blong yumi gat blong yumi save kam olsem god long selestial kingdom. Sevy a bin promesem yumi se sapos yumi stap strong kasem en, mo yumi fetful blong laef folem gospel, bae Hem mekem se yumi no gat rong long fored blong Papa mo long Las Jajmen (luk long 3 Nifae 27:16).

Oli bin prijim ful gospel long eni taem we ol pikinini blong God oli bin rere blong kasem. Long ol las dei, o long dispensesen blong fulnes blong ol taem, gospel i bin kambak tru long Profet Josef Smit.

Sam moa skripja: Rom 1:16–17; 3 Nifae 27:13–22; D&C 11:24; 39:5–6

Luk tu long Atonmen blong Jisas Kraes; Baptaes; Fet; Tabu Spirit; Jisas Kraes; Plan blong Fasin blong Sevem Man; Fasin blong Sakem Sin; Restoresen blong Gospel

Hapines

Taem hem i stap testifae abaot ol “stamba tingting blong [God] we i no save finis,” profet Lihae i bin tijim se, “Ol man oli stap, blong oli save gat glad” (2 Nifae 2:15, 25).

Papa long Heven i wantem yumi faenem hapines we i tru mo i save stap longtaem. Hapines blong yumi i plan we i stap blong evri blesing we Hem i givim long yumi—ol tijing blong

gospel, ol komanmen, ol odinens blong prishud, ol famle ri-lesensip, ol profet, ol tempol, ol naesfala samting blong kriesen, mo tu, janis blong yumi fesem samting we i kam agens. Plan blong Hem blong sevem yumi, plante taem oli singaotem "big-fala plan blong glad" (Alma 42:8). Hem i sendem Pikinini blong Hem we Hem I Lavem Tumas blong mekem Atonmen i kam-tru blong mekem se yumi save hapi long laef ia mo kasem ful glad long ol taem we i no save finis.

Plante pipol oli traem blong faenem glad mo filing blong harem gud evriwan long ol aktiviti we oli agensem ol komanmen blong Lod. Long olgeta ia, taem oli no wantem save abaot plan we God i gat long olgeta, oli sakemaot stamba ples blong kasem tru glad. Oli folem devel, we i "lukaotem blong mekem se evri man i save harem nogud olsem hem" (2 Nifae 2:27). Afta, oli lanem trutok insaed long woning blong Alma long boe blong hem Korianton: "Fasin nogud i neva bin mekem ol man i glad" (Alma 41:10).

Ol narafala man oli lukaotem nomo blong gat gud taem long laef. Wetem hemia olsem stamba tingting blong olgeta, oli letem gud taem we i stap blong sot taem nomo, i tekemaot olgeta long glad we i stap longtaem. Oli stilim long olgetawan ol glad ia blong groap long spirit, blong givim seves, mo fasin blong wok had.

Taem yu stap lukaot blong stap hapi, tingbaot se wan wei nomo blong stap glad tru i blong laef folem gospel. Bae yu faenem glad we i gat pis mo i stap blong taem we i no save finis taem yu stap traehad blong obei long ol komanmen, prea blong gat paoa, sakem sin blong yu, mo taem yu tekem pat long ol gudfala aktiviti, mo stap givim seves we i gat mining. Bae yu lanem blong gat gud taem insaed long ol limit we Papa long Heven we i gat lav long yumi, i putum i stap.

Glad blong yu, yu save pasem long narafala man. Taem ol narafala man oli stap lukluk yu, bae oli wantem save stamba blong glad blong yu. Afta, olgeta tu oli save gat glad ia we i kam taem oli laef nomo folem gospel blong Jisas Kraes.

Sam moa skripja: Ol Sam 35:9; 2 Nifae 5:27; Mosaea 2:41; 3 Nifae 17:18–20; 4 Nifae 1:15–16; D&C 18:10–16

Luk tu long Misinari Wok; Plan blong Fasin blong Sevem Man; Seves

Hel

Ol revelesen blong Lata-dei oli tokbaot hel long tufala wei. Faswan, hem i wan narafala nem blong spirit kalabus, wan ples long wol afta long ded we i blong ol spirit, we i blong ol geta we oli bin ded wetem ol sin blong olgeta, mo oli no bin gat save abaot trutok, o oli bin sin, mo oli bin sakemaot ol profet (luk long D&C 138:32). Hemia i wan sot ples we ol spirit oli stap long hem, mo bae oli tijim olgeta abaot gospel, mo bae oli gat janis blong sakem sin mo blong akseptem ol odinens blong sevem man we oli mekem blong olgeta long ol tempol (luk long D&C 138:30–35). Olgeta we oli akseptem gospel bae oli save stap long paradaes kasem taem blong Laef Bakegen long Ded. Afta we oli laef bakegen long ded mo oli kasem jajmen, bae oli kasem digri blong glori we oli klin inaf blong kasem. Olgeta we oli bin jusum blong no sakem ol sin blong olgeta be oli no ol pikinini we oli folem devel bae oli stap long spirit kalabus kasem en blong Milenium, mo long taem ia bae oli fri long hel mo panismen mo bae oli laef bakegen i go long testial glori (luk long D&C 76:81–85).

Nambatu, toktok ia *hel*, oli yusum blong tokbaot bigfala tudak, we i ples blong devel mo ol enjel blong hem, mo ol pikinini we oli folem devel (luk long D&C 29:36–38; 76:28–33). Ol pikinini we oli folem devel, oli olgeta we oli no kasem fogivnes long wol ia, o long wol we i kam—from oli tanem baksaed blong olgeta long Tabu Spirit afta we oli kasem, mo oli tanem baksaed blong olgeta long Stret Pikinini Ia blong Papa, mo oli bin hangem Hem long olgetawan mo oli mekem se Hem i sem tumas (luk long D&C 76:34–35; luk tu long ol ves 31–33, 36–37). Olgeta ia bae oli no save kasem wan ples long eni kingdom blong glori; bambae oli stap nomo long hel (luk long D&C 76:38; 88:24, 32).

Luk tu long Kingdom blong Glori; Setan

Heven

Long ol skripja, toktok ia, *heven*, oli yusum long tu stamba wei. Faswan, hem i tokbaot ples we God i stap long hem, we i stret hom blong olgeta we oli fetful (luk long Mosaea 2:41). Nambatu, hem i tokbaot ples we i raonem wol (luk long Jenesis 1:1).

Sam moa skripja: Ol Sam 11:4; Matiu 6:9; 1 Nifae 1:8; Mosaea 3:8; D&C 20:17

Luk tu long Kingdom blong Glori

Hom Tijing *(Luk long Prishud)*

Hop

Toktok ia *hop*, samtaem oli andastanem rong. Long lanwis blong yumi evri dei, toktok ia i minim se i gat wan ples we yumi no save stret. Eksampol, yumi save talem se yumi hop se bae weta blong yumi i jenis, o yumi hop blong wan fren i visitim yumi. Long lanwis blong gospel, toktok ia *hop* i wan samting we i tru we bae i hapen, mo i laef. Ol profet i bin tokbaot fasin blong gat wan “strong hop” (Alma 34:41) mo wan hop we i laef (luk long Fas Pita 1:3). Profet Moronae i bin tijim se, “Eni man we i biliv long God i save gat tru hop blong kasem wan wol we i moa gud, yes, mo tu kasem wan ples long raet han blong God, we hop ia i kam tru long fet, i mekem wan angka long ol sol blong ol man, we bae i mekem olgeta i strong mo oli no muvmuv, oltaem oli mekem ol gudfala wok, mo i lidim olgeta blong leftemap nem blong God” (Ita 12:4).

Taem yumi gat hop, yumi trastem promes blong God. Yumi save stret we sapos yumi mekem ol wok long stret mo gud fasin, yumi save kasem praes blong yumi, we i pis long wol ia, mo laef we i no save finis long wol we bae i kam (luk long D&C 59:23). Momon i bin tijim se kaen hop ia i kam nomo tru long Atonmen blong Jisas Kraes: “Mo hem i wantem we yufala i gat hop from? Luk, mi talem long yufala se bae yufala i gat hop tru long atonmen blong Kraes mo paoa blong laef bakegen blong

hem, blong girap long laef we i no save finis, mo hemia i from fet blong yufala long hem, folem promes" (Moronae 7:41).

Taem yu stap traehad blong laef folem gospel, yu stap gro long fasin blong yu blong "save putum tingting blong yu i stap strong moa long hem oltaem, from we Tabu Spirit i stap givim paoa long yu" (Rom 15:13). Yu kam antap long hop taem yu prea mo askem God blong i fogivim yu. Long Buk blong Momon, wan misinari we nem blong hem i Eron i talem long wan king blong ol man blong Leman se, "Sapos yu sakem evri sin blong yu, mo yu bodaon long fored blong God, mo singaotem nem blong God, mo singaotem nem blong hem long fet, bilivim strong se bae yu kasem, ale bae yu kasem hop we yu wantem" (Alma 22:16). Yu kasem hop tu taem yu stadi long olgeta skripja mo folem ol tijing blong olgeta. Aposol Pol i bin tijim, "Olgeta tok ya we oli raetem long Baebol bifo, oli raetem blong tijim yumi. Nao tingting blong yumi i save stap strong, from we tok ya blong Baebol i stap mekem yumi harem gud, i stap mekem tingting blong yumi i longfala" (Rom 15:4).

Prinsipol blong hop i go kasem ol taem we i no save finis, be hem i save stap tu tru long ol jalenj blong laef blong yumi evri dei. Man we i raetem ol Sam i bin talem se "Hae God i God blong Jakob. ... Man we i putum tingting blong hem i stap long [God ia], hem bambae i harem gud." (Ol Sam 146:5). Wetem hop, yu save faenem glad long laef. Yu save "gat fasin blong save wet longtaem, mo holem taet tru ol hadtaem ia, wetem wan strong hop se bae wan dei bae [yu] save spel long ol hadtaem blong [yu]" (Alma 34:41). Yu save "wokbaot fored wetem strong bilif long Kraes, wetem wan stret mo klin hop, mo wan lav blong God mo blong evri man. From samting ia, sapos yufala i gohed strong, kakae gud long toktok blong Kraes, mo stap strong kasem en, luk, olsem ia Papa i talem: Bae yufala i kasem laef we i no save finis" (2 Nifae 31:20).

Sam moa skripja: Ol Krae 3:25–26; Fas Korin 15:19–22; Fas Pita 3:15; 1 Jon 3:2–3; Jakob 4:4–6; Alma 13:28–29; 27:28; Ita 12:32; Moronae 8:26; 9:25; 10:22

Luk tu long Samting we I Kam Agens; Atonmen blong Jisas Kraes; Jareti; Fet

Hot Dring (*Luk long Tok blong Waes*)

Jajem Ol Narawan

Samtaem ol pipol oli filim se hem i rong blong jajem ol narafala long eni wei. Hemia i tru se yu no mas panisim o jajem man long fasin we i no stret mo gud, be bae yu nidim blong mekem jajmen abaot sam aedia, sam spesel taem, mo abaot sam pipol truaot long laef blong yu. Lod i bin givim plante komanmen tumas, mekem se yu no save obei long olgeta sapos yu no mekem sam jajmen long olgeta. Eksampol, Hem i bin talem: “Yufala i mas lukaot long ol giaman profet. ... Bambiae yufala i save makem olgeta long frut blong laef blong olgeta” (Matiu 7:15–16) mo Hem i talem long yumi blong yumi mas aot long medel blong olgeta rabis man (luk long D&C 38:42). Yu nidim blong mekem sam jajmen abaot ol pipol long plante impoten desisen we yu mas mekem, olsem blong jusum ol fren, blong vot from ol lida blong gavman, mo blong jusum wan kompanion blong taem we i no save finis.

Jajmen i wan impoten wei blong yusum fridom blong jusum mo hem i nidim blong yumi lukaot gud long olsem wanem yumi yusum, speseli taem yumi mekem ol jajmen abaot ol narafala pipol. Evri jajmen blong yu i mas folem ol standet we oli stret mo gud. Tingbaot se God nomo, we i save hat blong wanwan long yumi, i save mekem ol las jajmen abaot wanwan man mo woman (luk long Revelesen 20:12; 3 Nifae 27:14; D&C 137:9).

Lod i givim yumi wan woning long ol jajmen blong yumi abaot ol narawan: “From wetem sem jajmen we yufala i jajem man, bae Lod i jajem yufala; mo wetem mak we yufala i givim, hemia i mak we Lod bae i givim long yufala bakegen. Mo from wanem yu stap luk smol doti we i stap long ae blong brata blong yu, be yu no tingbaot bigfala wud we i stap long ae blong yu? O hao nao bae yu talem long brata blong yu: Letem mi pulumaot smol doti we i stap long ae blong yu—mo luk, i gat wan bigfala wud i stap long ae blong yu? Yu yu man blong tufes, fastaem sakem bigfala wud aot long ae blong yu; mo

afta, bae yu lukluk klia blong sakem smol doti aot long ae blong brata blong yu” (3 Nifae 14:2–5).

Long skripja ia, Lod i stap tijim se wan rong we yumi luk long wan narafala man, plante taem i olsem wan smol stik long ae blong man ia sapos yumi komperem wetem ol rong blong yumiwan, we oli olsem wan bigfala wud long ol ae blong yumi. Samtaem yumi lukluk tumas long ol rong blong ol narafala, be yumi mas luk fastaem blong mekem yumi kam gud moa.

Ol jajmen blong yu we oli stret mo gud oli save givim help long olgeta, mo long sam ples, i save stap olsem wan proteksen blong yu mo famle blong yu. Taem yu mekem ol kaen jajmen olsem, mekem wetem bigfala kea mo lav mo sore. Sapos yu save mekem, jajem ol situesen we ol pipol oli stap long hem, be yu no blong jajem ol pipol ia. Taem i posibol, holem taet yuwan blong no mekem ol jajmen kasem taem yu gat wan gudfala save abaot wanem stret i stap hapen. Oltaem, lisin gud long Tabu Spirit, we i stap lidim ol desisen blong yu. Tingbaot kaonsel blong Alma long boe blong hem Korianon: “mekem sua se yu soem sore long ol brata blong yu; mekem raet, jajem wetem stret fasin, mo mekem gud oltaem” (Alma 41:14).

Sam moa skripja: 1 Samuel 16:7; Moronae 7:14–19; D&C 11:12

Luk tu long Jareti; Fogivnes; Lav; Sore

Jareti

Jareti i “stret lav blong Kraes,” o “lav we i no gat en” (Moronae 7:47; 8:17). Profet Momon i bin tijim: “Bigfala lav i save wet longtaem, mo i kaen, mo i no jalus, mo i no kam bigwan, i no lukaotem samting blong hem nomo, i no save kros kwiktaem, i no tingting eni nogud samting, mo i no glad long rabis fasin be i glad long trutok, i stanap strong long evri samting, i bilivim evri samting, i gat hop long evri samting, i stap strong long evri samting.” (Moronae 7:45; luk tu long Fas Korin 13:4–7).

Jisas Kraes i stret eksampol blong bigfala lav ia. Long taem blong ministri blong Hem, oltaem Hem i bin “go olbaot, i stap

mekem gud,” i stap tijim gospel mo i stap soem kaen lav mo sore long olgeta we oli bin pua, olgeta we oli bin gat hadtaem, olgeta we oli bin harem nogud (luk long Matiu 4:23; Mak 6:6; Ol Wok 10:38). Bigfala fasin blong Hem blong soem bigfala lav blong Hem i Atonmen blong Hem we i no gat en. Hem i bin talem, “I no gat man we i lavem ol fren blong hem moa, i winim man we i lusum laef blong hem blong i sevem ol fren blong hem” (Jon 15:13). Hemia i bin aksen blong fasin blong safe longtaem, fasin blong stap kaen, mo fasin blong no tingbaot hemwan we bae yumi save long hem. Sapos yu andastanem lav blong Sevyia we i stap strong kasem en, bae yu save yusum fet blong yu mo sakem ol sin blong yu, mo gat tras se bae Hem i fogivim yu mo mekem yu strong long ol traehad blong yu blong laef folem gospel.

Sevyia i wantem yu blong kasem lav blong Hem, mo Hem i wantem tu blong yu serem lav ia wetem ol narafala man. Hem i bin talem long olgeta disaepol blong Hem: “Mi mi givim wan niufala loa long yufala se, ‘yufala i mas lavlavem yufala.’ Olsem se mi mi lavem yufala, ale long sem fasin, yufala i mas lavlavem yufala. Nao from we yufala i stap lavlavem yufala, bambae olgeta man oli luksave se yufala i man blong mi” (Jon 13:34–35). Long ol rilesensip blong yu wetem ol memba blong famle mo wetem ol narafala, luk long Sevyia olsem eksampol blong yu. Traehad blong gat lav olsem we Hem i bin gat lav, wetem wan lav mo sore we i stap oltaem, wetem longfala tingting, mo wetem sore.

Taem yu stap gohed blong kasem stret lav blong Sevyia mo taem yu stap soem lav olsem lav blong Kraes long ol narafala man, bae yu faenem se lav blong yu i stap kam bigwan. Bae yu stap filim glad blong stap givim seves long Lod. Tabu Spirit bae i stap olsem kompanion blong yu oltaem, bae i lidim yu long wok blong yu mo long rilesensip blong yu wetem ol narafala man. Bae yu rere blong mitim Lod long taem blong Jajmen dei, mo long taem ia bae Hem i givim praes long yu folem hamas nao yu bin mekem long wok blong Hem. Momon i bin tijim:

“Sapos yufala i no gat bigfala lav, yufala i nating, from bigfala lav bae i neva sot. From samting ia, holem taet long bigfala lav, we i moa hae bitim evri samting, from evri samting i mas sot—

“Be bigfala lav i stret lav blong Kraes, mo i stap strong oltaem; mo eni man we oli faenem se hem i gat samting ia long las dei, bae i gud long hem.

“From samting ia, ol brata blong mi we mi lavem tumas, prea long Papa wetem evri paoa blong hat, blong yufala i save fulap wetem lav ia, we hem i bin givim long olgeta we oli ol tru man blong folem Pikinini blong hem, Jisas Kraes; blong yufala i save kam ol boe blong God; blong taem we bae hem i kamaot bae yumi stap olsem hem, from bae yumi lukim hem olsem we hem i stap; blong yumi save gat hop ia; blong yumi save kam klin olsem we hem i klin” (Moronae 7:46–48).

Sam moa skripja: Matiu 25:31–46; 1 Jon 4:18; Ita 12:33–34; D&C 12:8; 34:3; 121:45

Luk tu long Lav; Seves

Jastiti

Jastiti hem i blong stap klin evriwan long saed blong seks, wan samting we i “God i hapi” long hem (Jekob 2:7). Blong stap klin, yu mas klin gud long tingting, toktok mo aksen blong yu. Yu no mas gat seks bifo yu mared folem loa. Taem yu mared, yu mas fetful fulwan long hasban o waef blong yu.

Fasin blong bodi blong hasban mo waef i joen i wan samting we i naes tumas mo hem i tabu. God nao i odenem blong krietem ol pikinini mo tu, blong soemaot lav insaed long mared.

Long wol tedei, Setan i bin lidim plante pipol blong bilivim se fasin blong gat seks aotsaed long mared, i wan samting we i oraet blong mekem. Be long ae blong God, hem i wan bigfala sin. Hem i wan wei blong abiusum paoa we Hem i bin givim long yumi, blong yumi save krietem laef. Profet Alma i bin tijim se ol sin long saed blong seks oli moa bigwan bitim eni narafala

sin. Be hem i no bigwan moa bitim sin blong kilimded man o blong tanem baksaed long Tabu Spirit (luk long Alma 39:3–5).

Samtaem, ol pipol oli traem blong talem long tingting blong olgeta se fasin blong gat seks aotsaed long mared i wan samting we i oraet nomo sapos man mo woman, tufala i lavem tufala. Hemia i no tru. Blong go agensem loa blong jastiti mo blong leftemap tingting blong wan narawan blong mekem olsem i no wan wei blong soemaot lav. Ol pipol we oli lavlavem olgeta bae oli no save putum hapines mo sefti blong patna blong olgeta long denja blong mekem se oli save harem gud blong sot taem long wol ia.

Taem ol pipol oli kea long wanwan long olgeta inaf blong oli save folem loa blong jastiti, nao bae lav, tras mo komitmen blong olgeta bae i kam antap, mo bambae i save gat moa hapines mo yuniti. Be, ol rilesensip we oli bildimap long fasin blong gat seks, bae oli no save stap longtaem. Olgeta we oli stap tugeta from fasin blong gat seks, plante taem oli filim fraet, oli filim se oli rong mo oli sem. Ol gud filing we i bin stap wan taem insaed long rilesensip blong olgeta oli lus, mo ol nogud fasin, jalus mo fasin blong nomo gat lav i tekem ples.

Papa long Heven i bin givim loa blong jastiti long yumi blong i protektem yumi. Fasin blong obei long loa ia i wan samting we wanwan i nid blong mekem blong gat pis long hemwan, mo blong gat paoa mo hapines long hom. Taem yu stap kipim yuwan yu klin long saed blong seks, bae yu stap longwe long ol rabis samting we i save kam spolem yu sapos yu gat seks wetem wan narawan aotsaed long mared. Bae yu save lisin long Tabu Spirit blong i lidim yu, i givim yu paoa, kamfot, mo proteksen, mo bae yu stap fulfilim wan impoten pat we yu mas mekem blong save kasem wan tempol rekomen mo tekem pat long ol odinens blong tempol.

Ol Sin long Saed blong Seks

Lod mo ol profet blong Hem oli agensem fulwan rabis sin long saed blong seks. Evri rilesen long saed blong seks aotsaed long mared i brekem loa blong jastiti, mo hem i wan denja long

saed blong bodi mo long saed blong spirit long olgeta we oli stap foldaon long fasin ia.

Olgeta Ten Komanmen i tekem komanmen ia blong no komitim adaltri, we hem i fasin blong wan mared man i gat seks wetem wan narawan we i no waef blong hem, o fasin blong wan mared woman i gat seks wetem wan narawan we i no hasban blong hem (luk long Eksodas 20:14). Aposol Pol i bin talem se “God i wantem” se yumi “no mekem trabol wetem woman no wetem man;” trabol ia i minim blong wan we i no mared i gat seks wetem wan narafalawan bakegen (1 Tesalonaeka 4:3). Ol lata-dei profet oli bin toktok strong agensem ol sin ia mo agensem rabis praktis blong abius long saed blong seks.

Semmak olsem eni narafala wei blong brekem loa blong jastiti, fasin blong man i go wetem man, o woman i go wetem woman, i wan sin we i bigwan. Hem i agensem ol stamba tingting blong fasin blong man blong joen long saed blong seks (luk long Rom 1:24–32). Hem i tantanem ol rilesensip blong lav mo hem i blokem ol pipol blong kasem ol blesing we oli save faenem insaed long famle laef mo ol odinens blong sevem man we i stap insaed long gospel.

Blong holem taet yu nomo blong no gat seks aotsaed long mared i no inaf long standet blong Lod abaot fasin blong stap klin. Lod i wantem ol disaepol blong Hem oli mas gat wan hae standet long saed blong fasin ia, we hem i blong stap fetful fulwan long kompanion blong yu long tingting mo long saed blong aksen. Long toktok blong Hem antap long Hil, Sevyia i bin talem: “Yufala i harem finis we ol tija oli talem bifo se, ‘Yufala we i mared, bambae yufala i no mas go slip wetem narafala woman.’ Be mi mi talem long yufala, se man we i luk wan woman, nao i wantem hem tumas, i olsem we hem i slip wetem woman ya finis” (Matiu 5:27–28). Long ol lata dei, Hem i bin givim komanmen se yumi no mas komitim adaltri o eni narafala samting we i semmak long hem (luk long D&C 59:6). Mo Hem i talemaot strong bakegen prinsipol we Hem i bin tijim Antap long Hil, we i talem se sapos wan man i luk wan woman, nao i wantem hem tumas—o sapos wan man i komitim adaltri

long hat blong hem nomo—bae hem i no save gat Spirit, be i olsem we hem i tanem baksaed blong hem long fet blong hem, mo bae hem i mas fraet (luk long D&C 63:16). Ol woning ia oli blong evri pipol, olgeta we oli mared, mo olgeta we oli no mared mo oli singgel i stap.

Sapos yu bin mekem wan sin long saed blong seks, toktok wetem bisop o branj presiden blong yu blong hem i save helpem yu long rod blong fasin blong sakem sin (luk long “Fasin blong Sakem Sin,” pej 47–52).

Sapos yu luk se yu stap gat hadtaem wetem ol temtesen long saed blong seks, hemia i tekem tu ol filing blong man i gat long man, o woman i gat long woman, no foldaon long ol temtesen ia. Yu mas save se yu save jusum blong stap longwe long ol kaen fasin ia. Yu save kasem help blong Lod taem yu stap prea blong kasem paoa mo wok blong winim problem ia. Olsem pat blong traehad ia, yu mas go lukaotem kaonsel long bisop o branj presiden blong yu. Bae hem i helpem yu.

Stap Obei long Loa blong Jastiti

Nomata yu luk se temtesen i strong hamas, Lod bae i helpem yu blong stanap agensem olgeta sapos yu jusum blong folem Hem. Aposol Pol i bin talem, “Ol samting ya we oli stap traem yumi, oli [semmak] nomo long ol samting we oli stap traem ol narafala man. Be God i stap holem ol promes blong hem, mo hem i no save letem wan samting i traem yumi we i strong tumas long yumi. Be stret long taem ya we samting olsem i traem yumi, hem bambae i mekem rod blong yumi, blong yumi winim samting ya” (Fas Korin 10:13). Kaonsel ia i save helpem yu blong winim ol temtesen we i kam fulap mo oli no nogud long wol tedei:

Mekem tingting blong yu naoia blong yu stap klin. Yu nidim blong mekem desisen ia wan taem nomo. Mekem tingting ia naoia, bifo temtesen i kam, mo mekem tingting blong yu i strong inaf wetem wan strong komitmen, we bae i mekem se yu no save foldaon. Mekem tingting naoia we bae yu neva traem wan samting aotsaed long mared blong wekemap ol

strong filing we yu mas gat mo soemaot nomo insaed long mared. No wekemap ol filing ia insaed long bodi blong wan narafalawan, o long bodi blong yuwan. Mekem tingting naoia se bae yu tru fulwan long waef o hasban blong yu.

Kontrollem ol tingting blong yu. I no gat wan i komitim sin long wan smol taem nomo. Oltaem ol rabis aksen oli stat we-tem ol rabis tingting. Sapos yu letem ol tingting blong yu oli gohed blong tingting blong ol rabis samting, yu tekem fas step finis i go long rabis fasin long saed blong seks. Kamaot kwik long ol kaen ples o situesen we i save lidim yu i go long sin. Prea oltaem blong gat paoa blong stanap agensem ol temtesen mo blong gat paoa blong kontrollem ol tingting blong yu. Mekem hemia i wan pat blong ol prea blong yu evri dei.

Stap longwe long ponografi. No lukluk, ridim, o lisin long eni samting we i stap soemaot, o i stap tokbaot bodi blong man o woman, o i soemaot o tokbaot fasin blong gat seks long wan wei we i wekemap ol filing blong gat seks insaed long yu. Ol tul blong ponografi oli save kam ol samting we yu wantem oltaem, mo oli save spolem yu. Oli stilim respek long yuwan, mo oli stilim filing blong yu blong luk ol naesfala samting blong laef. Oli save prapa spolem gud yu, mo save lidim yu blong gat ol rabis tingting mo gat ol aksen blong abius.

Sapos yu singgel mo yu stap deit, oltaem gat respek long deit blong yu. Neva lukluk hem olsem wan tul we bae yu yusum blong strettem ol rabis filing blong yu. Lukaot gud blong mekem ol gudfala plan mo ol gudfala aktiviti blong mekem se yu mo deit blong yu, yutufala i no stap yutufalawan mo no stap mekem wan samting. Stap long ol eria we oli sef we yu save kontrollem yu isi nomo. No tekem pat long ol storian o aktiviti we i wekemap ol filing long saed blong seks. No kis, no slip wetem o antap long wan narawan, no tajem ol tabu, praevet pat blong wan narawan, nomata hem i werem o no werem klos. No letem eniwan i mekem olgeta samting ia long yu.

Sapos yu mared, stap fetful long patna blong yu long tingting, toktok mo aksen blong yu. Lod i bin talem se wan man i mas lavem waef blong hem wetem ful hat blong hem mo i mas lukluk

long hem nomo mo i no wan narafalawan. Wan man we i luk-luk long wan narafala woman mo i wantem hem tumas, i stap tanem baksaed blong hem long fet blong hem, mo bae hem i no save gat Spirit; mo sapos hem i no sakem sin ia, bambae oli sakemaot hem (luk long D&C 42:22–23). Neva traem blong stap toktok krangke long ol woman long eni wei. Traem bes blong yu, sapos yu man, blong yu no stap wetem wan woman. Semmak long woman, traem bes blong no stap yuwan wetem wan man. Askem yuwan sapos hasban o waef blong yu bae i glad sapos hem i save abaot ol toktok o aksen blong yu. Tingbaot kaonsel blong Aposol Pol blong stap longwe long samting we man i luk se i nogud (luk long 1 Tesalonaeka 5:22). Taem yu stap longwe long ol kaen situesen ia, temtesen i no gat janis blong kam antap.

Fogivnes long Hem we I Sakem Sin

Rod we i moa gud i blong stap gat klin fasin evriwan. Hem i rong blong mekem sin long saed blong seks wetem tingting ia se bae yu sakem sin afta. Fasin ia i wan sin finis, we i soem se yu no gat respek long Lod mo ol kavenan we yu bin mekem wetem Hem. Be, sapos yu bin mekem sin long saed blong seks, Lod i givim fogivnes sapos yu sakem sin.

Fasin blong sakem sin i wan had samting blong mekem, be hem i posibol. Yu save kam klin bakegen (luk long Aesea 1:18). Harem nogud ia blong sin, swit pis blong fogivnes i save tekem ples blong hem. Blong lanem wanem yu mas mekem blong sakem sin, luk long “Fasin blong Sakem Sin,” pej 47–52.

Wok from dei ia we bae yu klin inaf blong go insaed long tempol, mo letem ol toktok blong hem we i bin raetem Ol Sam i lidim yu:

“Hu man i gat raet blong go antap long hil blong Hae God? Hu man i save go insaed long tabu ples ya blong hem?”

“Man we tingting blong hem i klin mo laef blong hem i stret” (Ol Sam 24:3–4).

Sam moa skripja: Eksodas 20:14; Fas Korin 6:18–20; Alma 38:12; 3 Nifae 12:27–30

Luk tu long Mared; Ponografi

Jastis

Jastis hem i wan loa we i no save jenis we i mekem se i gat ol risal from ol aksen blong yumi. From loa blong jastis ia, yu kasem ol blesing taem yu obei long ol komanmen blong God (luk long D&C 130:21–22). Loa blong jastis i mekem tu se i gat wan panismen blong pem from evri sin we yu stap mekem. Hem i mas olsem blong mekem se i no gat wan samting we i no klin i stap long ples we God i stap long hem (luk long 1 Nifae 10:21).

Taem Sevy a bin stap mekem Atonmen, Hem i bin tekem ol sin blong yumi long Hemwan. Hem i bin save ansa long “ol en blong loa ia” (2 Nifae 2:7) from we Hem i bin tekem long Hem panismen we loa ia i nidim from ol sin blong yumi. Taem Hem i mekem olsem, Hem i bin “givim wanem we jastis i askem” mo Hem i bin givim sore long evriwan we i sakem sin mo i follem Hem (luk long Mosaea 15:9; Alma 34:14–16). From se Hem i bin pem praes from ol sin blong yumi, bae yumi no nid blong safa long panismen ia sapos yumi sakem sin (luk long D&C 19:15–20).

Sam moa skripja: 2 Nifae 9:26; Alma 42

Luk tu long Atonmen blong Jisas Kraes; Sore; Fasin blong Sakem Sin

Jeneral Atoriti (*Luk long* Jos Administresen)

Jisas Kraes

Long namba 1 Jenuware 2000, Fas Presidensi mo Kworom blong Olgeta Twelef Aposol oli bin putumaot ofisol toktok ia. Ofisol toktok ia, taetol blong hem i, “Kraes we I Laef,” mo toktok ia i stap witnesem Lod Jisas Kraes, mo i tokbaot sot huia Hem mo tabu misin blong Hem:

Long taem we yumi stap tingbaot taem we Jisas Kraes i bon tu taosen yia bifo, mifala i stap givim testemoni blong mifala, long saed blong tru laef blong Hem we i no gat wan samting we i semmak long hem. Wan testemoni long saed blong bigfala sakrifaes blong Hem blong pemaot man mo paoa ia, i stap oltaem nomo. I no gat nara man yet we i bin laef long wol, i gat paoa ia ova long ol man we oli bin laef long wol ia mo olgeta we bae oli laef yet long wol.

Hem i Hae Jehova blong OlTesteman. Mesaea blong Niu Testeman. Folem toktok blong Papa blong Hem, Hem i mekem wol ia. "Mo long olgeta samting ia we God i mekem, i nogat wan samting we Tok ya i no mekem" (Jon 1:3). Nomata se Hem i no bin gat sin, Hem i kasem baptaes blong fulfilim ol samting we i stret mo gud. Hem i go olbaot mo mekem gud (Ol Wok 10:38), be yet oli no laekem Hem. Gospel blong Hem i wan mesej blong pis mo gud tingting. Hem i askem strong long ol man blong folem eksampol blong Hem. Hem i wokbaot long ol rod blong Palestaen, mo Hem i mekem olgeta we oli sik, oli kam gud bakegen. Hem i mekem olgeta we ae blong olgeta i no save lukluk, oli lukluk bakegen, mo Hem i mekem ol dedman oli laef bakegen long ded. Hem i bin tijim ol trutok blong ol taem we i no save finis, se hem i tru we yumi bin laef fastaem bifo long wol ia, stamba tingting blong laef blong yumi long wol ia, mo wanem samting ol pikinini boe mo gel blong God oli gat long laef we bae i kam.

Hem i statem sakramen olsem wan samting blong mekem yumi tingbaot bigfala sakrifaes blong Hem blong pemaot man. Oli bin arestem Hem mo oli jajem Hem from ol rong we i no tru, oli mekem ol giaman samting blong faenem Hem i rong, blong mekem wan grup blong ol rabis man oli harem gud, mo oli panisim Hem blong Hem i ded long kros long Kalvari. Hem i givim laef blong Hem blong pemaot ol sin blong ol man. Hemia nao bigfala presen blong Hem we Hem i givim long olgeta we bae oli kasem laef long wol ia.

Mifala i testifae strong, se laef blong Hem, we i stap long medel blong histri blong evri man, i neva stat long Betlehem

mo i neva stop long Kalvari. Hem i Fasbon blong Papa, wan Pikinini blong Hem nomo we i bin gat mit mo bun, Hem i Ridima blong wol.

Hem i laef bakegen long gref blong kam olsem ol fas frut blong olgeta we oli slip (luk long Fas Korin 15:20). Olsem Lod we i Laef Bakegen, Hem i visitim olgeta we Hem i lavem olgeta long laef blong Hem long wol. Hem i bin go tu long olgeta nara sipsip blong Hem (Jon 10:16) long Amerika blong bifo. Long taem blong yumi tedei, Hem mo Papa blong Hem i bin kamaot long boe ia Josef Smit, mo soem long hem, promes ia blong dispensesen blong ol las dei we i bin stap long taem finis i kam. (Efesas 1:10).

Profet Josef i bin raet olsem long saed blong Jisas we Hem i Kraes we i Laef. Hem i talem se ae blong Hem oli olsem laet blong faea; hea blong Hem i waet olsem sno we i no gat doti long hem; bodi blong Hem i saen bitim laet blong san; mo voes blong Hem i olsem noes blong ol bigfala wota, mo tu voes blong Jehova, we Hem i stap talem se

Hem i fas mo las, Hem i laef i stap, oli bin mekem nogud long Hem, mo Hem i loya blong yumi long fored blong Papa (luk long D&C 110:3-4).

Profet i bin talem tu se afta plante testemoni we oli bin givim abaot Sevyia, hem i givim testemoni ia, laswan long evriwan, se Sevyia i Laef!

From se Profet i luk Hem long raet han blong God mo hem i harem wan voes we i talem se Hem i Pikinini blong God—

se from Hem mo tru long Hem, ol wol oli stap tedei mo Hem i bin mekem olgeta bifo mo ol pikinini blong ol wol ia oli ol pikinini boe mo gel blong God (Luk long D&C 76:22-24.)

Mifala i talem strong se prishud blong Hem mo Jos blong Hem i bin kambak long wol — mo i stanap antap long fandesen blong ol ... aposol mo profet, Jisas Kraes Hemwan we Hem i jif kona ston (luk long Efesas 2:20.)

Mifala i talem testemoni blong mifala se wan dei bae Hem i kambak long wol. Mo glori blong God bae i kamaot mo evri man bae i luk Hem wantaem (luk long Aesea 40:5). Bae Hem i

rul olsem King blong Ol King mo bae i stap long paoa olsem Lod blong Ol Lod, mo evri man bae i nildaon mo evri man bae i toktok blong wosip long fored blong Hem. Wanwan long yumi bae i save stanap long fored blong Hem, mo bae Hem i jajem yumi folem ol wok blong yumi mo ol tingting blong ol hat blong yumi.

Mifala i talem testimoni ia, olsem Ol Aposol blong Hem we oli odenem mifala folem stret fasin we Hem i mekem—se Jisas Hem i Kraes we i Laef, Pikinini blong God we i no save ded. Hem i bigfala King Imanuel, we i stanap tedei long raet han blong Papa blong Hem. Hem i laet, laef, mo hop blong wol. Rod blong Hem i rod we i lidim yumi i go long hapines long laef ia mo laef we i no save finis long wol we bae i kam. Yumi talem tangkyu long God from presen ia we i Hae Pikinini blong Hem, presen ia we i no gat samting moa i semmak long hem. (36299 852).

Luk tu long Atonmen blong Jisas Kraes

Jos Administresen

Jisas Kraes i stanap long hed blong Jos. Misin blong Jos blong Jisas Kraes blong Ol Lata-dei Sent i blong helpem evri pipol blong kam long Hem (luk long Moronae 10:32). Blong fulfilim misin ia, Jos i bin oganaes folem rod we Lod i bin talemaot, “blong olgeta man blong hem ... oli strong moa. Long fasin ya, bambae yumi evriwan i save kam wan nomo, we yumi bilif long Pikinini blong God, mo yumi save gud hem” (Efesas 4:12–13; luk tu long ves 11). Aotlaen ia i talem smol abaot oganaesesen blong Jos.

Hom mo Famle

Famle i stamba yunit insaed long Jos, mo hom i ples we i moa impoten blong save lanem gospel. I no gat wan oganaesesen we i save tekem ples blong famle. Semtaem we Jos i stap gohed blong gro, stamba tingting blong hem bae i stap ol-

taem blong sapotem mo mekem ol famle mo wanwan man mo woman oli kam strong moa long ol hadwok blong olgeta blong laef folem gospel.

Jeneral Administresen

Lod i stap lidim ol kavenan pipol blong Hem, tru long Presiden blong Jos, we yumi stap sastenem olsem profet, sia mo reveleta. Presiden blong Jos i prisaed ova long ful Jos. Hem mo ol kaonsela blong hem, we olgeta tu oli ol profet, sia mo reveleta, oli pat blong Kworom blong Fas Presidensi.

Ol memba blong Kworom blong Olgeta Twelef Aposol oli ol profet, sia, mo reveleta tu. Olgeta, wetem olgeta blong Fas Presidensi, oli ol spesel witnes blong nem blong Kraes long ful wol (luk long D&C 107:23). Oli mekem samting anda long daereksen blong Fas Presidensi blong bildimap Jos mo stretem evri mata blong Jos long evri nesen (luk long D&C 107:33). Oli stap openem doa long evri nesen taem oli serem gospel blong Jisas Kraes (luk long D&C 107:35).

Ol memba blong Kworom blong Olgeta Seventi oli singaotem olgeta blong serem gospel mo bildimap Jos. Oli wok anda long daereksen blong olgeta Twelef Aposol. Ol memba blong Fas mo Seken Kworom blong Olgeta Seventi, oli ol Jeneral Atoriti we oli bin jusum olgeta, mo oli save singaotem olgeta blong wok long eni ples long wol.

Prisaeding Bisoprik nao i presidensi blong Aronik Prishud raon long Jos. Prisaeding Bisop mo ol kaonsela blong hem oli wok anda long daereksen blong Fas Presidensi blong lukluk long ol mata blong Jos long wol ia.

Ol Yang Man, Rilif Sosaeti, Yang Woman, Praemeri, mo Sandei Skul oganaesesan, evriwan ia oli gat ol presidensi long jeneral level blong givim instraksen mo daereksen long olgeta.

Eria Administresen

Wan eria hem i grup blong Jos we i moa bigwan long wan ples. Anda long daereksen blong Fas Presidensi mo Kworom

blong Olgeta Twelef Aposol, wan Eria Presidensi i prisaed ova long wanwan eria. Ol Eria Presiden mo ol kaonsela blong olgeta, bae oli save jusumaot olgeta long Kworom blong Olgeta Twelef mo ol Kworom blong Olgeta Seventi.

Oli save odenem sam brata i go long ofis blong olgeta Seventi be oli no stap olsem ol Jeneral Atoriti. Oli singaotem olgeta ol Eria Atoriti Seventi, mo oli wok long ol narafala kworom folem ples we oli stap long hem, be i no Fas mo Seken Kworom blong Olgeta Seventi. Atoriti blong olgeta i blong yusum nomo long jeneral eria we oli laef long hem. Sam Eria Atoriti Seventi oli wok long ol Eria Presidensi.

Lokol Administresen

Ol Wod mo Ol Branj. Oli oganaesem ol memba blong Jos long ol kongregesen we oli stap mit tugeta oltaem blong kam antap long saed blong spirit mo long saed blong sosol. Ol bigfala kongregesen, oli singaotem olgeta ol wod. I gat wan bisop we i stap prisaed ova long wanwan wod ia, mo i gat tu kaonsela i stap givhan long hem.

Oli singaotem ol smol kongregesen, ol branj. Wan branj presiden i prisaed ova long wanwan branj, mo i gat tu kaonsela i stap givhan long hem. Oli save oganaesem wan branj taem i gat tu ful famle we oli stap tugeta long wan eria mo oli memba, mo taem wan long ol memba ia i wan man we i klin inaf blong kasem Melkesedek Prishud o, i wan pris blong Aronik Prishud we i klin inaf. Wan stek, misin o distrik presidensi i oganaesem mo i supavaesem branj. Wan branj i save kam wan wod sapos hem i stap insaed long wan stek.

Wanwan wod o branj i kavremap wan spesel eria we oli putum i stap. Ol defren oganaesesen insaed long wod o branj oli givhan long wok blong Lod: ol grup blong ol hae pris; ol kworom blong ol elda; Rilif Sosaeti blong ol woman we yia blong olgeta i stat long 18 i go antap; ol kworom blong Aronik Prishud blong ol yang man we yia blong olgeta i stat long 12 kasem 17; program blong ol Yang Woman i blong ol yangfala woman we yia blong olgeta i stat long 12 i go kasem 17;

Praemeri blong ol pikinini we yia blong olgeta i stat long 18 manis i go kasem 11 yia; mo Sandei Skul blong evri memba blong Jos stat long 12 yia i go antap. Wanwan long ol oganaesesen ia, oli fulfilim ol impoten wok blong tijim gospel, givim seves, mo sapotem ol papa mo mama long ol tabu wok blong olgeta; hemia blong helpem ol pikinini blong olgeta blong jenisim laef blong olgeta i kam long gospel blong Jisas Kraes. Ol oganaesesen ia oli wok tugeta blong helpem ol memba blong oli serem gospel wetem ol narafala man.

Ol Stek, Misin, mo Distrik. Plante long ol ples we Jos i oganaes long hem, oli serem olgeta long ol stek. Toktok ia *stek* i kam long profet Aesea, we i bin profesae we Jos blong lata-dei bae i olsem wan tenet, we ol strong stek oli holem taet hem (luk long Aesea 33:20; 54:2). Plante taem, i gat 5 go kasem 12 wod mo branj insaed long wan stek. Wan stek presiden i prisaed ova long wanwan stek, mo i gat tu kaonsela we oli givhan long hem. Ol stek presiden oli ripot i go long, mo oli kasem daereksen long Eria Presidensi blong olgeta.

Wan misin i wan yunit blong Jos we i kavremap wan eria we i moa bigwan long eria we wan stek i kavremap. Wan misin presiden i prisaed ova long wanwan misin, mo i gat tu kaonsela i givhan long hem. Ol misin presiden oli ansa stret i gobak long ol Jeneral Atoriti.

Semmak olsem we branj i semmak long wan wod be hem i smol moa, wan distrik i semmak olsem wan stek, be hem i smol moa. Oli oganaesem wan distrik taem i gat i gat inaf branj insaed long wan eria, we i mekem se i gat isi komunikesen mo transpot i go long ol distrik miting. Oli singaotem wan distrik presiden blong prisaed ova long distrik ia, wetem help blong tu kaonsela. Distrik presiden i ripot i gobak long misin presidensi. Wan distrik i save kam wan stek.

Ol Program blong Ol Singgel Memba. Plante memba blong Jos oli neva mared, o oli divos, o oli ol wido. Ol memba ia oli stap long tufala grup ia: ol yang singgel adalt (18 kasem 30 yia) mo ol singgel adalt (31 yia i go antap).

I no gat wan program blong Jos raon long wol we i blong ol yang singgel adalt mo ol singgel adalt. Be, taem i gat inaf singgel memba we oli stap long wan eria, oli leftemap tingting blong ol lokol prishud lida blong singaotem ol singgel memba ripresentativ, we oli wok anda long daereksen blong olgeta. Ol singgel memba ripresentativ oli planem ol aktiviti olsem ol danis, ol seves projek, mo ol faeasaed. Ol aktiviti ia oli givim wan janis long ol singgel memba blong oli mit tugeta mo oli save mekem olgeta wanwan i kam strong moa. Oli leftemap tingting blong ol singgel memba blong mit oltaem wetem prishud lida blong olgeta blong toktok raon long nid blong olgeta mo blong toktok raon long ol janis we oli gat blong groap long saed blong spirit, mo ol janis blong givim seves.

Wan moa skripja: D&C 107

Luk tu long Prishud; Rilif Sosaeti

Josef Smit

Long spring blong yia 1829, Josef Smit we i gat 14 yia, i bin stap lukaotem tru Jos blong Jisas Kraes taem hem i bin ridim wan toktok long Baebol we i se: "Sipos wan long yufala i no gat waes, hem i mas askem long God blong i givim waes long hem, nao God bambae i save givim long hem, from we fasin blong God, Hem i no save tok nogud long man we i askem samting long hem, hem i stap givim ol samting long ol man long gladhat blong hem" (Jemes 1:5; luk tu long Joseph Smith—History 1:11–12). Wetem simpol fet ia we i no muv-muv, yangfala Josef i bin folem kaonsel blong toktok ia long Baebol. Hem i bin go hemwan long wan bus blong ol tri; long ples ia hem i bin prea blong save wijwan jos hem i mas joenem. Olsem ansa long prea blong hem, God Papa mo Jisas Kraes, Tufala i bin soemaot Tufala long hem. Tufala i bin talem sam samting, mo wan long ol samting ia we Tufala i bin talem i we bae hem i no mas joenem wan long ol jos we i bin stap long wol. (Luk long Joseph Smith—History 1:13–20.)

Taem Profet Josef Smit i bin pruvum se hem i klin inaf, hem i bin kasem wan tabu misin olsem wan profet blong God. Tru long hem, Lod i bin kasem wan bigfala mo gudfala wok we i tekem tu blong mekem Buk blong Momon i kamaot, i putumbak prishud, i talemaot ol bigfala trutok blong gospel, i oganaesem tru Jos blong Jisas Kraes, mo i setemap ol wok blong tempol. Long 27 Jun 1844, wan grup blong ol rabis man we oli holem masket oli bin sutum ded Josef mo brata blong hem Haeram. Tufala i bin silim testimoni blong tufala wetem blad blong tufala.

Blong mekem se testimoni blong yu abaot gospel we i kambak i fulwan, hem i mas gat wan testimoni abaot tabu misin blong Josef Smit. Hamas Jos blong Jisas Kraes blong Ol Lata-dei Sent i tru i stanap antap long hamas Fas Visen mo ol narafala revelesen we Lod i bin givim long Profet Josef oli tru. Presiden Jon Teila, nambatri Presiden blong Jos i bin raetem, "Josef Smit, we hem i Profet mo Sia blong Lod, i bin mekem moa blong sevem ol man long wol ia, bitim eni narafala man we i bin laef long wol ia, be i no bitim Jisas" (luk long D&C 135:3).

Sam moa skripja: Aesea 29:13–14; 2 Nifae 3:3–15; D&C 5:9–10; 135; Joseph Smith—History

Luk tu long Profet; Restoresen blong Gospel

Kamfota (*Luk long Tabu Spirit*)

Kaon

Tru long Profet Josef Smit, Lod i bin talem wan taem long wan grup blong olgeta Sent se Hem i tingting blong Hem blong oli mas pemaot ol kaon blong olgeta (luk long D&C 104:78). Stat long eli taem blong Jos, ol profet blong Lod oli bin wonem yumi plante, plante taem blong yumi no fas long kaon.

Wan long ol bigfala denja blong kaon i intres mane we i go wetem. Sam kaen kaon, olsem ol kredit kad, oli gat ol hae intres ret. Taem yu mekem kaon, yu faenem se intres i no gat sore. Hem i gohed blong kam antap, i no wantem save long

laef blong yu—sapos yu wok o no, sapos yu helti o yu sik. Hem i neva go kasem taem we yu pemaot kaon. No foldaon long giaman blong ol kredit, nomata sapos yu luk se oli mekem kaon ia i gud from intres mane blong hem i stap daon, o i no gat intres blong wan smol taem.

Lukluk se faenens blong yu i olsem wanem. Yu mas disiplinim yu long fasin blong pem samting, no mekem kaon. Long plante samting, yu save stap longwe long kaon sapos yu lukaotem gud ol risos blong yu. Sapos yu mekem kaon, olsem wan mane we i stret nomo blong pem wan kaos we i inaf o blong finisim skul blong yu, wok blong pembak kwiktaem mo mekem yu fri long slef ia. Taem yu pemaot ol kaon blong yu finis, mo yu sevem sam mane, bae yu rere blong fesem ol hadtaem long saed blong mane we bae i save kam krosem laef blong yu. Bae yu save gat wan sef ples blong famle blong yu mo bae yu gat pis long hat blong yu.

Sam moa skripja: Luk 16:10–11; D&C 19:35

Kaonsel long Heven (Luk long Plan blong Fasin blong Sevem Man)

Kavenan

Wan kavenan i wan tabu agrimen bitwin God mo wan man o woman, o wan grup blong ol pipol. God i putum ol stret kondisen, mo Hem i promisesem blong blesem yumi taem yumi stap obei long ol kondisen ia. Taem yumi jusum blong no kipim ol kavenan ia, yumi no save kasem ol blesing, mo long sam taem, yumi safa wan panismen from se yumi no bin obei.

Evri odinens blong prishud blong sevem man oli kam wetem ol kavenan. Eksampol, yu bin mekem wan kavenan taem yu bin baptaes, mo yu riniu kavenan ia evri taem yu tekem sakramen (luk long Mosaea 18:8–10; D&C 20:37, 77, 79). Sapos yu bin kasem Melkesedek Prishud, yu mekem wan promes mo wan kavenan blong Prishud (luk long D&C 84:33–44). Tempol endaomen mo siling odinens, i gat ol tabu kavenan blong olgeta tu.

Oltaem tingbaot mo ona long ol kavenan we yu bin mekem wetem Lod. Nao, long wei ia, bae oli no givim oda long yu long evri samting we yu mekem (luk long D&C 58:26–28). Bae Tabu Spirit bae i toktok long yu, mo aksen blong yu bae i olsem hemia blong Kraes, mo bae i pat blong fasin blong yu. Olsem we Lod i bin promesem, bae yu kasem wan revelesen afta wan narawan, wan save afta wan narawan, blong yu save ol sikret mo ol samting we i gat pis long olgeta—we oli givim glad, we i givim laef we i no save finis (luk long D&C 42:61). Bigfala hop blong yu i blong yu stap glad long olsem wanem givhan ia we i kam antap i save mekem yu tabu; bigfala fraet we yu mas gat i blong yu lusum olgeta blesing ia.

Sam moa skripja: Jeremaea 31:31–34; Mosaea 5; Moronae 10:33; D&C 82:10; 97:8; 98:13–15

Luk tu long Kavenan blong Ebrahim; Baptaes; Mared; Odinens; Prishud; Sakramen; Tempol

Kavenan blong Ebrahim

Ebrahim i bin kasem gospel mo oli bin odenem hem i kam wan hae pris (luk long D&C 84:14; Abraham 1:2). Afta long hemia, hem i bin mekem sil long wan selestial mared, we i kavenan blong kam olsem wan god (luk long D&C 131:1–4; 132:19, 29). Wetem ol kavenan we hem i bin mekem, hem i bin kasem ol bigfala promes we i kam long Lod long saed blong famle blong hem. Long ol promes ia i gat olgeta ia tu:

- Laen blong hem bae i fulap (luk long Jenesis 17:5–6; Abraham 2:9; 3:14).
- Ol pikinini blong laen blong hem bae oli kasem gospel mo bae oli kasem prishud (luk long Abraham 2:9).
- Tru long ministri blong ol pikinini blong laen blong hem, bae evri famle blong wol bae i gat blesing, ol blesing blong Gospel, we oli ol blesing blong sevem man, mo blong laef we i no save finis (luk long Abraham 2:11).

Tugeta, evri kavenan mo promes we Ebrahim i bin kasem long Lod oli singaotem kavenan blong Ebrahim. Hem i wan kavenan we i no gat en we i go long evri pikinini blong laen blong Ebrahim (luk long Jenesis 17:7). Sapos wan i wantem kaotem hem olsem wan laen blong Ebrahim, hem i mas obei long ol loa mo odinens blong gospel. Afta, hem i save kasem evri blesing blong kavenan blong Ebrahim, iven sapos hem i no kamaot stret long laen blong Ebrahim (luk long Galesia 3:26–29; 4:1–7; D&C 84:33–40).

Olsem wan memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, yu wan pikinini blong kavenan ia (luk long 3 Nifae 20:25–26). Yu kasem gospel we i no gat en mo yu kasem o gat raet long ol sem promes we oli bin givim long Ebrahim, Aesak, mo Jakob. Yu gat raet long ol blesing blong prishud mo long laef we i no save finis, sapos yu stap fetful blong kasem ol odinens blong sevem man mo sapos yu kipim ol kavenan we i go wetem olgeta. Ol nesen blong wol bae oli kasem blesing blong ol hadwok blong yu mo tru long ol wok blong laen blong pikinini blong yu.

Luk tu long Kavenan; Laef we I No Save Finis; Odinens; Petriakel Blesing; Prishud

Kingdom blong Glori

Tru long Atonmen blong Jisas Kraes, evri pipol bae i laef bakegen long ded (luk long Alma 11:42–45). Afta we yumi laef bakegen long ded, bae yumi stanap long fored blong Lod blong Hem i jajem yumi (luk long Revelesen 20:12; 3 Nifae 27:14). Wanwan long yumi, bae oli sendem yumi long wan ples blong stap long hem, long wan spesel kingdom blong glori. Lod i bin tijim prinsipol ia taem Hem i bin talem, “Long haos blong Papa blong mi, i gat plante rum i stap” (Jon 14:2).

I gat tri kingdom blong glori: selestial kingdom, terestrial kingdom, mo telestial kingdom. Glori we yu kasem bae i dipen long hamas nao yu jenisim laef blong yu, we i kamaot tru long fasin blong yu blong obei long ol komanmen blong Lod.

Bae hem i dipen long fasin we yu bin kasem testemoni abaot Jisas (luk long D&C 76:51; luk tu long ol ves 74, 79, 101).

Selestial Kingdom

Selestial kingdom, hem i kingdom we i moa hae evriwan long ol trifala kingdom blong glori. Olgeta we oli stap long kingdom ia bae oli stap oltaem wetem God Papa mo Pikinini blong Hem, Jisas Kraes. Hemia i mas stap olsem gol blong yu: blong kasem selestial glori mo blong helpem ol narafala blong kasem bigfala blesing ia tu. Wan gol olsem, oli no kasem long wan hadwok nomo; hem i risal blong wan ful laef blong stret mo gud fasin mo oltaem gat wan stamba tingting long laef.

Selestial kingdom i ples we oli rere long hem long olgeta we oli kasem wan testemoni abaot Jisas mo oli bin kam stret evriwan tru long Jisas, we i Medieta blong niufala kavenan, we i mekem stret atonmen ia tru long taem we Hem i bin mekem blad blong Hem i ron (luk long D&C 76:51, 69). Blong kasem presen ia, yumi mas kasem ol odinens blong fasin blong sevem man, obei long olgeta komanmen, mo sakem ol sin blong yumi. Blong kasem wan eksplenesen we i go moa abaot huia olgeta we bae oli stap long selestial glori, luk long Doctrine and Covenants 76:50–70, 92–96.

Long Jenuware 1836, Profet Josef Smit i bin kasem wan revelesen we i bin mekem andastaning blong hem abaot ol samting we yumi mas mekem blong kasem selestial glori, i kam bigwan moa. Ol heaven oli bin open long fored blong hem, mo hem i bin luk selestial kingdom. Hem i bin sapraes taem hem i bin luk bigfala brata blong hem Alvin i bin stap long ples ia, iven we Alvin i bin ded bifo hem i bin kasem odinens blong baptaes. (Luk long D&C 137:1–6.) Afta, voes blong Lod i bin kam long Profet Josef i talem se,

Evriwan we oli bin ded mo oli no bin kasem wan save long gospel, we bae oli akseptem sapos oli bin gat janis blong kasem, bae oli save kasem selestial kingdom blong God.

Lod i bin talem tu se olgeta evriwan we bae oli ded stat long taem naeia i go mo oli no kasem wan save long gospel,

we bae oli akseptem wetem ful hat blong olgeta, bae oli save stap long kingdom ia,

from we bae Hem i jajem ol pipol folem ol wok blong olgeta, mo folem ol samting we hat blong olgeta i wantem (luk long D&C 137:7-9).

Taem hem i bin tokbaot revelesen ia, Profet Josef i bin talem tu se hem i bin lanem se evri pikinini we oli bin ded bifo oli kasem yia blong stap akaontebol, bae oli sef long selestial kingdom blong heven (luk long D&C 137:10).

Aot long wan narafala revelesen we i go long Profet Josef, yumi lanem se i gat trifala digri blong glori insaed long selestial kingdom. Blong kam olsem god insaed long digri we i moa hae long ol narafalawan, mo blong gohed blong taem we i no save finis blong gat ol famle rilesensip, yumi mas kam insaed long kavenan blong mared we i niu mo i no gat en, mo stap tru long kavenan ia. Long narafala toktok, yumi nidim blong gat tempol mared blong kasem digri we i moa hae insaed long selestial glori. (Luk long D&C 131:1-4.) Evriwan we oli klin inaf blong go insaed long kavenan blong mared we i niu mo i no gat en bae oli kasem janis ia, long laef ia o long nekis laef.

Terrestrial Kingdom

Olgeta we oli go long terrestrial glori bae oli save stap wetem Pikinini blong God be bae oli no save kasem evri samting we i blong Papa. Nao, oli gat ol terrestrial bodi, be i no ol selestial bodi, mo glori blong olgeta i defren semmak olsem we mun i defren long san (luk long D&C 76:77-78). Blong talem long narafala toktok, ol pipol long terrestrial kingdom oli ol gudfala pipol we fasin blong man i bin mekem olgeta oli blaen (luk long D&C 76:75). Grup ia bae i tekem tu olgeta memba blong Jos we oli no bin strong tumas long testimoni blong olgeta abaot Jisas (luk long D&C 76:79). Hem i tekem tu olgeta we oli bin sakemaot janis blong kasem gospel ia long wol be afta oli bin kasem long spirit wol afta long ded (luk long D&C 76:73-74). Blong lanem moa

abaot olgeta we bae oli go long terrestrial glori, luk long Doctrine and Covenants 76:71–80, 91, 97.

Telestial Kingdom

Telestial glori, oli putum i stap blong olgeta pipol we oli no kasem gospel blong Kraes, o oli no kasem testimoni abaot Jisas (luk long D&C 76:82). Olgeta pipol ia bae oli kasem glori blong olgeta afta we oli pemaot olgeta long spirit kalabus, we samtaem oli singaotem hel (luk long D&C 76:84, 106). Bae yu save faenem moa eksplenesen abaot olgeta we bae oli go long telestial glori long Doctrine and Covenants 76:81–90, 98–106, 109–112.

Pedisen o Hel

Sam pipol bae oli no klin inaf blong stap long eni long ol trifala kingdom blong glori ia. Bae oli singaotem olgeta oli pikinini we oli lus o, ol pikinini blong pedisen, mo bae oli mas stap long wan kingdom we i no wan kingdom blong glori (luk long D&C 76:32; 88:24). Hemia i ples blong olgeta we oli save paoa blong God mo oli bin gat janis blong gat pat long hem, mo afta oli mekem olgeta oli safa tru long paoa blong devel we i winim olgeta, mo oli tanem baksaed blong olgeta long trutok mo oli traem paoa blong God (luk long D&C 76:31; luk tu long ol ves 30, 32–49).

Sam moa skripja: Fas Korin 15:40–42; D&C 88:20–39; 130:18–19

Luk tu long Atonmen blong Jisas Kraes; Laef we I No Save Finis; Heven; Hel; Plan blong Fasin blong Sevem Man

Kofi (Luk long Tok blong Waes)

Konfemesen (Luk long Tabu Spirit; Fasin blong Putum Han Antap long Hed)

Kontribusen (*Luk long* Livim Kakae mo Fast Ofring; Taeting)

Kriesen

Anda long daereksen blong Papa long Heven, Jisas Kraes i bin krietem ol heven mo wol (luk long Mosaea 3:8; Moses 2:1). Aot long skripja we i bin kamaot long Profet Josef Smit, yumi save se long wok blong Kriesen, Lod i bin oganaesem ol samting we oli bin stap finis (luk long Abraham 3:24). Hem i no bin krietem wol “wetem nating” olsem we sam oli stap biliv long hem.

Ol skripja oli tijim tu se Adam i bin fas man long evri man (luk long Moses 1:34). God i bin krietem Adam mo Iv folem imej blong Hem mo folem imej blong Stret Pikinini Ia Nomo blong Hem (luk long Moses 2:26–27).

Kriesen i wan pat insaed long plan blong Papa long Heven, blong sevem man. Hem i givim yumi janis blong kam long wol, ples we yumi kasem wan bodi blong mit mo bun, mo ples we yumi save yusum fridom blong jusum blong yumi. Long Kaonsel blong Ol God long laef bifo laef long wol ia, oli bin mekem ofisol toktok ia se bae oli kamdaon, from we i gat spes i stap, mo bae oli tekem ol samting we oli stap finis, mo bae oli mekem wan wol we bae yumi save laef long hem. Bae ol man bae oli pruvum long yumi sapos bae oli mekem evri samting we Lod God bae i komandem yumi blong mekem (luk long Abraham 3:24–25).

Yu wan spirit pikinini blong God, mo bodi blong yu, oli krietem folem imej blong Hem. Blong soem gladhat blong yu from ol blesing ia, yu save kea long bodi blong yu taem yu obei long Tok blong Waes mo ol narafala komanmen abaot helt blong yu long saed blong spirit mo bodi (luk long D&C 89; luk tu long D&C 88:124). Yu save respektem tu ol narafala pipol olsem ol pikinini blong God.

Yu, olsem wan we i gat evri gudgudfala samting blong kriesen, yu save kea long wol ia mo help blong holem taet wol ia i stap blong ol jeneresen long fiuja.

Sam moa skripja: Jenesis 1–2; Hibrus 1:1–2; 1 Nifae 17:36; D&C 38:1–3; 59:16–20; Moses 1–3; Abraham 4–5

Luk tu long God Papa; Jisas Kraes; Plan blong Fasin blong Sevem Man

Kros

Plante Kristin jos oli stap yusum kros olsem saen blong ded blong Sevyia mo Taem we Hem i Laef Bakegen long Ded, mo tu, blong soemaot se oli gat wan tru fet. Olsem ol memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, yumi tu, yumi tingbaot wetem fasin blong respek, safaring blong Sevyia. Be from se Sevyia i laef tedei, yumi no stap yusum saen blong ded blong Hem olsem saen blong fet blong yumi.

Laef blong yu i mas soemaot fet blong yu. Tingbaot se taem yu kasem baptaes mo konfemesen, yu bin mekem kave-nan blong tekem long yuwan nem blong Jisas Kraes. Taem olgeta we oli stap raon long yu oli stap lukluk long yu, oli mas filim save lav blong yu long Sevyia mo wok blong Hem.

Olgeta nomo we oli memba blong Jos mo oli werem saen blong kros, oli ol Lata-dei Sent minista long ami, mo oli werem saen ia long ami yunifom blong olgeta blong soem se oli ol Kristin ami minista.

Luk tu long Atonmen blong Jisas Kraes; Jisas Kraes; Laef Bakegen long Ded

Kworom (*Luk long Prishud*)

Kworom blong Olgeta Twelef Aposol (*Luk long Jos Administresen*)

Kworom blong Olgeta Seventi (*Luk long Jos Administresen*)

Laef Bakegen long Ded

From Foldaon blong Adam mo Iv, bambae yumi ded long saed blong bodi; hemia taem we spirit mo bodi, tufala i seperet. Tru long Atonmen blong Jisas Kraes, evri pipol bambae oli laef bakegen long ded—bambae oli sef long ded blong bodi (luk long Fas Korin 15:22). Laef Bakegen long Ded i taem spirit mo bodi, tufala i joen bakegen, we tufala i stret evriwan, i nomo

save ded bakegen, mo i nomo save kasem sik o ded bakegen (luk long Alma 11:42–45).

Sevya i bin fas man long wol ia blong laef bakegen long ded. Niu Testeman i tekem plante stori we i testifae se Hem i bin girap long gref blong Hem (luk long Matiu 28:1–8; Mak 16:1–14; Luk 24:1–48; Jon 20:1–29; Fas Korin 15:1–8; Seken Pita 1:16–17).

Taem Hem i laef bakegen long ded, Hem i bin soemaot Hemwan long ol Aposol blong Hem, Hem i bin helpem olgeta blong andastanem se Hem i gat wan bodi blong mit mo bun. Hem i talem “Yufala i luk han blong mi mo leg blong mi, Mi nomo ya. Yufala i pusum han blong yufala, yufala i tajem mi, nao bambae yufala i haremsave. Devel blong man i no gat mit mo bun blong hem, olsem we yufala i save luk we mi mi gat” (Luk 24:39). Hem i kamaot tu long ol man blong Nifae afta we Hem i laef bakegen long ded (luk long 3 Nifae 11:10–17).

Long taem blong laef bakegen long ded, bambae God i “jajem [yumi] long saed blong ol wok blong [yumi]. ... Bae oli karem yumi i kam stanap long fored blong God, bae yumi save olsem we yumi save naoia, mo gat wan klia save blong ol rong blong yumi” (Alma 11:41, 43). Glori we i no save finis we bambae yumi kasem i dipen long hamas nao yumi bin fetful. Nomata we evri pipol bambae oli laef bakegen long ded, olgeta nomo we oli kam long Kraes mo oli tekem pat long ful gospel blong Hem bambae oli gat raet blong kam olsem god insaed long selestial kingdom.

Sapos yumi andastanem mo gat wan testemoni abaot laef bakegen long ded, hemia i save givim yu hop mo wan gudfala lukluk taem yu stap fesem olgeta jalenj, tes, mo ol gud samting blong laef. Yu save faenem kamfot long save ia, se Sevya i laef mo we tru long Atonmen blong Hem, Hem i bin “brekem ol rop blong ded, blong mekem se gref bae i no save win, mo mekem se hop blong glori i winim harem nogud blong ded” (Alma 22:14).

Sam moa skripja: Aesea 25:8; 26:19; Jon 5:25–29; 11:25–26; Fas Korin 15; Inos 1:27; Alma 40:23–26; 41; Momon 9:12–14; D&C 88:15–16; 93:33–34; Moses 1:39

Luk tu long Atonmen blong Jisas Kraes; Ded, blong Bodi; Kingdom blong Glori; Plan blong Fasin blong Sevem Man; Fasin blong Sevem Man; Sol

Laef Bifo Laef long Wol Ia (*Luk long* Plan blong Fasin blong Sevem Man)

Laef we I No Save Finis

Lod i bin talem se hemia i wok mo glori blong hem; we i blong mekem man i nomo save ded mo i kasem laef we i no save finis (luk long Moses 1:39). Blong nomo save ded, i blong laef oltaem olsem wan man we i laef bakegen long ded. Tru long Atonmen blong Jisas Kraes, evriwan bae i kasem presen ia. Laef we i no save finis, o blong kam olsem god, i blong kasem wan ples insaed long digri blong selestial kingdom we i moa hae bitim ol narafalawan; ples we bae yumi laef long hem wetem God mo bae yumi gohed blong gat ol famle (luk long D&C 131:1–4). Semmak olsem fasin blong man i nomo save ded, presen ia, oli save kasem nomo tru long Atonmen blong Jisas Kraes. Be, hem i nidim blong yumi “obei long ol loa mo ol odinens blong Gospel” (Ol Toktok blong Bilif 1:3).

Blong Stap long Rod we I Go long Laef we I No Save Finis

Taem yu bin baptaes mo yu bin kasem presen we i Tabu Spirit, yu bin kam long rod we i go long laef we i no save finis. Profet Nifae i bin tijim:

“From get we bae yufala i mas go tru long hem, hem i sakem sin mo baptaes long wota; mo afta i kam wan klin aot long ol sin blong yufala tru long faea mo tru long Tabu Spirit.

“Mo afta yufala i stap long stret mo smol rod we i lid i go long laef we i no save finis; yes, yufala i bin go tru long get; yufala i bin mekem folem ol komanmen blong Papa mo Pikinini; mo yufala i bin kasem Tabu Spirit, we i witnes long Papa mo Pikinini, samting ia i kam tru long promes we hem i bin mekem, se sapos yufala i kam insaed tru long rod bae yufala i kasem” (2 Nifae 31:17–18).

Nifae i bin talemaot gud se afta we yumi go long “stret mo smol rod,” yumi mas stap strong kasem en wetem fet:

“Afta we yufala i bin kam long stret mo smol rod ia, bae mi askem yufala sapos evri samting i finis? Luk, mi talem long yufala, No; from yufala i no bin kam long ples ia we i longwe tumas sapos i no tru long toktok blong Kraes wetem strong fet we i no seksek long hem, yufala i hang fulwan long ol gud wok blong hem, we i strong blong sev.

“From samting ia, yufala i mas wokbaot fored wetem strong bilif long Kraes, wetem wan stret mo klin hop, mo wan lav blong God mo blong evri man. From samting ia, sapos yufala i gohed strong, kakae gud long toktok blong Kraes mo stap strong kasem en, luk, olsem ia nao Papa i talem: Bae yufala i kasem laef we i no save finis” (2 Nifae 31:19–20).

Naoia, yu bin baptaes mo kasem konfemesen, mo plante long progres blong yu i go long laef we i no save finis i dipen nomo long yu, blong yu kasem ol narafala odinens blong fasin blong sevem man; long saed blong ol man, blong oli kasem odinesen long Melkesedek Prishud; long saed blong ol man mo ol woman, blong oli kasem endaomen long tempol mo siling blong mared. Taem yu kasem ol odinens ia mo kipim ol kavenan we oli go wetem ol odinens ia, yu stap mekem yuwan i rere blong kasem digri we i moa hae long selestial glori.

I Stap Kolosap blong Yu Save Kasem

Taem yu stap tingting hevi long progres blong yu long “stret mo smol rod” ia, yu mas save se laef we i no save finis, i stap kolosap inaf blong yu save kasem. Lod i wantem yu blong yu gobak long Hem, mo bae Hem i neva askem eni samting moa long yu we yu no save mekem i kam tru. Evri komanmen blong Hem oli stap blong mekem se i gat hapines. Taem yu yusum fet blong yu mo givim seves blong yu long Hem wetem evri paoa blong yu, bae Hem i mekem yu strong mo bae Hem i givim wan rod blong yu mekem wanem samting we Hem i givim oda long yu blong mekem (luk long 1 Nifae 3:7). Tingbaot se, taem yu stap givim evri had wok blong

yu mo taem yu stap sakem ol sin blong yu, Atonmen blong Jisas Kraes bae i givhan long ol samting we yu no strong long hem, mo bae i mekem ol samting we i no stret agensem yu, ol sobodi blong yu, mo ol harem nogud blong yu we yu gat long laef ia, oli kam stret: “from [yumi] save se hem i tru long gladhat we bae [yumi] sev, afta evri samting [yumi] save mekem” (2 Nifae 25:23).

Sam moa skripja: Jon 3:16; 17:3; 2 Nifae 9:39; Moronae 7:41; D&C 14:7; 50:5

Luk tu long Atonmen blong Jisas Kraes; Gladhat; Kingdom blong Glori

Laet blong Kraes

Laet blong Kraes i kamaot long ples blong God blong fulumap bigfala emti spes we i stap. Hem i laet we i stap long evri samting mo i givim laef long evri samting, mo hem i loa ia we evri samting i folem (luk long D&C 88:12–13; luk tu long ol ves 6–11). Paoa ia i wan paoa blong gud long ol laef blong evri pipol (luk long Jon 1:9; D&C 93:2). Insaed long ol skripja, samtaem oli singaotem Laet blong Kraes olsem Spirit blong Lod, Spirit blong God, Spirit blong Kraes, o Laet blong Laef.

Oli no mas tekem se Laet blong Kraes hem i Tabu Spirit. Laet blong Kraes i no wan man, olsem Tabu Spirit i wan man long spirit. Paoa blong hem i lidim ol pipol blong faenem tru gospel, blong oli baptaes, mo kasem presen we i Tabu Spirit (luk long Jon 12:46; Alma 26:14–15).

Tingting i wan samting we i olsem saen blong Laet blong Kraes, we i mekem se yumi save jajem gud aot long nogud. Profet Momon i bin tijim: “Spirit blong Kraes, God i givim long evri man, blong hem i save gat save long samting we i gud aot long samting we i nogud; from samting ia, mi soemaot long yufala fasin blong jaj; from evri samting we i askem blong mekem samting we i gud mo blong winim tingting blong biliv long Kraes, i kamaot tru long paoa mo presen blong Kraes; from samting ia yufala i save gat save wetem wan save we i stret gud se samting ia i blong God. ... Mo nao, ol brata blong mi, from yufala i save laet ia we bae yufala i save yusum blong jaj, we

Lav

laet ia i laet blong Kraes, from yufala i no jaj rong; from wetem semfala jajmen we yufala i jaj long hem bae Lod i yusum blong jajem yufala tu" (Moronae 7:16, 18).

Sam moa skripja: Jon 8:12; Alma 28:14

Luk tu long Tingting; Tabu Spirit

Lav

Lav i wan filing blong mekem evri samting wetem ful hat, wan filing blong wari, mo wan filing we yu gat long narafala man. Lav long God mo ol narafala man i wan fasin we i blong ol disaepol blong Jisas Kraes (luk long Matiu 22:35–40; Jon 13:34–35; 2 Nifae 31:20). Yumi stap soemaot lav blong yumi long Papa long Heven taem yumi obei long ol komanmen blong Hem mo taem yumi givim seves long ol pikinini blong Hem. Ol fasin blong yumi blong soemaot lav long ol narafala i save tekem fasin blong stap kaen long olgeta, blong stap lisin long olgeta, blong stap krae wetem olgeta, blong leftemap tingting blong olgeta, blong givim seves long olgeta, blong prea from olgeta, blong serem gospel wetem olgeta, mo blong stap olsem fren blong olgeta.

Lav blong yumi from olgeta we oli stap raonabaot long yumi i kam antap moa taem yumi tingbaot se yumi ol pikinini blong God—se yumi ol spirit brata mo sista blong olgeta. Lav we i kamaot taem yumi luksave hemia i go bitim ol baondri blong ol nesen, blong ol relijin mo blong kala blong skin.

Sam moa skripja: Levitikas 19:18, 34; Dutronome 6:5; Luk 6:31–36; Jon 15:9–15; 1 Jon 4:7–21; Mosaea 4:14–15; D&C 4:5; 12:8; 112:11; 121:41–45

Luk tu long Jareti; Sore; Fasin blong Obei; Seves

Livim Kakae mo Fast Ofring

Blong livim kakae, i blong no kakae eni kaekae mo no dring, hemia long tingting blong yu nomo, mo folem wan sot taem. Taem yu yusum fasin blong livim kakae wetem tru prea,

bae i save mekem yu rere mo mekem ol narawan oli rere blong kasem ol blesing blong God.

Ol Stamba Tingting blong Fasin blong Livim Kakae

Long wan taem, Sevyia i bin sakemaot wan devel aot long bodi blong wan pikinini mo Hem i bin yusum eksperiens ia blong tijim ol disaepol blong Hem abaot paoa blong prea mo paoa blong livim kakae. Ol disaepol blong Hem oli bin askem Hem, "Mifala i no save ronemaot devel ya from wanem?" Jisas i ansa: "Yufala i no save ronemaot from we bilif blong yufala i no strong. Tru mi talem long yufala, nating sipos bilif blong yufala i smol nomo, be bambae yufala i save talem long bigfala hil ya se, 'Yu gowe', nao bambae hem i mas gowe. Bambae i no gat wan samting we yufala i no save mekem. Be blong ronemaot ol devel olsem hemia, man i mas prea, mo i mas livim kakae blong hem. Long fasin ya nomo, bambae hem i save ronemaot." (Luk long Matiu 17:14–21.)

Stori ia i stap tijim se prea mo fasin blong livim kakae i save givim moa paoa long olgeta we oli stap givim mo kasem ol prishud blesing. Stori ia i gud tu blong yusum long ol hadwok blong yuwan blong laef folem gospel. Sapos yu gat wan samting we yu no strong long hem, o wan sin we yu bin traehad blong winim, yu nid blong livim kakae mo prea blong save kasem help o fogivnes we yu wantem. Semmak olsem devel we Kraes i bin sakemaot, ating hadtaem blong yu bae i save go nomo tru long prea mo fasin blong livim kakae.

Yu save livim kakae from plante samting. Fasin blong livim kakae i wan wei blong wosipim God mo talemaot tangkyu blong yu long Hem (luk long Luk 2:37; Alma 45:1). Yu save livim kakae taem yu stap askem Papa long Heven blong blesem olgeta we oli sik mo gat hadtaem (luk long Matiu 17:14–21). Fasin blong livim kakae i save helpem yu mo olgeta we yu lavem blong kasem ol revelesen blong yufalawan mo yu kam konvet tru long trutok (luk long Alma 5:46; 6:6). Tru long fasin blong livim kakae yu save gat moa paoa blong stanap agensem temtesen (luk long Aesea 58:6). Yu save livim kakae taem yu stap

traem blong putum tingting blong yu i stap daon long fored blong God mo yusum fet long Jisas Kraes (luk long Omnae 1:26; Hileman 3:35). Yu save livim kakae blong yu kasem help blong serem gospel mo blong wok strong moa long ol koling blong yu (luk long Ol Wok 13:2-3; Alma 17:3, 9; 3 Nifae 27:1-2). Yu save livim kakae from wan harem nogud o krae we i stret mo gud (luk long Alma 28:4-6; 30:1-2).

Fast Sandei

Jos i jusum wan Sandei long evri manis, we oltaem i fas Sandei blong manis, olsem wan dei blong livim kakae. Wan wei tu blong livim kakae long stret fasin long fas Sandei i blong no kakae o dring blong tu taem blong kakae long wan dei, mo go long fast mo testimoni miting, mo givim wan fast ofring blong givhan long olgeta we oli stap long nid.

Mane we yu givim long fast ofring i mas mane we bae yu spendem long tufala kakae ia we yu no kakae. Taem i posibol, gat bigfala hat mo givim moa long amaon ia.

Antap long livim kakae long ol dei we ol lida blong Jos oli jusum, yu save livim kakae long eni narafala dei, folem ol nid blong yu mo ol nid blong ol narafalawan. Be yu no mas livim kakae oltaem, oltaem, o blong wan longfala taem.

Tru Fasin blong Livim Kakae

Long Toktok Antap long Hil, Jisas i bin tijim stret fasin blong livim kakae. Hem i tokbaot ol man we oli gat tu fes, we, taem oli livim kakae, oli “mekem fes blong olgeta i kam nogud, blong ol man oli luksave we oli livim kakae blong olgeta.” Yu no mas mekem wan so blong stret mo gud fasin, be yu mas livim kakae we “ol man oli no save we yu livim kakae blong yu. Papa blong yu we i stap, we man i no save luk hem, hem nomo bambae i save. Nao Papa ya blong yu we i save luk ol samting we yu mekem we man i no save luk, hem bambae i givim pei long yu from” (Matiu 6:16-18).

Profet Aesea i bin tijim tu se tru spirit blong livim kakae i: "Ol man we yufala i stap mekem i strong long olgeta, olsem we yufala i fasem olgeta long jen, naoia yufala i mas tekemaot jen ya long olgeta. Ol man we yufala i stap mekem i no stret long olgeta, oli karem ol hevi samting, naoia yufala i mas tekemaot ol samting ya long olgeta, yufala i mas letem olgeta oli go fri. Ol man we yufala i stap mekem olgeta oli stap daon, oli olsem slef, blong yufala, naoia yufala i mas letem olgeta oli go fri. Yufala i mas letem olgeta we oli hanggri oli kam kakae wetem yufala. Yufala i mas letem olgeta we oli no gat haos blong olgeta oli kam stap long haos blong yufala. Yufala i mas givim klos long ol puaman we oli no gat klos blong olgeta, mo yufala i no mas blokem ol famle blong yufala we oli kam askem blong yufala i givhan long olgeta" (Aesea 58:6–7).

Aesea i bin testifae tu abaot ol blesing we i kam taem yumi obei long loa blong livim kakae: "Sipos yufala i stap mekem olsem, bambae mi mi glad tumas long yufala. Bambae i olsem we san i kam antap, i mekem yufala i wom gud. Bambae mi mi mekem ol soa blong yufala oli kam gud bakegen kwiktaem. Mo oltaem, mi bambae mi stap wetem yufala blong sevem yufala, bambae paoa blong mi i stap raon long yufala blong blokemgud yufala long evri saed. Nao sipos yufala i prea long mi, bambae mi mi harem yufala , mo sipos yufala i singaot i kam long mi, bambae mi mi ansa long yufala. ... Yufala i mas givim kakae long olgeta we oli hanggri, mo yufala i mas givhan gud long olgeta we oli trabol. Sipos yufala i stap mekem olsem, tudak ya we i stap raonabaot long yufala, bambae i kam delaet, olsem medel dei nomo. Nao oltaem, bambae mi mi stap lidim yufala, mi stap givim ol gudgudfala samting long yufala blong mekem yufala i harem gud. Bambae mi lukaot gud long yufala, blong yufala i no sik, bodi blong yufala i strong. Bambae yufala i olsem garen, we oltaem ren i stap wasem. Bambae yufala i olsem springwota, we neva i save kam drae." (Aesea 58:8–11).

Sam moa skripja: 3 Nifae 13:16–18; D&C 59:12–14; 88:76, 119

Luk tu long Prea

Mared

Long wol tedei, plante pipol oli sakemaot, mo tu, oli jikim fasin blong mared mo gat famle. Long medel blong plante voes ia we oli mekem konfius long tingting blong man mo i stap spolem man, Fas Presidensi mo Kworom blong Olgeta Twelef Aposol oli givim wan voes blong trutok oltaem. Oli bin "talemaot tabu tok ia se God i odenem mared bitwin man mo woman, mo famle hem i stamba blong plan blong Krieta, blong ol pikinini blong Hem oli save gobak stap long ples blong olgeta kasem taem we i no save finis" (luk long "Famle: Wan Ofisol Toktok I Go long Wol," pej 29) long buk ia).

Ol bigfala glad blong laef ia, oli faenem insaed long famle. Ol strong famle rilesensip oli nidim blong man i hadwok long olgeta; be ol hadwok ia oli tekem ol bigfala glad i kam insaed long laef ia mo truaot long taem we i no save finis. Nomata we yu no bin gat wan hapi famle laef long taem bifo long laef blong yu, yu save lukaot blong gat wan mared laef we i hapi mo i blong taem we i no save finis, mo wan rilesensip wetem ol memba blong famle we i gat lav.

Kavenan blong Mared we I Niu mo I No Gat En

Insaed long plan blong Papa long Heven we Hem i gat long yumi, wan man mo wan woman, tufala i save sil long tufala blong taem naoia mo blong ful taem we i no save finis. Olgeta we oli sil long tempol oli gat stret save ia se rilesensip blong olgeta bae i gohed oltaem sapos oli tru long kavenan blong olgeta. Oli save se i no gat wan samting, mo i no ded tu, we bae i save seperetem olgeta.

Kavenan blong mared we i no save finis, i wan samting we yumi nid blong kasem blong save kam olsem god. Lod i bin talemaot long yumi tru long Josef Smit se insaed long selestial glori i gat trifala heven, o digri. Blong save kasem digri we i moa hae long ol narafalawan, yumi mas mekem kavenan blong mared we i niu mo i no gat en. Sapos yumi no mekem, yumi no save kasem digri ia. Yumi save go long wan narafala

digri, be hemia i en blong kingdom blong yumi; yumi no save kam antap long narafalawan (luk long D&C 131:1–4).

Afta we yumi kasem siling odinens mo mekem ol tabu kavenan long tempol, wan kapol i mas gohed blong stap fetful blong save kasem ol blesing blong mared we i no save finis mo blong kam olsem wan god. Lod i bin talem se

sapos wan man i maredem wan waef folem toktok blong Lod, we i loa blong Hem, mo folem kavenan we i niu mo i no gat en, mo kavenan ia, oli silim long man mo woman ia tru long Tabu Spirit blong Promes, tru long wan man we oli jusum hem, we Lod i bin givim paoa mo prishud blong Hem long man ia; mo sapos man mo woman ia i obei long kavenan blong Hem ia, bae tufala i kasem evri samting we wokman blong Lod i bin talem long tufala se bae tufala i kasem, long taem naoia mo long taem we i no save finis, mo bae i gohed blong stap taem tufala i nomo stap long wol ia (luk long D&C 132:19; blong kasem wan eksplenesen abaot Tabu Spirit blong Promes, luk long pej 189).

Rere long Mared

Sapos yu singgel, mekem yuwan i rere gud blong mared. Tingbaot se i no gat wan samting i save tekem ples blong tempol mared. Mekem yuwan i rere blong maredem stret man o woman long stret ples, mo long stret taem. Laef long wan laef we i klin inaf naoia blong save maredem kaen man o woman we yu stap hop blong maredem.

Mekem deit wetem olgeta nomo we oli gat ol hae standet, mo tu, wetem olgeta we yu save holem taet ol hae standet blong yu taem yu stap wetem olgeta. Wetem kea, mekem plan blong sam aktiviti we oli gud mo oli givhan blong mekem se deit blong yu i no stap hemwan mo i no gat wan samting blong mekem. Stap long ol eria we oli sef we yu save gat isi kontrol long yuwan. No tekem pat long ol storian o aktiviti we bae i wekemap ol filing long saed blong seks.

Lukaotem wan kompanion we i memba blong sem Jos olsem yu. Lukaotem wan we yu save ona mo respektem oltaem,

Mared

wan we bae i save sapotem mo helpem yu long laef blong yu. Bifo yu mared, mekemsua se yu gat wan we yu save givim ful hat blong yu long hem, ful lav blong yu, ful promes blong yu mo yu save stap tru long hem fulwan.

Kaonsel long Olgeta we Oli No Mared

Sam memba blong Jos oli stap singgel nomo, mo hemia i no rong blong olgeta, nomata we oli wantem blong mared. Sapos yu faenem se yu stap long situesen olsem ia, yu mas save se "God i stap wok long olgeta samting we oli stap kam-tru long laef blong yumi, blong mekem i gud long yumi ya we yumi lavem hem" (Rom 8:28). Taem yu gohed blong stap klin inaf, bae wan dei, long laef ia o long nekis laef, bae yu kasem evri blesing blong gat wan famle rilesensip we i no save finis. Lod i bin mekem promes ia plante taem tru long ol Lata-dei profet blong Hem.

Sapos yu singgel mo wantem blong mared, no givap blong gat hop. Long sem taem, no letem yuwan i kam wari tu-mas wetem gol ia. Be, yu mas wari blong tekem pat long ol aktiviti we oli gud inaf. Lukaotem ol wei blong givim seves long famle blong yu o long komuniti blong yu. Akseptem mo wok strong long ol koling blong yu long Jos. Kipim yuwan i klin, tugeta long saed blong bodi mo long saed blong spirit. Gohed blong lanem mo developem, mo progres long laef blong yuwan.

Kasem Wan Hapi Mared

Sapos yu mared, tingbaot se frensip mo lav bitwin yu mo waef o hasban blong yu i mas rilesensip ia we yu lukaotem moa. Waef o hasban blong yu i hem nomo wetem Lod we oli givim komanmen long yu blong yu mas lavem wetem ful hat blong yu (luk long D&C 42:22).

Tingbaot se mared, long ful mining blong hem, i wan rilesensip blong tu patna we tufala i ikwol, mo i no gat wan long

tufala i kontrolem narafala, be tufala i leftemap tingting, i kamfotem mo i helpem tufala bakegen.

From se mared i wan impoten rilesensip long laef, hem i nidim mo i mas gat taem blong hem. No mekem ol samting we oli no impoten oli kam fastaem long laef blong yu. Tekem taem blong yu blong toktok tugeta mo blong lisin long wanwan long yutufala. Gat tingting mo gat respek. Talemaot mo soemaot ol naesfala filing long narawan oltaem.

Mekem tingting ia se bae i no gat wan samting we bae i kam long medel long mared blong yutufala. Mekem tingting blong yu se bae mared blong yutufala bae i wan sakses, nomata wanem jalenj i save kam antap.

Stap tru long yutufala. Stap fetful long ol kavenan blong mared blong yutufala, long tingting, long toktok, mo long ak-sen. Tingbaot se Lod i bin talem se yumi mas lavem waef o hasban blong yumi wetem ful hat blong yumi mo yumi mas lukluk long hem nomo mo i no wan narafalawan (luk long D&C 42:22). Toktok ia, "i no wan narafalawan", i tijim se i no gat wan narafala man o woman, aktiviti, o samting we yu wantem we i kam faswan, be rilesensip blong yu wetem waef o hasban blong yu nomo i kam faswan.

Stap longwe long eni samting we i save lidim yu blong yu no stap fetful long eni fasin. Ponografi, ol tingting we oli rabis, ol fasin blong toktok krangeke wetem wan nara man o woman bae oli spolem fasin blong yu mo bae oli kilim daon mared blong yu.

Wok tugeta blong lukaotem mane blong yutufala. Wok tugeta blong setemap mo folem wan bajet. Gat disiplin long fasin blong spendem mane, mo stap aotsaed long fasin blong mekem kaon. Fasin blong yusum mane wetem waes mo fridom blong kaon i save givhan blong gat pis insaed long hom.

Mekem laef blong yutufala i stap nomo long gospel blong Jisas Kraes. Helpem wanwan long yutufala blong kipim ol kavenan we yutufala i bin mekem. Go long jos mo tempol tugeta. Stadi long olgeta skripja tugeta. Nildaon tugeta long prea long stat mo en blong evri dei blong talem tangkyu long Papa

long Heven from wanwan long yutufala mo blong kam wan blong askem ol blesing blong Hem long laef blong yutufala, long hom blong yutufala, from olgeta we yutufala i lavem mo from ol stret mo gud samting we yutufala i wantem. Afta, bae God i lidim yu, mo bae ol toktok blong yutufala we yutufala i gat wetem Hem bae i tekem pis mo glad i kam, mo bae yutufala i no save kasem long wan narafala wei. Kompanionsip blong yutufala ova long ol yia bae i kam antap moa. Gladhat we yutufala i gat long yutufala bae i gro.

Sam moa skripja: Jenesis 1:27–28; 2:18, 21–24; Fas Korin 11:11; Efesas 5:22–33; Moses 2:27–28; 3:18, 21–24

Luk tu long Jastiti; Divos; Famle; Tempol; Yuniti

Melkesedek Prishud

Insaed long Jos, i gat tufala prishud, we oli singaotem Melkesedek mo Aronik (luk long D&C 107:1). Melkesedek Prishud, we i folem oda blong Pikinini blong God (luk long D&C 107:3), i prishud we i moa hae. Hem i holem raet blong presidensi mo hem i gat paoa mo atoriti ova long evri ofis insaed long Jos ia (luk long D&C 107:8). Hem i holem tu olgeta ki blong olgeta blesing blong Jos long saed blong spirit (luk long D&C 107:18). Nem blong hem i folem nem blong wan bigfala hae pris long taem blong profet Ebrahim (luk long D&C 107:2–4; luk tu long Alma 13:14–19).

Tru long atoriti blong Melkesedek Prishud, ol lida blong Jos oli lidim Jos mo oli daerektem wok blong prijim gospel raon long wol. Insaed long olgeta odinens blong Melkesedek Prishud, yumi save luk paoa we i olsem paoa blong God (luk long D&C 84:20).

Prishud ia we i moa hae long evri narafala prishud, God i bin givim long Adam mo i bin stap long wol long eni taem we Lod i bin soemaot o talemaot gospel blong Hem. Prishud ia i bin lus long wol long taem blong Bigfala Apostasi, be i bin kambak long Mei 1829, taem ol Aposol Pita, Jemes, mo Jon, oli bin givim prishud ia long Josef Smit mo Oliva Kowdri.

Ol ofis blong Melkesedek Prishud oli Aposol, Seventi, pe-
triak, hae pris, mo elda. Presiden blong Hae Prishud i Presiden
blong Jos (luk long D&C 107:64–66).

Ol man, insaed long Jos, oli mas stap olsem ol man we oli
kasem Melkesedek Prishud mo oli klin inaf, blong oli save
kasem endaomen long tempol mo blong oli save silim olgeta
long ol famle blong olgeta blong taem we i no save finis. Oli
gat atoriti ia blong givim blesing long olgeta we oli sik, mo
blong oli givim ol spesel blesing long ol memba blong famle
mo ol narafala pipol. Wetem raet blong ol prishud lida we oli
prisaed, oli save givim presen we i Tabu Spirit mo odenem ol
narafala man we oli klin inaf i go long ol ofis insaed long
Aronik mo Melkesedek Prishud.

Taem wan man i kasem Melkesedek Prishud, hem i me-
kem wan promes mo wan kavenan blong prishud. Hem i me-
kem kavenan blong hem i stap fetful, blong hem i wok strong
long koling blong hem, blong hem i lisin gud long ol toktok
blong laef we i no save finis, mo blong hem i laef folem evri
toktok we i kamaot long maot blong God. Olgeta we oli kipim
kavenan ia, bae oli kam klin tru long Spirit mo bambae oli
kasem evri samting we Papa i gat. (Luk long D&C 84:33–44.)

Luk tu long Aronik Prishud; Prishud

Milenium

Wan milenium i wan taem blong 1000 yia. Taem yumi tok-
baot “Milenium,” yumi stap tokbaot ol 1000 yia we bae i kam
afta long Seken Kaming blong Sevyia (luk long Revelesen 20:4;
D&C 29:11). Long taem blong Milenium, “Kraes Hemwan bam-
bae i rul wetem paoa long wol ia” (Ol Toktok blong Bilif 1:10).

Milenium i wan taem blong stret mo gud samting mo pis
i stap long wol ia. Lod i bin talemaot se long dei ia, ol rabis filing
blong ol man, ol rabis filing blong ol nogud animol—mo tu
rabis filing blong evri samting we i gat mit mo bun—bambae i
lus (luk long D&C 101:26; luk tu long Aesea 11:6–9). Setan,
bambae hem i prisena, mo bae hem i nomo gat ples insaed

long ol hat blong ol pikinini blong man (luk long D&C 45:55; luk tu long Revelesen 20:1–3).

Long taem blong Milenium, evri pipol blong wol ia bambae oli gud mo stret, be plante bae oli no kasem ful gospel. From hemia, bambae ol memba blong Jos bae oli tekem pat long misinari wok.

Ol memba blong Jos bae oli tekem pat tu long ol tempol wok long taem blong Milenium. Olgeta Sent bae oli gohed blong bildim ol tempol mo kasem ol odinens long bihaf blong olgeta famle blong olgeta we oli ded. Wetem revelesen we bae i lidim olgeta, bae oli mekem rere ol rekod blong ol bubu blong olgeta i gobak kasem Adam mo Iv.

Ful stret mo gud fasin mo pis bae i gohed kasem en blong 1000 yia, taem Setan bae i go fri blong smol taem, blong hem i save tekem ol ami blong hem oli kam tugeta. Ol ami blong Setan bae oli faet agensem olgeta blong heven, we Mikael, o Adam, bambae i lidim. Setan mo olgeta we oli folem hem bambae oli lus mo bae oli sakemaot olgeta blong oltaem. (Luk long D&C 88:111–115.)

Sam moa skripja: D&C 45:55–59; 101:22–34; 133:25

Luk tu long Seken Kaming blong Jisas Kraes

Misinari Wok

Taem yumi gat eksperiens long ol blesing blong laef folem gospel, bambae yumi wantem blong serem olgeta blesing ia wetem ol narafala. Lod i bin tokbaot glad we i kam long ol laef blong yumi taem yumi serem gospel blong Hem:

Hem i talem se sapos yumi wokhad long ol dei blong yumi blong tokbaot fasin blong sakem sin mo tekem wan sol i kam long Hem, glad blong yumi bae i bigwan wetem sol ia long kingdom blong Papa.

Mo sapos glad blong yumi wetem wan sol ia we yumi tekem i kam long Sevyia long kingdom blong Papa, i bigwan, nao glad blong yumi bae i bigbigwan moa sapos yumi tekem plante moa sol oli kam long Hem! (Luk long D&C 18:15–16.)

Misinari Diuti blong Wanwan Memba

Lod i bin talem se misinari wok i responsabiliti blong evri Lata-dei Sent (luk long D&C 88:81). Olsem wan memba blong Jos blong Lod, yu save, wetem gud blong laef blong yu mo paoa blong testimoni blong yu, mekem ol memba blong famle, ol fren, mo ol narafala man we yu save olgeta, oli rere blong mitim ol fultaem misinari.

Misinari mesej we i gat moa paoa we yu save sendem i ek-sampol blong yuwan long olsem wanem yu stap laef long wan hapi laef olsem wan Lata-dei Sent. Tingbaot se ol pipol oli no joenem Jos nomo from ol gospel prinsipol we oli lanem. Oli joenem Jos from se oli filim wan samting we i stat blong stretem nid blong olgeta long saed blong spirit. Sapos yu tru long frensip blong yu wetem olgeta, bambae oli save filim spirit blong testimoni blong yu mo hapines blong yu.

Antap long fasin blong givim wan gud eksampol, “sipos ol man oli askem long yufala from wanem yufala i putum tingting blong yufala i stap long Kraes, oltaem yufala i mas rere blong givim ansa long olgeta” (Fas Pita 3:15). Yufala i save prea blong gat ol janis blong talem long ol narafala man abaot gospel we i kambak. Nao bae yufala i save rere, from se plante pipol oli stap wantem tumas blong faenem trutok.

Givim Seves long Ol Fultaem Misin

Afta we Hem i bin laef bakegen long ded, Lod i bin givim komanmen long ol disaepol blong Hem blong “go long ol man long olgeta ples long wol, ... [mo tijim olgeta], mo baptaesem olgeta long nem blong Papa blong [hem], mo long nem blong [hem], [hem we i] Pikinini blong [Papa], mo long nem blong Tabu Spirit” (Matiu 28:19). Blong mekem komanmen ia i kamtru, ol yang man insaed long Jos we oli save mekem, oli gat wan diuti blong rere long saed blong spirit, long saed blong bodi, mo long saed blong filing, blong save givim seves olsem ol fultaem misinari. Ol singgel woman mo ol kapol we oli gat plante save long gospel, oli gat janis tu blong givim seves long wan fultaem

misin. Sapos yu wantem blong givim seves long wan fultaem misin, toktok wetem bisop o branj presiden blong yu.

Stap Tijim Ol Niufala Memba blong Jos

Misinari wok i minim tu blong helpem mo sapatem olgeta we oli joenem Jos. Taem yu stap tingting hevi long responsabiliti ia, tingbaot se ol niufala memba oli fesem ol tes taem oli joenem Jos. Ol niufala komitmen blong olgeta i mekem se bambae oli mas lego sam olfala fasin mo livim sam olfala fren blong olgeta, mo sam samting we oli stap joenem. Antap long hemia, Jos i stap soem wan niufala wei blong laef we i defren mo i nidim plante wok.

Wanwan niufala memba blong Jos i nidim trifala samting: wan fren, wan responsabiliti, mo blong kakae gud long “gud-fala toktok blong God” (Moronae 6:4). Yu save kam pat blong wok ia blong givim help ia. Yu save oltaem kam wan fren. Nomata yu no stap long wan ples we i givim yu raet blong givim ol koling o responsabiliti insaed long Jos, yu save wok long saed blong ol niufala memba mo givim seves long olgeta. Yu save faenem sam janis blong serem toktok blong God wetem ol niufala memba.

Sam moa skripja: Mak 16:15; Alma 26:1–16; D&C 4; 60:2; 84:88; 123:12

Odinens

Insaed long Jos, wan odinens hem i wan samting we oli mekem, we hem i tabu, mo atoriti blong prishud nomo i save mekem. Sam long ol odinens ia, yumi nidim blong kasem blong yumi save stap sef. Ol odinens ia, oli singaotem se oli ol odinens blong sevem laef. Ol odinens ia oli: baptaes, konfemesen, odinosen long Melkesedek Prishud (blong ol man), tempol endaomen, mo siling blong mared. Wetem wanwan long olgeta odinens ia, yumi mekem ol tabu kavenan wetem Lod.

Ol narafala odinens, olem blong givim nem mo blesem ol pikinini, blong mekem oel i tabu, blong givim blesing long ol

sikman mo olgeta we oli harem nogud, prishud atoriti nomo i save mekem ol odinens ia. Ol odinens ia, yumi no nidim blong yumi save stap sef, be oli stap blong yumi stap gud, blong lidim yumi mo blong leftemap tingting blong yumi.

Ol odinens mo ol kavenan oli helpem yumi blong tingbaot huia yumi. Oli stap blong yumi tingbaot diuti blong yumi long God. Lod i bin givim olgeta odinens mo kavenan ia blong helpem yumi blong kam long Hem mo kasem laef we i no save finis. Taem yumi stap tru long olgeta odinens mo kavenan ia, Hem i mekem yumi kam strong moa.

Ating bae yu kasem plante janis blong tekem pat long ol odinens blong prishud. Taem yu gat wan janis olsem, mekem evri samting we yu save mekem blong mekem yuwan yu rere, nomata sapos yu nao yu mekem odinens, o yu nao yu kasem odinens ia. Yu save rere taem yu prea, yu livim kakae, yu kaonsel wetem ol prishud lida, mo yu stadi long olgeta skripja mo ol toktok blong ol lata-dei profet. Sapos yu yu wan we yu kasem prishud, oltaem yu mas rere long saed blong spirit blong mekem wan odinens. Laef folem wan laef we i klin, we i klin inaf, mo traehad blong gat Tabu Spirit i stap kompanion blong yu oltaem.

Sam moa skripja: D&C 84:19–21; Ol Toktok blong Bilif 1:3–5

Luk tu long Kavenan; Gospel; Prishud

Oli Odenem Fastaem Finis

Long spirit wol blong laef bifo laef long wol ia, God i bin jusum sam spirit blong oli fulfilim ol spesel misin long taem blong laef blong olgeta long wol ia. Hemia oli talem se oli odenem olgeta fastaem finis.

Taem oli odenem man fastaem finis, i no minim se wanwan long olgeta man ia bae oli kasem sam koling o responsabiliti. Ol janis olsem oli kam long laef ia from we oli yusum gud fridom blong jusum, semmak olsem we fasin blong odenem man fastaem finis i kam from we oli bin stret mo gud long laef bifo laef long wol ia.

Jisas Kraes, oli bin odenem Hem blong Hem i mekem Atonmen, blong Hem i kam “smol Sipsip ya we oli kilim hem i ded,” (Revelesen 13:8; luk tu long Fas Pita 1:19–21). Skripja i stap tokbaot tu ol narafala man we oli bin odenem olgeta fastaem finis. Profet Ebrahim i bin lanem se oli bin odenem hem fastaem finis taem hem i kasem wan visen, mo tru long visen ia hem i bin luk ol hae mo bigfala spirit long spirit wol blong laef bifo laef ia long wol. Hem i talem se God i bin luk se ol sol ia oli bin gud. God i bin stanap long medel blong olgeta mo talem se bae Hem i mekem olgeta oli ol man blong rul. Hem i bin talem se Ebrahim i wan long ol hae mo bigman ia—se oli bin jusum hem bifo we hem i bon (luk long Abraham 3:22–23). Lod i bin talem long Jeremaea, “Taem mi mi no wokem yu yet long bel blong mama blong yu, be mi mi save yu finis. Mo taem yu no bon yet, be mi mi jusumaot yu mo mi makemaot yu, mi mekem yu yu tabu, blong yu kam wan profet, blong yu talemaot tok blong mi long ol man blong olgeta kantri long wol” (Jeremaea 1:5). Jon Baptaes, oli bin odenem hem fastaem finis blong hem i mekem ol pipol oli rere long ministri blong Sevyia long wol ia (luk long Aesea 40:3; Luk 1:13–17; 1 Nifae 10:7–10).

Doktrin ia, we God i odenem yumi finis long laef bifo laef long wol ia, hem i blong evri memba blong Jos be i no blong Sevyia mo ol profet blong Hem nomo. Bifo we oli krietem wol, oli bin givim sam spesel responsabiliti long ol fetful woman mo olgeta fetful man oli bin odenem olgeta long sam spesel diuti blong prishud. Nomata we yu nomo tingbaot taem ia, i tru we yu bin agri blong fulfilim sam impoten wok long seves blong Papa blong yu. Taem yu pruvum se yu klin inaf, bambae yu kasem ol janis blong fulfilim ol wok ia we yu akseptem bifo.

Sam moa skripja: Alma 13:1–9; D&C 138:53–56

Luk tu long Fridom blong Jusum; Plan blong Fasin blong Sevem Man

Ol Disiplin Kaonsel blong Jos

Ol bisop mo ol branj presiden, ol stek, misin, mo distrik presiden, oli gat wan responsabiliti blong helpem ol memba blong winim sin blong olgeta tru long fasin blong sakem sin. Ol sin we oli bigwan tumas, olsem blong brekem loa blong kantri, abiusum waef o hasban, abiusum pikinini, adaltri, fasin blong silip wetem man o woman bifo long mared, rep, mo fasin blong silip wetem wan memba blong famle, oli ol sin we man i mas pas long disiplin blong Jos. Jos disiplin i save minim blong lusum ol spesel blesing we wan memba blong Jos i save gat, o blong lusum membasip insaed long Jos.

Fasin blong stret disiplin i stat taem wan prishud lida i singaotem wan disiplin kaonsel. Ol stamba tingting blong gat ol disiplin kaonsel i blong sevem sol blong man o woman we i sin, blong protektem olgeta we oli no gat rong, mo blong hollem taet klin fasin blong Jos, fasin blong stap strong mo tru blong Jos, mo blong protektem gudfala nem blong Jos.

Jos disiplin i wan rod we i kam long heven we i tekem ples blong wan taem we oli putum. Tru long rod ia, mo tru long Atonmen blong Jisas Kraes, wan memba i save kasem fogivnes from ol sin blong hem, i kasem pis long maen, mo i kasem paoa blong i nomo brekem loa long fiuja. Ol disiplin aksen blong Jos i no en blong rod ia. Hem i blong helpem ol pikinini blong Papa long Heven blong gohed long hadwok blong olgeta blong kambak long ful felosip mo ol ful blesing blong Jos. Wanem we oli wantem luk long en, hem i we blong hem we i stap long disiplin i mekem ol jenis we hem i nid blong mekem blong hem i sakem sin fulwan.

Luk tu long Fogivnes; Fasin blong Sakem Sin

Ol Ki blong Prishud (*Luk long Prishud*)

Ol Presen blong Spirit (*Luk long Ol Presen blong Spirit*)

Ol Presen blong Spirit

Ol presen blong Spirit oli ol blesing o ol skil we yu kasem, we paoa blong Tabu Spirit i stap givim. God i givim wan long ol presen ia long ol fetful memba blong Jos. Taem yu kasem ol presen ia, bae oli mekem yu strong mo bae oli blesem yuwan mo bae i helpem yu blong givim seves long ol narafalawan. (Luk long D&C 46:8–12.) Olgeta skripja oli stap tij abaot plante presen blong Spirit:

- Save se Jisas Kraes i Pikinini blong God, mo Hem i bin hang long kros from ol sin blong wol (luk long D&C 46:13).
- Paoa blong bilivim ol toktok blong olgeta we oli testi-fae abaot Jisas Kraes (luk long D&C 46:14).
- Save abaot ol samting we i defren long wanwan ministri (luk long D&C 46:15; luk tu long Fas Korin 12:5). Presen ia, oli yusum blong lukaotem mo lidim Jos.
- Save blong luksave ol defren kaen wok, we i helpem yumi luksave sapos wan tijing o wan fos i kam long God o sam narafala ples (luk long D&C 46:16; luk tu long Fas Korin 12:6–7).
- Presen blong waes toktok (Fas Korin 12:8; D&C 46:17). Hemia i no tokbaot loa we yumi save olsem Tok blong Waes. Be, hem i presen blong waes—paoa blong yusum save long stret mo gud wei.
- Presen blong tok blong save samting (Fas Korin 12:8; D&C 46:18).
- Paoa ia blong save tij wetem paoa blong Tabu Spirit (luk long Moronae 10:9–10; luk tu long D&C 46:18).
- Presen blong fet (luk long Fas Korin 12:9; Moronae 10:11).
- Presen blong gat fet blong save kam gud bakegen long sik (luk long D&C 46:19).

- Presen blong gat fet blong mekem man i kam gud bageken (luk long D&C 46:20; luk tu long Fas Korin 12:9; Moronae 10:11).
- Presen blong save wokem ol merikel (Fas Korin 12:10; D&C 46:21; luk tu long Moronae 10:12).
- Presen blong profesi (luk long Fas Korin 12:10; Moronae 10:13; D&C 46:22). Jon we Jisas i Lavem hem tumas i bin tijim se testemoni abaot Jisas i spirit blong profesi (Revelesen 19:10).
- Presen blong “lukim ol enjel mo ol spirit we i stap givhan” (Moronae 10:14).
- Presen blong “luksave ol spirit we i gud mo ol spirit we i nogud” (Fas Korin 12:10; D&C 46:23).
- Presen blong toktok long ol defren lanwis, o evri kaen lanwis (luk long Fas Korin 12:10; Moronae 10:15; D&C 46:24).
- Presen blong tanem ol lanwis (Fas Korin 12:10; D&C 46:25; luk tu long Moronae 10:16).

Ol presen blong Spirit ia wetem ol narafalawan we oli listim daon long olgeta skripja oli sam eksampol nomo blong plante presen blong Spirit. Lod i save blesem yu long ol narafala wei folem hamas yu stap fetful mo ol nid blong yu mo ol nid blong ol narawan we yu stap givim seves long olgeta. Hem i givim komanmen long yumi blong yumi wok strong blong yumi save kasem ol presen blong Spirit.

Hem i bin talem se yumi mas lukaot, sapos no bae yumi foldaon long trik. Hem i givim komanmen long yumi blong yumi mas wok had blong lukaotem ol presen we oli moa gud, mo oltaem tingbaot from wanem nao God i givim ol presen ia, blong mekem se yumi no foldaon long trik.

God i givim ol presen ia blong gud blong olgeta we oli lavem Hem mo oli kipim olgeta komanmen blong Hem mo blong olgeta we oli wantem mekem olsem ia, blong mekem se

Ol Standet Tabu Wok

olgeta evriwan we oli lukaotem o askem long Hem, bae oli save kasem (luk long D&C 46:8–9; luk tu long ves 26).

Sam moa skripja: Fas Korin 13; 14:1–33; Moronae 10:17–25; D&C 46:27–33; Ol Toktok blong Bilif 1:7

Luk tu long Tabu Spirit; Revelesen

Ol Standet Tabu Wok (*Luk long Skripja*)

Ol Ten Komanmen

Olgeta Ten Komanmen oli ol gospel prinsipol we oli no save finis we yumi nidim blong kam olsem god. Lod i bin talemaot olgeta komanmen ia long Moses long taem bifo (luk long Eksodas 20:1–17), mo Hem i bin talemaot olgeta bakegen long ol revelesen blong lata-dei (luk long D&C 42:18–29; 59:5–13; 63:61–62). Olgeta Ten Komanmen oli wan stamba pat blong gospel. Fasin blong obei long olgeta komanmen ia i stap rere long rod blong stap obei long ol nara gospel prinsipol.

Riviu blong olgeta Ten Komanmen ia i kam wetem sam sot eksplenesen long olsem wanem yumi gohed blong stap yusum olgeta long laef blong yumi tedei:

1. “Bambae yufala i no mas mekem wosip long ol nara-fala god, yufala i mas mekem wosip long mi nomo” (Eksodas 20:3). Yumi mas mekem evri samting wetem wan ae we i lukluk nomo long glori blong God (luk long D&C 82:19). Yumi mas lavem mo givim seves long Lod wetem evri hat, strong paoa, maen, mo paoa blong yumi (luk long Dutronome 6:5; D&C 59:5).
2. “Bambae yufala i no mas mekem [pikja] blong ol samting ... blong yufala i mekem wosip long hem” (Eksodas 20:4). Insaed long komanmen ia, Lod i tok strong agensem wosip blong ol aedol. Fasin blong wosip long ol aedol i kam long plante defren kaen wei. Sam pipol oli no stap bodaon long fored blong ol pikja

o ol ston we oli katem folem sep blong man, be oli stap riplessem God we i laef wetem ol narafala aedol olsem mane, ol samting blong wol, ol aedia, o hae posisen in-saed long sosaeti. Insaed long laef blong olgeta, “ol rij samting blong olgeta i god blong olgeta”—wan god we “bae i lus wetem olgeta” (2 Nifae 9:30).

3. “Bambae yufala i no mas yusum nem blong mi long fasin we yufala i no ona long mi” (Eksodas 20:7). Blong gat wan eksplenesen blong komanmen ia, luk long “Profaniti,” pej 153.
4. “Oltaem bambae yufala i mas tinghevi long Sabat dei, blong holem i tabu” (Eksodas 20:8). Blong gat wan eksplenesen blong komanmen ia, luk long “Sabat,” pej 166–167.
5. “Oltaem yufala i mas ona long papa mo mama blong yufala” (Eksodas 20:12). Hemia i wan komanmen we yumi mas folem nomata we yumi kam ol bigman mo bigwoman. Yumi mas oltaem traem blong faenem ol wei blong givim ona long papa mo mama blong yumi.
6. “Bambae yufala i no mas kilim man i ded” (Eksodas 20:13). Blong gat eksplenesen blong olsem wanem komanmen ia i go long olgeta we oli go long wo, luk long “Wo,” pej 215.
7. “Yufala man we i mared, bambae yufala i no mas go slip wetem narafala woman, mo yufala woman we i mared, bambae yufala i no mas go slip wetem narafala man” (Eksodas 20:14). Long wan lata-dei revelesen, Lod i no tok agensem adaltri nomo, be eni samting we i semmak long hem (luk long D&C 59:6). Fasin blong gat seks bifo long mared, fasin blong man i silip wetem man, mo fasin blong woman i silip wetem woman, mo eni narafala sin long saed blong seks oli brekem loa blong namba seven komanmen. Blong save moa, luk long “Jastiti,” pej 83–89.

8. “Bambae yufala i no mas stil” (Eksodas 20:15). Fasin blong stil i wan wei blong no stap ones. Blong save moa, luk long pej 131–132.
9. “Bambae yufala i no mas giaman blong mekem poen agens long narafala man” (Eksodas 20:16). Blong talemaot ol giaman witnes, o giaman toktok, i wan narafala wei blong no stap ones. Blong save moa, luk long pej 131–132.
10. “Bambae yufala i no mas letem tingting blong yufala i stap long ol samting blong narafala man blong tekem i blong yufala” (Eksodas 20:17). Fasin blong kavetem samting o man, o fasin blong wantem samting we i blong narafala man i save spolem gud sol. I save spolem tingting blong yumi, mo save mekem yumi sik wetem fasin blong no stap hapi, o fasin blong filim se yu no glad. Plante taem, hem i lidim yumi long ol narafala sin mo long fasin blong stap mekem kaon.

Nomata we lis blong ol Ten Komanmen i stap talem ol samting we yumi *no mas* mekem, oli stap soemaot tu ol samting we yumi *mas* mekem. Sevyia i bin talem sot ol Ten Komanmen long tu prinsipol—lav long Lod mo lav long ol narafala man:

“Yu mas lavem Hae God ya we i God blong yu long olgeta hat blong yu, mo long olgeta laef blong yu, mo long olgeta tingting blong yu.

“Hemia nao loa ya we i hae moa long ol narafala loa, mo i nambawan blong folem.

“Mo narawan, we klosap i sem mak long hem, i talem se, ‘Yu mas lavem ol man we oli stap raonabaot long yu, yu mas mekem i gud long olgeta, olsem we yu stap mekem i gud long yu’ ” (Matiu 22:37–39).

Sam moa skripja: Mosaea 12:33–36; 13:11–24

Luk tu long Fridom blong Jusum; Jastiti; Fasin blong Stap Ones; Fasin blong Obei; Profaniti; Fasin blong Stap Revren; Sabat; Wo; Wosip

Ol Toktok blong Bilif

Ol Toktok blong Bilif i aotlaenem 13 besik poen blong bilif blong ol memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent. Fastaem we Profet Josef Smit i bin raetem olgeta, hem i bin raetem long wan leta we hem i bin sendem long Jon Wentwot, wan niuspepa edita, blong ansa long rikwes blong Mista Wentwot we i bin wantem save wanem nao ol memba blong Jos oli bilif long hem. Afta long hemia, ol poen ia oli bin pablisim long ol magasin blong Jos. Naoia oli tekem olsem wan skripja mo i stap insaed long buk blong Perel blong Bigfala Praes.

Onesti

Nambatetin toktok blong bilif i talem se, "Mifala i biliv blong mas ones." Blong stap ones i minim blong stap tru, blong talem trutok, mo no stap giaman.

Taem yu stap ones long evri wei, yu save gat pis long maen mo holem taet respek long yuwan. Yu stap bildimap fasin blong yu, we i letem yu blong givim seves long God mo ol narawan. Yu stap olsem wan, long fored blong ae blong God mo long fored blong ae blong olgeta raon long yu, we oli save trastem yu.

Long nara saed, sapos yu no ones long ol toktok mo aksen blong yu, yu stap mekem nogud long yuwan mo plante taem bae yu mekem ol narawan oli harem nogud tu. Sapos yu giaman, stil, o kopi, o yu minim blong no wok fulwan folem pei blong yu, yu lusum respek long yuwan. Yu lusum Tabu Spirit blong i lidim yu. Yu save faenem tu se yu spolem rilesensip we yu gat wetem ol memba blong famle mo ol fren mo se ol pipol oli nomo trastem yu.

Blong stap ones i minim tu blong yu gat strong paoa long tingting mo yu mekem sakrifaes, speseli taem ol narawan oli traem blong winim tingting blong yu blong yu givim wan risen from wan fasin we i no stret. Sapos yu faenem se yu fesem wan taem olsem, tingbaot se pis we i stap oltaem we i

Papa long Heven

kamaot long fasin blong stap ones i moa sas bitim gud filing we i stap sot taem blong stap folem fasin blong wol ia.

Sam moa skripja: Eksodas 20:16; 2 Nifae 9:34; D&C 97:8

Papa long Heven (*Luk long God Papa*)

Paradaes

Insaed long olgeta skripja, oli yusum toktok ia *paradaes* long ol defren wei. Faswan, hem i tokbaot wan ples blong pis mo stap glad long spirit wol afta laef long wol ia, we oli putum i stap blong olgeta we oli bin baptaes mo oli bin stap fetful (luk long Alma 40:12; Moronae 10:34). Olgeta we oli stap long spirit kalabus oli gat janis blong lanem gospel blong Jisas Kraes, sakem ol sin blong olgeta, mo kasem ol odinens blong baptaes mo konfemesen tru long wok we yumi stap mekem insaed long ol tempol (luk long D&C 138:30–35). Taem oli mekem olgeta samting ia, oli save go insaed long *paradaes*.

Wan nambatu wei blong yusum toktok ia *paradaes* i stap long stori blong Luk we i tokbaot taem we oli hangem Sevya long kros. Taem Jisas i bin hang long kros, wan stilman we hem tu oli bin hangem hem i bin talem, “Jisas. Taem we yu yu kam King, nao yu kam long paoa blong yu, plis yu tingbaot mi bakegen” (Luk 23:42). Folem wanem we i stap long Luk 23:43, Lod i bin ansa, “Tru mi mi talem long yu. Tedei yu bambae yu stap wetem mi long *Paradaes*.” Profet Josef Smit i bin eksplenem se i gat wan mistek long translesen ia; Lod i stap talem se stilman ia bambae i stap wetem Hem insaed long wol blong ol spirit.

Toktok ia, *paradaes*, oli faenem tu long Seken Korin 12:4, mo long ples ia, ating hem i tokbaot selestial kingdom. Long nambaten toktok blong bilif, toktok ia, *paradaes*, i tokbaot glori blong wol long taem blong Milenium.

Luk tu long Ded, blong Bodi; Plan blong Fasin blong Sevem Man; Laef Bakegen long Ded

Perel blong Bigfala Praes (*Luk long Skripja*)

Petriakel Blesing

Ol petriak we oli odenem olgeta, oli givim ol petriakel blesing long olgeta memba blong Jos we oli klin inaf. Petriakel blesing blong yu i tokbaot laen blong yu long haos blong Isrel mo i talem sam kaonsel we oli blong yuwan nomo.

Taem yu stap stadi long petriakel blesing blong yu mo stap folem kaonsel we i stap insaed long hem, bambae hem i save lidim yu, i givim kamfot long yu, mo givim proteksen long yu. Blong faenemaot olsem wanem blong kasem wan petriakel blesing, toktok wetem bisop o branj presiden blong yu.

Fasin blong Talemaot Famle Laen

Petriakel blesing blong yu i talem laen we yu kamaot long hem, mo i talem se yu blong haos blong Isrel—wan pikinini long laen blong Ebrahim, we yu blong wan spesel traeb blong Jakob. Plante Lata-dei Sent oli kamaot long traeb blong Efrem, traeb ia we oli bin givim fas wok ia blong lidim ol lata-dei wok blong Lod.

From se plante long yumi i gat plante blad laen i ron long yumi, oli save talem se tu memba blong semfala famle oli kamaot long ol defren traeb blong Isrel.

Hem i no mata sapos laen blong yu insaed long haos blong Isrel i tru long blad laen o tru long adopsen. Olsem wan memba blong Jos, oli kaontem yu olsem wan pikinini blong laen blong Ebrahim mo yu gat raet long evri promes mo blesing we i stap insaed long kavenan blong Ebrahim (*luk long "Kavenan blong Ebrahim,"* pej 99–100).

Lanem Samting Aot long Petriakel Blesing blong Yu

Taem yu kasem petriakel blesing blong yu, yu mas ridim wetem tingting we i stap daon, wetem prea, mo ridim oltaem. Hem i wan revelesen we i blong yuwan we i kam long Papa

long Heven, we Hem i save wanem nao yu strong long hem, wanem nao yu no strong long hem, mo paoa blong yu we i no save finis. Tru long petriakel blesing blong yu, bambae Hem i helpem yu blong yu lanem wanem nao Hem i wantem yu blong mekem. Insaed long blesing blong yu, i save gat olgeta promes, ol toktok we Hem i askem strong blong yu mekem wan samting, mo ol woning. Taem, taem i stap go, bambae yu luksave paoa blong revelesen we i stap long hem.

Taem yu stap folem kaonsel we i stap long blesing blong yu, bambae tingting blong yu bae i no fasfas tumas o bambae yu no save go rong. Sapos yu no folem kaonsel, bambae yu no save kasem ol blesing we Hem i bin promesem.

Nomata we insaed long petriakel blesing blong yu i gat ol kaonsel mo olgeta promes, yu no mas tingting se hemia bae i givim ansa long evri kwestin blong yu, o bae i tokbaot evri smol samting we bae i hapen long laef blong yu. Sapos blesing blong yu i no tokbaot ol impoten taem blong laef blong yu, olsem wan fulltaem misin o mared, yu no mas tingting se bae yu no gat janis blong kasem olgeta samting ia.

Semma tu, yu no mas tingting se evri samting we oli tokbaot insaed long petriakel blesing blong yu bae i kamtru long laef ia. Wan petriakel blesing i blong taem we i no save finis, mo ol promes blong hem i save go kasem taem we i no save finis tu. Yu mas save se sapos yu stap klin inaf, evri promes bambae oli kamtru long taem we Lod i luk se i stret. Olgeta samting we oli no kamtru long laef ia, bae oli kamtru long nekis laef.

Petriakel blesing blong yu i tabu mo i blong yuwan. Yu save serem wetem ol stret memba blong famle blong yu, be yu no mas ridim laod long pablik o letem ol narafala pipol oli ridim o traem blong talem mining blong toktok blong hem. Iven petriak o bisop o branj presiden blong yu i no mas traem blong talem mining blong hem.

Holem taet gud insaed long hat blong yu, ol gudgudfala toktok insaed long petriakel blesing blong yu. Tingting hevi long olgeta, mo laef long wan wei we bae yu klin inaf blong

kasem ol blesing we Hem i promesem long laef ia mo long laef we bae i kam.

Pis

Plante pipol oli ting se pis i stap taem i no gat wo. Be yumi save filim pis long ol taem blong wo, mo semmak tu, i posibol blong yumi no gat pis taem i no gat wo. I no inaf blong i no gat wan smol rao, blong mekem se i gat pis long ol hat blong yumi. Pis i kam tru long gospel—tru long Atonmen blong Jisas Kraes, tru long tijing blong Tabu Spirit, mo tru long fasin blong yumi blong stap stret mo gud, tru fasin blong sakem sin wetem ful hat, mo tru long fasin blong givim seves wetem ful tingting.

Iven taem wol i stap muvmuv raon long yu, yu save kasem blesing ia blong gat pis insaed long hat blong yu. Blesing ia bae i gohed wetem yu taem yu gohed blong stap tru long testimoni blong yu blong gospel mo taem yu tingbaot se Papa long Heven mo Jisas Kraes, Tufala i lavem yu mo stap lukaot long yu.

Antap long filing ia blong yuwan yu filim pis, yu save kam olsem wan paoa blong pis long famle blong yu, long komuniti blong yu, mo long wol. Yu stap wok from pis taem yu kipim olgeta komanmen, givim seves, kea long ol memba blong famle mo ol neiba, mo taem yu stap serem gospel. Yu wok from pis long eni taem we yu givhan blong mekem safaring blong wan narafalawan i kam daon.

Ol toktok ia blong Sevyia oli tijim yumi olsem wanem yumi save gat eksperiens long pis ia we gospel i stap tekem i kam:

“Mo Spirit ya blong Givhan, we hem i Tabu Spirit, we bambae Papa blong mi i save sanem i kam long nem blong mi, hem bambae i save tijim yufala long olgeta samting. Bambae hem i save mekem yufala i tingbaot olgeta samting ya bakegen, we mi mi stap talem long yufala.

“Naomia we klosap mi mi gowe long yufala, mi mi putum pis blong mi i stap wetem yufala. Mi nomo mi givim pis ya long yufala. Mo pis ya we mi mi givim, i no olsem pis we ol

man blong wol oli save givim. Yufala i no letem tingting blong yufala i trabol, yufala i no fraet." (Jon 14:26–27).

Long ol lata dei, Hem i bin givim wan revelesen long Josef Smit mo Oliva Kowdri we yumi mas yusum long laef blong yumi. Hem i bin givim komanmen long tufala blong tufala i no fraet blong stap mekem gud, from we bambae tufala bae i kasem wanem we tufala i planem; taswe, sapos tufala i planem gud samting, bambae tufala i kasem gud samting olsem praes blong tufala.

Hem i givim komanmen long yumi, olsem ol memba blong smol grup blong Hem, blong yumi no mas fraet. Yumi mas mekem gud mo letem wol mo hel oli joen wanples blong agensem yumi; from we sapos yumi stanap long strong ston blong Hem, bambae wol mo hel, tufala i no save win.

Taem Hem i bin toktok long Josef Smit mo Oliva Kowdri, Hem i talem se Hem i no panisim tufala. Hem i talem long tufala blong tufala i gohed long rod blong tufala mo nomo mekem sin, mo blong tufala i mekem wok we Hem i bin givim oda long tufala blong mekem wetem klia tingting.

Hem i bin talem blong tufala i lukluk long Hem long evri tingting blong tufala—blong tufala i no gat tu tingting mo blong tufala i no fraet.

Hem i bin invaetem tufala blong luk ol mak long saed blong bodi blong hem, mo tu, ol mak blong nil long ol han mo leg blong Hem. Hem i bin givim komanmen long tufala blong tufala i mas stap fetful mo stap kipim ol komanmen blong Hem blong mekem se bae tufala i save gat raet long kingdom blong heven (luk long D&C 6:33–37).

"Mi mi talemaot ol samting ya finis long yufala, blong bambae tingting blong yufala i save stap kwaet, from we yufala i stap joen gud long mi. Long wol ya bambae yufala i harem nogud tumas, Be yufala i no fraet. Mi mi winim paoa blong olgeta samting blong wol ya finis." (Jon 16:33).

Taem yu tingbaot Sevyu mo stap folem Hem, i tru we yu save harem gud. Yu save filim tru pis we i stap gohed long evri taem. Yu save faenem hop long ol fas toktok blong Sevyu long

ol disaepol blong Hem afta we Hem i laef bakegen long ded:
“Pis i stap wetem yufala” (Jon 20:19).

Wan moa skripja: D&C 59:23

Luk tu long Jareti; Tabu Spirit; Hop; Jisas Kraes; Lav; Seves; Wo

Plan blong Fasin blong Sevem Man

Long laef bifo laef long wol ia, Papa long Heven i bin rere long wan plan blong mekem se yumi save kam olsem Hem mo kasem wan ful glad. Ol skripja oli tokbaot plan ia se hem i “plan blong fasin blong sevem man” (Alma 24:14; Moses 6:62), “bigfala plan blong glad” (Alma 42:8), “plan blong fasin blong pemaot man” (Jekob 6:8; Alma 12:30), mo “plan blong sore” (Alma 42:15).

Plan blong fasin blong sevem man i fulnes blong gospel. Hem i tekem Kriesen, taem Adam i Foldaon, Atonmen blong Jisas Kraes, mo evri loa, odinens, mo ol doktrin blong gospel. Fasin blong save jusum, raet ia blong yumi save mekem ol joes mo mekem ol aksen blong yumiwan, i wan pat we i impoten tu long plan blong Papa long Heven. From plan ia, yumi save kam stret evriwan tru long Atonmen, kasem wan ful glad, mo laef blong oltaem long ples we God i stap long hem. Ol famle rilesensip blong yumi oli save stap truaot long ol taem we i no save finis.

Yu yu stap tekempat long plan blong Papa long Heven, mo eksperiens blong yu we i no save finis i seraot long trifala pat: laef bifo laef long wol ia, laef long wol ia, mo laef afta long ded. Taem yu kam blong andastanem plan ia, yu faenem ol ansa long ol kwestin we plante man i stap askem: Yumi kam wea? From wanem yumi stap long ples ia? Weaples nao yumi go long hem afta long laef ia?

Laef Bifo Laef long Wol Ia

Bifo yu bon long wol ia, yu bin laef wetem Papa long Heven olsem wan long ol spirit pikinini blong Hem. Long laef bifo laef

long wol ia, yu bin stap long wan kaonsel miting wetem ol nara-fala pikinini blong Papa long Heven. Long kaonsel miting ia, Papa long Heven i bin presentem plan blong Hem, we i bigfala plan blong stap glad (luk long Abraham 3:22–26).

Folem plan blong stap glad, Jisas Kraes we i bin stap long laef bifo laef long wol ia, Fasbon blong Papa long spirit, i bin mekem kavenan blong stap olsem Sevya (luk long Moses 4:2; Abraham 3:27). Olgeta we oli bin folem Papa long Heven mo Jisas Kraes, oli bin gat raet blong kam long wol ia mo progres i go long laef we i no save finis. Lusifa, wan narafala spirit boe blong God, i bin agensem plan ia mo i bin wantem blong spo-lem gud fridom blong man blong mekem joes (luk long Moses 4:3). Hem i kam Setan, mo hem mo olgeta we oli stap folem hem, oli bin sakemaot olgeta aot long heven mo oli no bin kasem raet ia blong kasem wan bodi blong mit mo bun, mo oli no bin kasem raet ia blong kasem wan bodi we i save ded (luk long Moses 4:4; Abraham 3:27–28).

Truaot long laef blong yu bifo laef long wol ia, yu bin developem aedentiti blong yu, mo yu bin mekem ol samting we yu save mekem long saed blong spirit i kam antap. From we yu bin gat blesing blong gat presen ia blong fridom blong jusum, yu bin mekem ol impoten desisen, olsem desisen blong folem plan blong Papa long Heven. Ol desisen ia oli bin jeni-sim laef blong yu bifo, mo naoia. Yu bin gro wetem waes mo yu bin lanem blong lavem trutok, mo yu bin rere blong kam long wol, long ples ia we bae yu gohed blong progres.

Laef long Wol Ia

Naoia, yu stap gat eksperiens long laef long wol ia. Spirit blong yu i joen wetem bodi blong yu, mo i givim yu ol janis blong yu gro mo yu developem ol wei we i no posibol blong mekem long laef bifo laef long wol ia. Pat ia blong laef blong yu, i wan taem blong yu lanem samting we bae yu yusum blong pruvum yuwan, blong jusum blong kam long Kraes, mo blong rere blong stap klin inaf blong kasem laef we i no save

finis. Hem i wan taem tu we bae yu helpem ol narafala blong faenem trutok mo kasem wan testemoni abaot plan blong fasin blong sevem man.

Laef Afta long Ded

Taem yu ded, spirit blong yu bae i go long spirit wol mo i stap wet long taem blong laef bakegen long ded. Long taem blong laef bakegen long ded, spirit mo bodi blong yu bae oli joen bakegen, mo bae oli jajem yu mo bae yu kasem wan kingdom blong glori. Glori we bae yu kasem i dipen long hamas nao yu bin jenisim laef blong yu mo hamas nao yu bin obei long ol komanmen blong Lod (luk long “Kingdom blong Glori,” pej 100–103. Bae i dipen long fasin we yu bin kasem wan testemoni abaot Jisas (luk long D&C 76:51; luk tu long ol ves 74, 79, 101).

Blesing we I Kam Tru long Save Abaot Plan

Sapos yu gat wan testemoni abaot plan blong fasin blong sevem man, hem i save givim yu hop mo wan stamba tingting taem yu stap faet wetem ol jalenj blong laef. Yu save faenem stret tingting wetem save ia se yu yu wan pikinini blong God, mo se yu bin laef wetem Hem bifo yu bin bon long wol. Bae yu save faenem wan mining long laef blong yu naoia, taem yu save se ol aksen blong yu long wol ia bambae i save lidim laef blong yu long taem we i no save finis. Wetem save ia, yu save stanap long ol trutok we i no save finis blong save mekem ol impoten desisen, be i no blong stanap long ol situesen blong laef we oli stap jenis oltaem. Oltaem yu save mekem rilesensip blong yu wetem ol memba blong famle oli kam gud moa, mo stap glad long promes ia se famle blong yu i blong taem we i no save finis. Yu save faenem glad long ol testemoni blong yu abaot Atonmen mo ol komanmen, odinens, kavenan, mo doktrin blong Lod, wetem save ia se olgeta we oli stap mekem ol wok long stret mo gud fasin bambae oli kasem praes blong ol-

Plei from Mane

geta we i pis long wol ia, mo laef we i no save finis long wol we bae i kam (luk long D&C 59:23).

Sam moa skripja: 2 Nifae 2:5–30; 10:23–25; Alma 12:24–37; 22:12–14; 42; Moses 6:47–62

Luk tu long Fridom blong Jusum; Atonmen blong Jisas Kraes; Kriesen; Ded, blong Bodi; Ded, blong Spirit; Foldaon; God Papa; Gospel; Heven; Hel; Jisas Kraes; Kingdom blong Glori; Paradaes; Laef Bakegen long Ded

Plei from Mane

Jos blong Jisas Kraes blong Ol Lata-dei Sent i agensem fasin blong stap plei gem from mane, hemia i minim tu fasin blong plei long ol loteri we ol gavman oli sponsa long hem.

Fasin blong plei from mane i kamaot long wan filing blong kasem wan samting isi, be i no blong wok from. Kaen filing ia i save spolem gud spirit. Hem i lidim man we i tekem pat i go longwe long ol tijing blong Sevy a baot lav mo seves, mo i mekem hem i go long fasin blong enemi blong yumi we i blong stap selfis. Hem i daonem ol gudfala fasin blong wok mo fasin blong no spendem tumas mane, mo tu, fasin blong wantem wokhad long evri samting we yumi mekem.

Olgeta we oli tekempat long fasin blong plei gem from mane, bae oli faenem i no longtaem se oli harem nogud long tingting ia we bae oli givim smol o nating mo bae oli kasem wan samting we i sas. Bae oli faenem se oli spendem wan bigfala mane, ona blong olgeta, mo respek blong ol memba blong famle mo ol fren. Oli giaman long olgeta mo oli gat wan strong fasin we i had blong lego mo from hemia, plante taem oli plei ol gem wetem mane we oli save yusum from ol narafala samting, olsem blong pem ol samting we famle blong olgeta oli nidim. Ol pipol we oli stap plei from mane oli kam slef long ol gem ia, mo oli mas pem ol kaon blong ol gem ia, mekem se oli tanem fasin blong olgeta mo oli stil, mo oli salem gudfala nem blong olgeta.

Fas Presidensi i bin leftemap tingting blong yumi blong joenem ol narafala pipol blong stanap agensem eni loa blong

givim raet long eniwan o gavman from fasin blong plei from mane insaed long ol komuniti blong yumi.

Luk tu long Temtesen

Ponografi

Ponografi, hem i eni samting we i soem o i stap tokbaot bodi blong man, o fasin blong seks long wan wei we i mekem ol filing long saed blong seks oli girap. Oli stap serem tru long plante rod blong media, olsem ol magasin, ol buk, televisen, ol muvi, miusik mo long Intanet. Hem i save spolem spirit blong yu, semmak olsem tabak, alkol, mo ol drag oli spolem bodi. Blong yusum ponografi long eni wei, hem i agensem mo i brekem komanmen blong God we i talem se yumi no mas komitim adaltri, o mekem eni samting we i semmak long hem (luk long D&C 59:6). Hem i save lidim yu blong mekem wan bigfala sin. Ol memba blong Jos oli mas stap longwe long eni kaen ponografi, mo oli mas agensem fasin blong stap mekem, serem, mo yusum ponografi.

Ponografi hem i samting we i mekem man i save faenem i had blong lego. Semmak olsem ol narafala samting we i had blong lego, hem i lidim ol pipol blong oli mas traem, o kasem eksperiens long hem, mo i lidim man blong lukaotem samting we i moa strong blong mekem oli gat moa strong filing. Sapos yu traem mo yu letem yu blong yu stap insaed long sling ia, bambae hem i prapa spolem yu, bambae i daonem maen, hat mo spirit blong yu. Bae i stilim respek we yu gat long yuwan, mo bae i karemaot filing ia blong yu save luksave ol naesfala samting blong laef. Bambae i terem yu mo bae yu lusum evri samting, mo bae i lidim yu blong gat ol prapa rabis tingting mo tu ol prapa rabis aksen. Bambae i prapa spolem ol famle ri-lesensip blong yu.

From we ponografi i wan samting we i strong blong lego, mo from ol rabis samting we hem i save mekem long bodi mo long spirit, oltaem nomo, ol wokman blong God oli wonem yumi blong yumi mas stap longwe long hem. Sapos yu foldaon

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long trap blong ponografi, stopem naoia mo lukaotem help. Tru long fasin blong sakem sin, yu save kasem fogivnes mo faenem hop long gospel. Go long bisop o branj presiden blong yu blong kasem kaonsel long olsem wanem blong winim problem blong yu, mo blong kasem hiling tru long Atonmen blong Jisas Kraes. Askem Lod blong givim yu paoa blong winim strongfala fasin ia we i had blong lego.

Sam moa skripja: Matiu 5:27–28; Rom 6:12; Alma 39:9; D&C 42:23

Luk tu long Jastiti; Temtesen

Prea

Yu wan pikinini blong God. Papa blong yu long Heven i lavem yu mo i save ol nid blong yu, mo Hem i wantem yu blong yu toktok long Hem tru long prea. Prea long Hem mo i no long wan narafala man. Lod Jisas Kraes i bin givim komanmen ia, “Yufala i mas prea oltaem long Papa long nem blong mi” (3 Nifae 18:19).

Taem yu mekem fasin blong kam long fored blong God long prea i kam wan fasin we yu mekem oltaem, bambae yu kam blong save Hem mo bae yu kam kolosap moa long Hem. Wanem we bae yu wantem, bae i kam moa olsem wanem we Hem i wantem. Bambae yu save mekem se yu mo ol narafala i save gat ol blesing nomo sapos yu askem wetem fet.

Ol Prinsipol blong Prea

Oltaem Papa blong yu long Heven i rere blong harem mo blong ansarem ol prea blong yu. Paoa blong prea i dipen long yu nomo. Taem yu traehad blong mekem prea i kam pat blong laef blong yu, tingbaot kaonsel ia:

Mekem ol prea blong yu oli gat mining. Profet Momon i bin givim woning ia se sapos eniwan “i prea be i no wetem tru tingting blong hat ... hem i no helpem hem nating, from God i no akseptem eniwan olsem” (Moronae 7:9). Blong mekem se i gat mining long prea blong yu, yu mas prea wetem tru hat mo “wetem

evri paoa blong hat” (Moronae 7:48). Lukaot blong no talem ol semfala toktok taem yu prea (luk long Matiu 6:7). Tingting hevi long fasin blong yu mo ol toktok we yu stap yusum.

Yusum wan lanwis we i soem lav, respek, fasin blong stap revoren, mo lanwis we i soem we Hem i stap kolosap. Olsem wanem yu yusum prinsipol ia bambae i jenis folem lanwis we yu stap toktok long hem. Sapos yu prea long Inglis, eksampol, yu mas yusum ol toktok ia we oli stap long skripja taem yu toktok long God—*blong Yu God Papa, blong Yu Papa, mo blong Yu Hae God*, traem blong no yusum ol nomol toktok olsem *yu, blong yu*. Nomata long lanwis, prinsipol ia i stap semmak: Taem yu prea, yu mas yusum ol toktok we oli mekem se yu gat wan rilesensip blong lav mo wosip long God. Ating bambae yu gat hadtaem blong lanem lanwis blong prea, be sloslo, bambae yu filim gud wetem lanwis ia taem yu stap prea mo ridim olgeta skripja.

Talem tangkyu oltaem long Papa blong yu long Heven. Yu mas “talem tangkyu wetem gladhat evri dei, from ol plante sore mo ol blesing we hem i stap givim long yufala” (Alma 34:38). Taem yu tekem taem blong tingbaot olgeta blesing blong yu, bambae yu luksave hamas Papa blong yu long Heven i bin mekem long yu. Talem tangkyu blong yu long Hem.

Lukaotem blong Papa long Heven i lidim yu mo i givim paoa long yu long evri samting we yu mekem. Alma i bin givim kaonsel ia long boe blong hem, Hileman: “Askem long God blong givim ol sapot long yu; yes, letem evri wok blong yu long Lod, mo eni ples we yu go, letem i hapen wetem Lod; yes, letem evri tingting blong yu i go long Lod; yes, letem ol filing blong hat blong yu i stap long Lod oltaem. Askem advaes long Lod long evri wok blong yu, mo bae hem i lidim yu blong gud; yes, taem we yu stap ledaon long naet, ledaon long Lod, blong mekem se hem i save lukaot gud long yu long slip blong yu; mo taem we yu girap long moning letem hat blong yu i fulap long ol tangkyu long God; mo sapos yu mekem ol samting ia, bae God i leftemap yu long las dei” (Alma 37:36–37; luk tu long Alma 34:17–26).

Tingbaot ol nid blong ol narafalawan taem yu stap prea. Mekem ol prea “from gudfala laef blong yufala, mo tu, from gudfala laef blong olgeta we oli stap raon long yufala” (Alma 34:27). Askem Papa blong yu long Heven blong Hem i blesem mo givim kamfot long olgeta we oli stap long nid. Askem Hem blong givim insperesen mo mekem Presiden blong Jos, ol narafala Jeneral Atoriti, mo ol lokol lida blong Jos oli kam strong moa. Prea from gudfala laef blong ol memba blong famle mo ol fren. Prea from ol lida blong gavman. Askem Lod blong givim insperesen mo protektem ol misinari mo ol pipol we oli stap tijim.

Lukaotem blong Tabu Spirit i lidim yu blong mekem se bae yu save wanem blong talem long ol prea blong yu. Tabu Spirit i save tijim yu blong prea mo i save lidim yu long olgeta samting we yu mas talem (luk long Rom 8:26; 2 Nifae 32:8). Hem i save givhan long yu blong yu prea folem wanem we Lod i wantem (luk long D&C 46:30).

Taem yu mekem wan rikwes tru long prea, mekem evri samting we bae i givhan blong rikwes blong yu i kamtru. Papa long Heven i wantem luk yu mekem moa bitim we yu askem Hem nomo blong kasem ol blesing. Taem yu gat wan impoten desisen blong mekem, oltaem bae Hem i wantem se yu mas stadi long hem fastaem long maen blong yu bifo Hem i givim ansa ia long yu (luk long D&C 9:7–8). Hamas ol prea blong yu bae oli wok, hem i dipen long hamas hadwok yu mekem blong stap lisin long ol smol toktok blong Tabu Spirit. Bae ol prea blong gudfala laef blong yu mo gudfala laef blong ol narafala bae oli go nating sapos yu “tanjem baksaed blong [yu] long olgeta we oli gat nid, mo olgeta we oli neked, mo no visitim olgeta we oli sik mo olgeta we oli harem nogud, mo serem ol samting blong [yu], sapos [yu] gat, long olgeta we oli stap long nid” (Alma 34:28).

Sapos yu gat wan wok we i had we i stap long fored blong yu, Papa long Heven i glad tumas sapos yu go daon long ol ni blong yu mo askem help, mo afta, blong yu stanap long leg blong yu bakegen mo go mekem wok. Bambae Hem i helpem yu long evri samting we yu traem blong mekem long stret mo

gud fasin, be sapos i gat wan samting we yuwan yu save mekem blong yuwan, bambae Hem i no save stap oltaem blong i mekem samting ia blong yu.

Prea blong Miwan

Long Toktok blong hem antap long Hil, Jisas Kraes i bin givim kaonsel ia: “Be taem yu prea, i gud yu go yu wan insaed long wan rum blong yu, yu satem doa, nao yu prea long Papa ya blong yu we man i no save luk hem. Nao Papa ya blong yu we i save luk ol samting we yu mekem we man i no save luk, hem bambae i givim pei long yu from” (Matiu 6:6). Blong gat ol prea blong yuwan we yu mekem long praevet, i wan pat we i nid long divelopmen blong yu long saed blong spirit.

I gud we long evri moning mo long evri naet, yu faenem wan ples we i no gat tumas noes o man long hem. Yu nildaon wetem tingting i stap daon mo yu toktok wetem Papa blong yu long Heven. Ating samtaem, bae yu nidim blong prea long hat blong yu nomo, i gud blong yu save prea we yu harem voes blong yu (luk long D&C 19:28; 20:51).

Tingbaot se prea i wan komunikesen we i wok long tufala wei. Taem yu klosem prea blong yu, tekem taem blong yu stop smol mo yu lisin. Samtaem, Papa long Heven bae i givim kaonsel, i gaedem, o i kamfotem yu taem yu stap long ni blong yu yet.

Neva tingting se yu no klin inaf blong yu prea. Tingting ia i kam long Setan, we i wantem winim tingting blong yu blong yu no mas prea (luk long 2 Nifae 32:8). Sapos yu no filim se yu wantem prea, nao prea kasem taem yu filim se yu wantem prea.

Sevya i bin givim komanmen ia blong yumi mas prea oltaem blong yumi save winim olgeta we oli kam agensem yumi—blong yumi save winim Setan mo ronwe long ol han blong ol wokman blong hem we oli stap sapotem wok blong hem (luk long D&C 10:5). Nomata we yu no save stap long ni blong yu oltaem blong mekem wan prea blong yuwan, wan praevet prea, be yu save letem hat blong yu “i stap fulap long prea oltaem long [God]” (Alma 34:27; luk tu long 3 Nifae 20:1). Truaot long wanwan dei, yu save holem taet wan filing blong

Prea

lav long Papa blong yu long Heven mo long Pikinini blong Hem we Hem I Lavem Tumas. Long wan fasin we i kwaet, yu save talem glad blong yu long Papa long Heven mo askem Hem blong mekem yu strong long ol responsabiliti blong yu. Long ol taem blong temtesen o denja long saed blong bodi, yu save mekem wan kwaet prea blong askem help blong Hem.

Famle Prea

Antap long komanmen ia blong yumi prea long praevet, Sevy a bin askem yumi tu blong prea wetem ol famle blong yumi. Hem i talem se “Prea long ol famle blong yufala long Papa, evri taem long nem blong mi, se ol woman mo ol pikinini blong yufala i save kasem blesing” (3 Nifae 18:21).

Sapos yu mared, mekem famle prea i wan pat we i hapen oltaem long laef blong famle blong yu. Evri moning mo evri naet, nildaon tugeta wetem tingting we i stap daon. Givim ol janis long wanwan memba blong famle blong talem prea. Kam wan wetem fasin blong talem tangkyu from olgeta blesing we Papa long Heven i bin givim long yufala. Kam wan long fet blong askem olgeta blesing we yu nidim mo prea from ol narafalawan.

Tru long famle prea we i stap hapen oltaem, yu mo ol memba blong famle blong yu bae i kam kolosap moa long God mo kolosap moa long yufala wanwan. Bae ol pikinini blong yu oli lanem olsem wanem blong toktok wetem Papa blong olgeta long Heven. Bae yu rere moa blong givim seves long ol narafalawan mo blong stanap agensem ol temtesen. Hom blong yu bae i wan ples blong paoa long saed blong spirit, mo wan ples blong haed long ol rabis paoa blong wol.

Pablik Prea

Long wanwan taem, bae oli save askem yu blong mekem wan prea long pablik, ating long wan miting blong Jos o wan klas. Taem yu gat janis ia, tingbaot we yu stap toktok wetem Papa long Heven, be yu no stap mekem wan toktok long pablik.

Yu no wari long wanem ol narafala oli tingting long wanem we yu talem. Be mekem wan prea we i simpol mo i kam long hat.

Stap Kasem Ol Ansa long Ol Prea

Sevya i bin tijim, “Sipos yufala i wantem samting, yufala i mas gohed blong askem, nao bambae yufala i save kasem, mo yufala i mas gohed blong lukaot, nao bambae yufala i save faenem, mo yufala i mas gohed blong kilkilim doa, nao bambae doa i save open long yufala. Man we i stap askem samting, oltaem hem i save kasem samting ya. Mo man we i stap lukaot samting, oltaem hem i save faenem samting ya. Mo man we i stap kilkilim doa, oltaem doa i save open long hem” (Matiu 7:7–8). Long olgeta man blong Nifae, Hem i bin talem, “Mo eni samting we bae yufala i askem long Papa long nem blong mi we i raet, mo bilivim se bae yufala i kasem, luk bae i givim long yufala” (3 Nifae 18:20).

Papa long Heven i stap harem ol prea blong yumi. Ating Hem i no stap ansa oltaem olsem we yu wantem, be Hem i stap ansa—long stret taem blong Hem mo folem wanem we Hem i wantem. From se Hem i save wanem nao i moa gud long yu, nao samtaem Hem i save ansa *no*, nomata wanem samting we yu askem, i kam long hat blong yu.

Ol ansa long prea oli kam long plante wei. Plante taem oli kam tru long kwaet, smol voes blong Tabu Spirit (luk long “Revelesen,” pej 159–164). Oli save kam long ol situesen blong laef blong yu o tru long ol kaen aksen blong olgeta we oli stap raon long yu. Taem yu stap gohed blong kam kolosap moa long Papa long Heven tru long prea, bambae yu rere moa blong luk-save ol ansa blong sore mo long waes we oli kam from ol samting we yu bin askem. Bambae yu faenem se Hem i “sefples blong yumi, hem i paoa blong yumi. Oltaem hem i rere blong givhan long yumi long taem blong trabol” (Ol Sam 46:1).

Sam moa skripja: Matiu 6:5–15; Jemes 1:5–6; Inos 1:1–17; Mosaea 4:11–12; 3 Nifae 13:6–7; 14:7–8; D&C 19:38; 88:63–65; Joseph Smith—History 1:9–19

Luk tu long Fet; Livim Kakae mo Fast Ofring; Wosip

Presen we I Tabu Spirit (*Luk long Tabu Spirit*)

Pris (*Luk long Aronik Prishud; Jos Administresen; Prishud*)

Prishud

Prishud i paoa mo atoriti we i no save finis blong God. Tru long prishud, God i bin krietem ol heven mo wol. Tru long paoa ia, Hem i bin pemaot mo stap mekem ol pikinini blong Hem oli kam olsem god, mo mekem man i nomo save ded mo givim laef we i no save finis long man (*luk long Moses 1:39*).

Prishud Atoriti we Oli Givim long Man long Wol

God i givim atoriti blong prishud long ol memba blong Jos we oli ol man we oli klin inaf, blong mekem se oli save mekem wok blong plan blong fasin blong sevem ol pikinini blong Hem long nem blong Hem. Oli save givim raet long olgeta we oli kasem prishud blong oli prijim gospel, blong oli mekem wok blong ol odinens we i sevem ol man, mo blong lidim kingdom blong God long wol ia.

Ol memba blong Jos we oli ol man, oli save statem seves blong olgeta long prishud taem oli kasem 12 yia. Oli stat taem oli kasem Aronik Prishud, mo afta, oli save kwalifae blong oli givim Melkesedek Prishud long olgeta. Long ol defren taem blong ol laef blong olgeta, taem oli stap mekem olgeta oli rere blong kasem ol defren responsabiliti, oli stap holem ol defren ofis insaed long prishud, olsem dikon, tija, o pris insaed long Aronik Prishud, mo oli save kam elda o hae pris insaed long Melkesedek Prishud. (*Blong kasem sam stret infomesen abaot Aronik mo Melkesedek Prishud, luk long ol pej 8-9 mo 118-119.*)

Blong wan memba blong Jos we i wan man i kasem prishud, wan we i kasem prishud mo i kasem raet ia i save givim prishud long hem mo odenem hem long wan ofis long prishud ia (*luk long Hibus 5:4; D&C 42:11; Ol Toktok blong Bilif 1:5*).

Nomata we oli stap givim atoriti blong prishud i go long ol memba blong Jos we oli ol man nomo, ol blesing blong prishud oli stap blong evriwan—man, woman, mo pikinini. Yumi evriwan i stap glad long prishud lidasip we i stret mo gud, mo yumi evriwan i gat janis blong kasem ol odinens blong prishud we i sevem man.

Prishud mo Famle

Bigfala wok blong prishud i tekem ples insaed long famle. Wanwan hasban mo papa insaed long Jos i mas traehad blong stap klin inaf blong kasem Melkesedek Prishud. Wetem waef blong hem olsem wan ikwol patna, hem i prisaed long stret mo gud fasin mo wetem lav, mo i stap mekem wok olsem lida blong famle long saed blong spirit. Hem i lidim famle blong hem blong mekem prea oltaem, mekem skripja stadi, mo famle haos naet. Hem i wok wetem waef blong hem blong tijim ol pikinini mo blong helpem olgeta blong kasem ol odinens blong fasin blong sevem man (luk long D&C 68:25–28). Hem i givim ol blesing blong prishud blong givim daereksen, hiling mo kamfot.

I no evri memba we oli gat ol man we oli kasem Melkesedek Prishud we oli fetful insaed long ol hom blong olgeta. Be, tru long seves blong ol hom tija mo ol prishud lida, evri memba blong Jos oli save stap glad long ol blesing blong paoa blong prishud insaed long ol laef blong olgeta.

Ol Kworom blong Prishud

Wan prishud kworom i wan grup blong ol brata we oli oganaesem olgeta, we oli kasem sem prishud ofis. Fas stamba tingting blong ol kworom i blong oli givim seves long ol nara-fala, blong oli bildim yuniti mo kam olsem ol brata, mo blong oli tijim olgeta wanwan long saed blong ol doktrin, ol prinsipol, mo ol diuti.

I gat ol kworom long evri level blong oganaesesen blong Jos. Presiden blong Jos mo ol kaonsela blong hem oli stap olsem

Prishud

Kworom blong Fas Presidensi. Olgeta Twelef Aposol oli mekem wan kworom tu. Olgeta Seventi, tugeta ol Jeneral Atoriti mo ol Eria Atoriti, oli oganaesem olgeta long ol kworom. Wanwan stek presiden i prisaed ova long wan kworom blong ol hae pris, we oli mekemap olgeta wetem evri hae pris insaed long stek. Wanwan wod o branj, oltaem oli gat ol kworom blong ol elda, pris, tija mo dikon. Oli oganaesem ol hae pris long ol wod blong oli givim seves long ol grup blong ol hae pris.

Hom Tijing

Stat long taem we oli odenem olgeta we oli kasem prishud i go long ofis blong tija, oli gat janis ia mo responsabiliti blong oli givim seves olsem ol hom tija. Long wei ia nao oli wok blong fulfilim diuti blong olgeta blong stap lukaot oltaem long Jos, mo blong stap wetem mo mekem ol memba oli kam strong (luk long D&C 20:53).

Ol hom tija oli gat tabu wok blong stap olsem fas pipol blong givhan long wanwan man mo woman, mo ol famle. Oli visitim ol memba we oli givim wok long olgeta blong visitim, hemia wan taem long wan manis. Taem oli save givim seves mo stap visitim wanwan memba we oli givim long olgeta, oli stap sapotem ol papa mo mama long ol responsabiliti blong olgeta, blong oli tijim gospel long wanwan memba blong famle, blong oli bildimap frensip, mo blong oli helpem ol memba blong oli rere blong kasem ol tempol odinens mo blong oli laef klin inaf blong kasem ol blesing blong gospel.

Ol lida insaed long ol wod mo ol branj, oli mekemsua se ol givim wok long wanwan hom tija blong visitim wanwan famle o wanwan man o woman. Oli stap folemap wetem ol hom tija blong help blong lukluk long ol nid blong ol memba long saed blong spirit mo long saed blong wol.

Prishud Ki

Olgeta we oli kasem ol prishud ki oli lidim wok blong prishud atoriti insaed long Jos (luk long D&C 65:2; 124:123). Olgeta

we oli kasem ol prishud ki oli gat raet blong prisaed ova mo lidim Jos folem eria blong wok blong olgeta. Eksampol, wan bisop i holem ol ki blong prishud blong hem i prisaed long wod blong hem. Nao, taem wan pikinini insaed long wod ia i rere blong hem i baptaes, man we i mekem baptaes i mas kasem raet we i kam long bisop.

Jisas Kraes i holem evri ki blong prishud. Hem i givim long ol Aposol blong Hem ol ki we oli nidim blong lidim Jos ia. Senia Aposol nomo, we i Presiden blong Jos i save yusum (o givim raet long wan narafala blong yusum) evri ki blong lidim ful Jos (luk long D&C 43:1–4; 81:2; 132:7).

Presiden blong Jos i serem ol ki blong prishud i go long ol narafala lida blong prishud blong mekem se oli save prisaed long ol eria blong responsabiliti. Oli stap givim ol ki blong prishud long ol presiden blong ol tempol, ol misin, ol stek, mo ol distrik; ol bisop, ol branj presiden; mo ol presiden blong kworom. Wan we i givim seves long wan long ol posisen ia i holem ol ki ia nomo kasem taem oli rilisim hem. Ol kaonsela oli no kasem ol ki, be oli kasem atoriti mo responsabiliti tru long ol koling mo ol wok we oli mas mekem.

Stap Yusum Prishud long Stret mo Gud Fasin

Sapos yu wan prishud lida, yu mas tingbaot se prishud i wan pat blong laef blong yu long evri taem mo long eni kaen situesen. I no olsem wan pis klos we yu save putum mo teke-maot olsem we yu wantem. Taem oli mekem eni odinesen long wan ofis blong prishud, hem i wan koling blong laef taem, wetem promes ia se Lod bae i mekem yu kwalifae blong mekem wok blong Hem folem hamas yu stap fetful.

Yu mas stap klin inaf blong save kasem mo yusum prishud paoa blong yu. Ol toktok we yu talem mo ol aksen blong yu evri dei, oli stap talem hamas nao yu save mekem seves ia. I no mas gat wan samting i rong nating long aksen blong yu long pablik. Aksen blong yu long praevet laef blong yu i moa impoten. Tru long Profet Josef Smit, Lod i bin talem se ol raet blong prishud oli joen evriwan wetem ol paoa blong heven mo

oli no save seperetem tufala; mo oli no save kontrolem mo wok wetem ol paoa blong heven, be nomo folem ol prinsipol blong stret mo gud fasin" (luk long D&C 121:36).

Hem i bin givim woning se taem man we i kasem prishud i traem blong kavremap ol sin blong hem o i traem blong gat hae tingting, wokem wok blong gud blong hem nomo, o i traem blong kontrolem, o gat paoa ova, o fosem ol sol blong ol narafala, long wan wei we i no stret mo gud, nao ol heven oli kamaot; Spirit blong Lod i harem nogud tumas; mo taem hem i aot, nao amen long prishud o atoriti blong man ia. Bifo we hem i luksave, hem i stap hemwan finis (luk long D&C 121:37–38).

Yu no save holem taet paoa o lidim man wetem prishud be nomo wetem fasin blong save winim tingting blong man, wetem fasin blong safa longtaem, wetem kaen fasin mo wetem lav, wetem gud fasin, mo wetem wan stret save, we bae i mekem sol i kam antap bigwan mo i no gat fasin blong tu fes long hem, mo i no gat rabis tingting. Sapos Tabu Spirit i muvum yu blong tok strong long wan, stret afta, soem wan lav we i moa bigwan long hem ia we yu bin tok strong long hem blong mekem se bambae hem i no tekem yu olsem enemi blong hem—blong hem i mas save se fasin blong yu blong stap fetful i moa strong bitim ol rop blong ded (luk long D&C 121:41–43).

Taem yu stap yusum prishud long stret mo gud fasin mo wetem lav, bambae yu faenem glad blong stap givim seves olsem wan tul long ol han blong Lod.

Lod i talem se yu mas letem bel blong yu i fulap wetem jarreti long evri pipol mo long haos blong fet, mo yu mas flasem ol tingting blong yu oltaem wetem klin fasin. Afta, bambae tras blong yu bae i stap strong long God, mo doktrin blong prishud bae i kam long sol blong yu semmak olsem smol ren blong moning i stap foldaon i kam long heven.

Tabu Spirit bae i stap olsem kompanion blong yu oltaem; stik blong king blong yu bae i wan stik blong king blong stret mo gud fasin mo trutok we bae i no save jenis; paoa blong yu blong rul bae i stap blong oltaem, mo bae i kam long yu isi nomo blong oltaem mo oltaem (luk long D&C 121:45–46).

Sam moa skripja: Jon 15:16; Ol Wok 8:14–20; Jemes 5:14–15; D&C 13; 20; 84; 107; Joseph Smith—History 1:68–73

Luk tu long Aronik Prishud; Jos Administresen; Melkesedek Prishud; Odinens; Restoresen blong Gospel

Profaniti

Profaniti i blong no soem respek o blong agensem ol samting we oli tabu. Hem i minim tu blong stap yusum nogud nem blong eni memba blong Godhed. Hem i minim tu eni kaen toktok o aksen we i no klin, o i blong swea.

Oltaem, yusum ol nem blong Papa long Heven, Jisas Kraes, mo Tabu Spirit wetem fasin blong stap revren mo wetem respek. Blong stap yusum nogud nem blong olgeta i wan sin. Ol toktok o aksen we oli tokbaot nogud ol tabu samting, oli rabis o oli ol swea, semmak tu long ol fani toktok we oli no klin, oli nogud long ae blong Lod mo ol narafalawan.

Ol rabis toktok oli spolem spirit blong yu mo i daonem yu. No letem ol narafala oli lidim yu blong yusum ol rabis toktok. Be, yusum wan toktok we i klin, we i leftemap tingting mo i bildimap ol narafala. Jusum ol fren we oli yusum ol gud toktok. Soem wan eksampol we bae i leftemap tingting long olgeta raonabaot long yu blong oli yusum wan klin lanwis. Sapos olgeta fren mo olgeta we yu save olgeta oli yusum profaniti, long kaen fasin, leftemap tingting blong olgeta blong oli jusum ol narafala toktok. Sapos oli gohed blong yusum ol nogud lanwis, long kaen fasin wokbaot i go longwe long olgeta o jenisim topik.

Sapos yu yu gat strong fasin ia blong stap swea, yu save stopem. Stat wetem tingting ia blong mekem jenis. Prea blong kasem help. Sapos yu gat temtesen blong yusum ol rabis lanwis, stap kwaet o talem wanem we yu gat blong talem long wan defren wei.

Sam moa skripja: Levitikas 19:12; D&C 63:60–64

Luk tu long Fasin blong Gud Dresap; Temtesen

Profesi (*Luk long Revelesen; Ol Presen blong Spirit*)

Profet

Olsem ol memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, yumi gat blesing blong gat ol profet we oli laef we oli stap lidim yumi tedei—olgeta ia, oli ol man we oli kasem toktok we i kam long God, we oli singaotem olgeta blong toktok long bihaf blong Lod, semmak olsem Moses, Aesea, Pita, Pol, Nifae, Momon, mo ol narafala profet insaed long ol skripja. Yumi sastenem Presiden blong Jos olsem profet, sia mo reveleta blong yumi—hem wan man ia nomo long wol we i stap kasem revelesen blong lidim ful Jos. Yumi sastenem tu olgeta kaonsela blong Fas Presidensi mo ol memba blong Kworom blong Olgeta Twelef Aposol olsem ol profet, ol sia, mo ol reveleta.

Semmak olsem ol profet blong bifo, ol profet blong tedei oli testifae abaot Jisas Kraes mo oli tijim gospel blong Hem. Oli stap talem wanem we God i wantem mo huia nao stret Hem. Oli toktok stret mo long klia fasin, long wei blong talemaot klia wanem oli ol sin mo oli stap givim woning abaot wanem i kamaot long olgeta. Long sam taem, oli gat insperesen blong profesae abaot ol samting we bambae oli hapen long fiuja we oli blong gud blong yumi.

Yu save trastem ol profet oltaem. Ol tijing blong olgeta i soemaot wanem we Lod i wantem ; mo Lod i bin talem se Hem i no save talem sore from wanem we Hem i bin talem. Hem i talem se nating we ol heven mo wol bae oli lus, toktok blong Hem bae i no save lus, evri samting bambae i kamtru—sapos i kamtru tru long voes blong Hem o tru long voes blong ol wokman blong Hem, hem i semmak nomo (*luk long D&C 1:38*).

Bambae yu stap long ples we i moa sef sapos yu folem stret evriwan toktok blong Lod we Hem i bin givim tru long ol profet blong Hem, speseli ol toktok blong Presiden blong Jos we i stap naoia. Lod i bin givim woning se olgeta we oli no wantem save long ol toktok blong ol profet we oli laef, bambae

oli foldaon (luk long D&C 1:14–16). Hem i promesem ol bigfala blesing long olgeta we oli stap folem Presiden blong Jos.

Hem i givim oda blong yumi mas folem gud evri toktok mo komanmen we profet i stap givim long yumi taem hem i stap kasem olgeta, taem hem i stap wokbaot long fored blong Lod long wan fasin we i tabu evriwan.

Hemia from bae yumi mas akseptem ol toktok blong profet olsem se ol toktok ia oli kamaot stret long maot blong Lod, wetem bigfala fasin blong save wet longtaem mo wetem fet.

Taem yumi mekem olgeta samting ia, ol get blong hel bambae oli no save winim yumi, mo Lod God bambae i ronemaot ol paoa blong tudak we oli stap long fored blong yumi mo bae i mekem ol heven oli seksek from gud blong yumi, mo from glori long nem blong Hem (luk long D&C 21:4–6).

Sam moa skripja: Seken Kronikel 20:20; Amos 3:7; Efesas 2:19–20; 1 Nifae 22:1–2; Mosaea 13:33–35; D&C 107:91–92; Ol Toktok blong Bilif 1:6

Rabis Fasin o Tingting long Saed blong Seks *(Luk long Jastiti)*

Restoresen blong Gospel

Taem Jisas Kraes i bin stap long wol, Hem i bin setemap Jos blong Hem long medel blong olgeta we oli bin stap folem Hem. Afta we Hem i ded long kros mo afta long ded blong ol Aposol blong Hem, ful gospel i bin aot long wol from bigfala apostasi we i bin stap long hem (luk long “Apostasi,” ol pej 7–8). Plante man mo woman oli bin stap lukaotem trutok blong ful gospel truaot long plante handred yia blong Bigfala Apostasi, be oli no bin save faenem. Nomata plante oli bin prij wetem tru hat abaot Sevyia mo ol tijing blong Hem, i no gat wan we i bin gat ful trutok, o prishud atoriti (raet) we i kam long God.

Bigfala Apostasi i bin wan taem blong tudak long saed blong spirit, be naoia yumi laef long wan taem we yumi save tekem pat long “laet ya [we] i kamaot long gud nius blong Jisas Kraes” (Seken Korin 4:4; luk tu long D&C 45:28). Ful gospel i

bin kambak, mo tru Jos blong Jisas Kraes i stap long wol bakegen. I no gat wan narafala oganaesesen we oli save komperem long Jos blong Jisas Kraes. Hem i no kamaot from ol niufala jenis we i bin hapen long wol, wetem ol man mo woman we oli gat gud tingting, we oli stap mekem evri samting we i stap long paoa blong olgeta blong mekem ol jenis i hapen. No, hem i restoresen (kambak) blong Jos mo Jisas Kraes nao i setemap. Hem i wok blong Papa long Heven mo Pikinini blong Hem we Hem i Lavem Tumas.

Olsem wan memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, yu save kasem ol blesing we oli nomo bin stap long wol blong kolosap 2000 yia. Tru long ol odinens blong baptaes mo konfemesen, yu save kam klin aot long sin mo stap glad long kompanionsip blong Tabu Spirit. Yu save laef folem gospel fulwan mo long simpel wei. Yu save andastanem stret huia Godhed, wanem hem i Atonmen blong Jisas Kraes, wanem hem i stamba tingting blong laef long wol ia, mo kasem wan stret save se i tru we i gat laef afta long ded. Yu gat janis blong gat ol profet we oli laef oli lidim yu, we oli tijim yu tingting blong God long dei blong yumi tedei. Ol odinens blong tempol oli save lidim yu mo givim pis long yu; oli mekem yu rere blong laef we i no save finis, mo mekem yu save sil long famle blong yu blong taem we i no save finis, mo givim ol odinens we i sevem laef blong ol bubu blong yu we oli ded finis.

Ol Samting we Oli Bin Hapen long Taem blong Restoresen

Aotlaen we i kam afta, i talem sot samfala impoten samting nomo we i bin hapen long taem blong restoresen (kambak) blong gospel mo long taem we oli setemap Jos blong Jisas Kraes blong Ol Lata-dei Sent, we Lod i talem se hem i wan jos ia nomo we i tru mo i laef long fes blong wol (luk long D&C 1:30).

Eli Spring taem long yia 1820. Taem hem i stap lukaotem tru Jos blong Jisas Kraes, Josef Smit we i gat 14 yia nomo, i bin prea long bus blong ol tri kolosap long hom blong hem long Palmaera, Niu Yok. Olsem ansa blong prea

blong hem we hem i bin givim wetem tingting we i stap daon, Papa long Heven mo Jisas Kraes, Tufala i bin visitim hem mo Tufala i bin talem long hem se hem i no mas joenem eniwan long olgeta jos ia long wol long taem ia. (Luk long Joseph Smith—History 1:11–19.) Insaed long jos, yumi stap tokbaot taem ia se hem i Fas Visen blong Josef Smit.

21–22 Septemba 1823. Wan enjel, we nem blong hem i Moronae i bin visitim Josef Smit. Moronae i bin profesae long saed blong olgeta samting we bambae oli hapen mo i bin talem long Josef abaot rekod blong Buk blong Momon, we oli bin raetem long ol buk we oli wokem long gol. Enjel i bin letem Josef blong luk ol buk blong gol ia, we oli bin berem olgeta kolosap long Hil Kumora. (Luk long Joseph Smith—History 1:27–53.)

22 Septemba 1827. Josef Smit i bin kasem ol buk blong gol long Moronae long Hil Kumora afta we hem i bin mitim Moronae long 22 Septemba blong wanwan fofala yia we oli bin kam fastaem. (Luk long Joseph Smith—History 1:53, 59.)

15 Mei 1829. Taem tufala i bin stap ridim abaot baptaes blong kam klin aot long sin taem tufala i bin stap wok long translesen blong ol buk blong gol, Josef Smit mo man we i bin stap raet long bihaf blong hem, Oliva Kowdri, tufala i bin go long wan ples we i longwe lelebet blong askem Lod long saed blong samting ia. Long ples ia, long ol saed blong Suskehana Reva, kolosap long Hamoni, Pensilvania, tufala i bin kasem ansa long prea blong tufala. Jon Baptaes, wan we i laef bakegen long ded finis, i bin kam long olgeta “olsem ol mesenja blong heven...long wan klaod blong laet. Hem i bin givim Aronik Prishud. Afta, blong obei long instraksen blong hem, Josef mo Oliva, tufala i bin baptaesem wanwan long tufala bakegen mo tufala i bin odenem wanwan

Restoresen blong Gospel

long tufala bakegen i go long Aronik Prishud. (Luk long Joseph Smith—History 1:68–72; luk tu long D&C 13.)

Mei 1829. Ol Aposol blong bifo, Pita, Jemes mo Jon, oli givim Melkesedek Prishud long Josef Smit mo Oliva Kowdri. (Luk long D&C 128:20.)

Jun 1829. Wetem presen mo paoa blong God, (luk long D&C 135:3), Profet Josef Smit i bin finisim translesen blong Buk blong Momon.

26 Maj 1830. Ol fas kopi blong Buk blong Momon we oli printim oli kamaot long Palmaera, Niu Yok.

6 April 1830. Jos i bin oganaes long Feyet Taonsip, Niu Yok, mo i bin stat wetem sikis memba.

27 Maj 1836. Oli dediketem Ketlan Tempol, we i fas tempol long dispensesen ia. Profet Josef Smit i bin mekem wan dedikesen prea, we hem i bin kasem tru long revelesen. (Luk long D&C 109.)

3 April 1836. Sevya i bin kamaot long Josef Smit mo Oliva Kowdri long Ketlan Tempol. Moses, Elaeas, mo Elaeja tu oli bin kamaot mo givim ol prishud ki long Josef mo Oliva. Elaeja i bin tekem ol ki blong siling paoa, we i mekem i posibol blong ol famle oli sil tugeta blong oltaem. (Luk long D&C 110.)

Fiuja blong Jos

Profet blong OlTesteman, Daniel i bin talem profesi ia se bae God i “stanemap wan king we rul blong hem bambae i no save finis samtaem,” mo bae “hem i rul gogo i no save finis” (Daniel 2:44). Taem hem i bin mekem profesi ia, hem i tokbaot Jos blong Jisas Kraes blong Ol Lata-dei Sent, we i kingdom blong God long wol tedei. Stat long dei ia we Jos i bin oganaes

wetem sikis memba, hem i bin gohed blong gro mo kam big-wan, mo bambae hem i gohed blong progres kasem taem we hem i “kavremap olgeta ples long wol” (Daniel 2:35; luk tu long D&C 65:2). Plante handred mo taosen pipol oli baptaes evri yia. Bambae oli transletem Buk blong Momon long plante lanwis. Oli stap bildim ol tempol raon long wol. Wetem Jisas Kraes long hed blong Jos, ol profet we oli laef bambae oli lidim progres blong Jos kasem taem we wol i rere long Seken Kaming blong Sevya.

Profet Josef Smit i bin tokbaot ol blesing blong Restoresen. Hem i talem se long ol gospel we yumi kasem, yumi harem wan voes blong glad—wan voes blong sore we i kam long haven, mo wan voes blong trutok we i kamaot long wol; ol gudfala nius blong olgeta we oli ded finis; wan voes blong glad blong olgeta we oli laef tugeta wetem olgeta we oli ded; ol gudfala nius blong bigfala glad (luk long D&C 128:19).

Sam moa skripja: Aesea 2:1–3; 29:13–14; Ol Wok 3:19–21; Revelesen 14:6–7; 2 Nifae 3:3–15; D&C 128:19–21; 133:36–39, 57–58; Joseph Smith—History

Luk tu long Apostasi; Josef Smit; Revelesen; Seken Kaming blong Jisas Kraes

Revelesen

Revelesen i komunikesen we i kam long God we i stap go long ol pikinini blong Hem. Toktok ia we i blong lidim man i kam long ol defren wei folem ol nid mo ol situesen blong wan-wan man, woman, famle, mo ful Jos.

Taem Lod i talemaot wanem we Hem i wantem long Jos, Hem i toktok tru long profet blong Hem. Ol skripja oli tekem ol revelesen ia—toktok blong Lod tru long ol profet blong bifo mo ol profet blong lata-dei. Tedei, Lod i gohed blong lidim Jos taem Hem i stap talemaot wanem we Hem i wantem tru long ol wokman blong Hem, we Hem nao i bin jusum.

Ol profet, oli no olgetawan nomo we oli save kasem revelesen. Sapos yu stap fetful, yu save kasem revelesen we i blong helpem yu wetem ol spesel nid, responsabiliti, mo kwestin

blong yu, mo i helpem yu blong mekem testimoni i kam strong moa.

Stap Rere blong Kasem Revelesen tru long Tabu Spirit

Ol skripja i stap tokbaot ol defren kaen revelesen, olsem ol visen, ol drim mo taem ol enjel oli visit. Tru long ol rod ia, Lod i bin putumbak gospel blong Hem long ol las dei ia mo i bin talemaot ol trutok long saed blong ol doktrin, olsem laef bifo laef long wol ia, mo fasin blong pemaot man, mo ol trifala kingdom blong glori. Be, plante long ol revelesen we i go long ol lida mo ol memba blong Jos, oli kam tru long ol smol toktok blong Tabu Spirit.

Ol kwaet toktok blong Spirit oli no ol samting we oli big-bigwan olsem ol visen o ol visit blong ol enjel, be oli gat moa paoa mo oli stap longtaem moa, mo oli jenisim laef. Witnes blong Tabu Spirit i livim wan mak i stap long sol we i moa bigwan bitim eni samting we yu save luk o harem. Tru long ol revelesen ia, bambae yu kasem wan paoa we i no gat en blong save stap tru long gospel mo blong givhan long ol narawan blong mekem sem samting.

Gudfala advaes ia bae i givhan long yu blong yu rere blong folem ol smol toktok blong Tabu Spirit:

Prea blong Hem i lidim yu. Lod i bin talem, “Sipos yufala i wantem samting, yufala i mas gohed blong askem, nao bambae yufala i save kasem, mo yufala i mas gohed blong lukaot, nao bambae yufala i save faenem, mo yufala i mas gohed blong kilkilim doa, nao bambae doa i save open long yufala.” (Matiu 7:7–8). Blong save faenem mo kasem, yu mas lukaotem mo askem. Sapos yu no kilkilim doa—we i minim blong prea long Papa blong yu long Heven blong Hem i lidim yu—doa blong revelesen bae i no save open long yu. Be sapos yu kam toktok long Papa long wan prea wetem tingting we i stap daon, yu save kasem wan revelesen afta wan narafalawan, mo wan save afta wan narafalawan, blong yu save ol sikret blong God mo ol samting we i givim pis—olgeta samting ia we oli

mekem man i glad mo i mekem man i save kasem laef we i no save finis (luk long D&C 42:61).

Stap reveren. Fasin blong Stap Revren i wan fasin blong soem bigfala respek mo lav. Taem yu revren mo gat pis, yu invaetem revelesen. Nomata evri samting raon long yu oli stap muvmuv, yu save gat wan fasin we i revren mo save rere blong lisin long Lod we bae i lidim yu.

Gat tingting we i stap daon. Fasin blong Gat Tingting we I Stap Daon i wok kolosap wetem fasin blong stap revren. Taem yu gat tingting we i stap daon, yu luksave we yu dipen long Lod. Profet Momon i bin tijim, "From fasin blong no stap flas mo tingting blong hat we i stap daon, i mekem i kam, visit blong Tabu Spirit, we Man blong Leftemap Tingting i fulumap long hop mo lav we i stret gud" (Moronae 8:26).

Kipim ol komanmen. Taem yu kipim ol komanmen, yu rere blong kasem, luksave mo folem ol smol toktok blong Tabu Spirit. Lod i bin promesem se sapos yu kipim ol komanmen blong Hem, bae Hem i talemaot ol sikret blong kingdom blong Hem, we bae i stap olsem wan wel blong wota we i laef insaed long yu, we i stap ron gogo kasem taem laef i no gat en" (luk long D&C 63:23).

Stap klin inaf blong tekem sakramen. Ol prea blong sakramen oli tijim yumi olsem wanem blong gat Tabu Spirit i stap olsem kompanion blong yumi oltaem. Taem yu tekem sakramen, yu stap olsem wan witnes long God se yu wantem blong tekem nem blong Pikinini blong Hem long yuwan mo bae yu kipim olgeta komanmen blong Hem. Papa long Heven i promesem se sapos yu kipim ol kavenan ia, oltaem bae yu gat Spirit i stap wetem yu. (Luk long D&C 20:77, 79.)

Stadi long olgeta skripja evri dei. Taem yu stap strong blong stap stadi long olgeta skripja evri dei, bae yu lanem samting aot long ol laef blong ol man mo woman we oli bin gat blesing long laef blong olgeta taem oli bin stap folem wanem we Lod i bin wantem. Mo tu, bae yu save lisin moa long Tabu Spirit long laef blong yuwan. Taem yu stap ridim mo tingting hevi, bae yu kasem revelesen long olsem wanem nao wan ples long

skripja i stret long yu, o bae yu lanem abaot eni narafala samting we Lod i wantem talemaot long yu. From se fasin blong ridim ol skripja i save helpem yu blong kasem revelesen blong yuwan, yu mas stadi long ol skripja evri dei.

Tekem taem blong tingting hevi. Taem yu tekem taem blong tingting hevi long ol trutok blong gospel, yu openem maen mo hat blong yu blong Tabu Spirit i lidim yu long paoa blong Hem (luk long 1 Nifae 11:1; D&C 76:19; 138:1–11). Taem yu tingting hevi, bae i mekem se ol tingting blong yu oli aot long ol samting blong wol we oli no impoten mo bae i tekem yu i kam kolosap moa long Spirit.

Taem yumi wantem se Spirit i lidim yumi long wan spesel samting, stadi long samting ia fastaem insaed long maen blong yu. Bae i gat ol taem we Lod bae i toktok long yu afta nomo we yu bin stadi long samting ia long maen blong yu. Lod i bin eksplenem rod ia long Oliva Kowdri, we i bin stap olsem man blong raet blong Josef Smit long saed blong wok blong translesen blong Buk blong Momon. Tru long Profet Josef Smit, Lod i bin toktok long Oliva Kowdri, mo i stap eksplenem from wanem Oliva i no bin save transletem Buk blong Momon nomata hem i bin kasem presen blong mekem translesen. Lod i bin talem se Oliva i no bin andastanem samting ia: Oliva i ting se Lod bae i givim hem paoa ia, be Oliva i no tingting long wok ia nating be i askem Hem nomo. Lod i bin talem long Oliva blong hem i mas stadi long samting ia long maen blong hem, mo askem Hem sapos hem i raet. Sapos hem i raet, bae Lod i mekem hat blong Oliva i bon; nao bae hem i filim se hem i raet (luk long D&C 9:7–8).

Lukaotem tingting blong God wetem fasin blong save wet longtaem. God i stap soemaot Hem long taem blong Hem mo long wei blong Hem, mo folem tingting blong Hem (luk long D&C 88:63–68). Revelesen bae i save kam long yu “tijing folem tijing, rul folem rul, smol long ples ia mo smol longwe” (2 Nifae 28:30; luk tu long Aesea 28:10; D&C 98:12). Yu no traem blong fosem ol samting we oli long saed blong spirit. Revelesen i no kam long rod ia. Yu mas save wet longtaem mo trastem se Lod i mekem samting long stret taem.

Luksave Ol Smol Toktok blong Tabu Spirit

Long medel blong ol noes mo ol mesenja we oli stap long wol tedei, yu mas lanem blong luksave ol smol toktok blong Tabu Spirit. Daon ia, oli sam stamba rod we Tabu Spirit i stap toktok wetem yumi:

Hem i toktok long maen mo hat blong yumi long wan kwaet, smol voes. Lod i bin tijim se bae Hem i talem ol samting long maen mo hat blong yu, tru long Tabu Spirit, we bae i kam long yu mo stap insaed long hat blong yu. Hem i talem se hemia i spirit blong revelesen (luk long D&C 8:2–3). Samtaem Tabu Spirit bae i givhan long yu blong andastanem wan trutok blong gospel, o bae i givim wan toktok we i stap strong long maen blong yu mo i stap strong tu long filing blong yu (luk long D&C 128:1). Nomata revelesen olsem i save mekem wan bigfala samting long yu, hem i kam long wan fasin we i kwaet, olsem wan “kwaet smol voes” (luk long 1 Kings 19:9–12; Hileman 5:30; D&C 85:6).

Hem i pusum yumi blong mekem samting tru long ol filing blong yumi. Nomata we plante taem yumi tokbaot komunikesen we i kam long Spirit olsem wan voes, voes ia i wan we yumi filim moa bitim we yumi harem. Mo taem yumi tokbaot “blong stap lisin” long ol smol toktok blong Tabu Spirit, yumi stap tokbaot gud we Spirit i pusum yumi blong mekem samting mo talem, “mi bin gat wan filing ...” Kaonsel blong Lod long Oliva Kowdri long seksen 9 blong Doktrin mo Ol Kavenan, we oli tokbaot long pej 162, i tijim prinsipol ia. Be, kaonsel ia, samtaem yumi no andastanem gud. Taem yumi ridim ples ia, sam memba blong Jos oli konfius, mo oli fraet se oli neva bin kasem wan smol toktok we i kam long Tabu Spirit from we oli neva filim insaed long hat blong olgeta i bin bon. Tekem not se Lod i bin talem se sapos wan samting i raet, Oliva bae i filim se hem i raet. Wanem we oli tokbaot se bae i bon insaed long hat blong yumi i minim se bae yumi gat wan gudfala filing, i no olsem we yu filim we i hot insaed long yu. Taem yu stap gohed blong lukaotem mo folem tingting blong

Lod insaed long laef blong yu, bae yu kam blong luksave olsem wanem Tabu Spirit i lidim yu.

Hem i tekem pis i kam. Tabu Spirit, plante taem oli singaot-em Spirit blong Givhan (luk long Jon 14:26; D&C 39:6). Taem Hem i stap talemaot tingting blong Lod long yu, bae Hem i tokbaot pis long maen blong yu (luk long D&C 6:23). Pis we Hem i givim, ol paoa blong wol o ol giaman tijing oli no save kopi long hem. Hem i pis we Sevyia i bin promesem taem Hem i talem gud long ol disaepol blong Hem se bae Hem i sendem Spirit blong Givhan: “Mi mi putum pis blong mi i stap wetem yufala. Mo pis ya we mi mi givim, i no olsem pis we ol man blong wol oli save givim. Yufala i no letem tingting blong yufala i trabol, yufala i no fraet” (Jon 14:27).

Sam moa skripja: Amos 3:7; Matiu 16:13–18; Fas Korin 2:9–14; 12:3; Revelesen 19:10; Alma 5:43–48; 17:2–3; D&C 76:5–10; 121:26–33; Ol Toktok blong Bilif 1:7, 9

Luk tu long Fet; Tabu Spirit; Prea ; Fasin blong Stap Revren; Skripja; Ol Presen blong Spirit

Revelesen blong Yuwan (*Luk long Revelesen*)

Rilif Sosaeti

Profet Josef Smit i bin setemap Rilif Sosaeti long 17 Maj 1842, long Nauvu, Ilihoa. Long ol dei we hem i setemap Rilif Sosaeti, Rilif Sosaeti i bin gat tufala stamba tingting biaen long hem: blong givim help long olgeta we oli pua mo oli stap long nid, mo blong sevem ol sol. Oganaesesen ia i stap gohed yet te-dei, mo i stap tru long ol tufala fas prinsipol we i stap lidim hem. Raon long wol, ol sista blong Rilif Sosaeti oli wok wetem olgeta we oli kasem prishud blong wok folem misin blong Jos. Oli sapotem wanwan long olgeta taem oli:

- Mekem testemoni blong olgeta long Jisas Kraes i kam antap moa tru long prea mo skripja stadi.

- Lukaotem paoa long saed blong spirit taem oli folem ol toktok blong Tabu Spirit.
- Putum ful tingting mo hat blong olgeta blong mekem ol mared, ol famle, mo ol hom oli kam strong moa.
- Faenem se hem i wan hae fasin blong stap olsem wan mama mo gat glad blong stap olsem wan woman.
- Stap glad tumas blong givim seves mo mekem ol gud-fala wok.
- Lavem laef mo stap lanem samting.
- Stanap from trutok mo stret mo gud fasin.
- Sastenem prishud olsem atoriti blong God long wol.
- Stap glad long ol blesing blong tempol.
- Andastanem tabu fiuja blong olgeta mo oli traehad blong kam olsem god.

Sapos yu stap long Rilif Sosaeti, i gat wan wei we yu save givhan long misin blong oganaesesen ia, mo hem i blong yu akseptem blong givim seves olsem wan visiting tija. Taem yu stap visit mo givim seves long olgeta sista we oli givim blong yu lukaot long olgeta, tekem taem blong tijim gospel mo fidim frensip blong yufala. Antap long fasin blong givim seves long wanwan man o woman, yu save gat wan impoten pat blong wok from blong mekem ol famle oli kam strong.

Ol lida long ol wod mo long ol branj oli mekemsua se ol visiting tija oli visitim wanwan sista we i gat 18 yia o moa. Ol lida blong Prishud mo Rilif Sosaeti oli folemap wetem ol visiting tija blong help blong mitim ol nid blong wanwan sista, long saed blong spirit mo long saed blong wol.

Olsem wan sista insaed long Rilif Sosaeti, yu wan memba blong wan wol grup blong ol sista, we oli kam wan wetem ful tingting mo hat long Jisas Kraes. Yu joen wetem ol gel blong God olsem wan woman we i gat fet, klin fasin, visen, mo jareti, wetem stret save se laef blong yu i gat mining, stamba tingting, mo i gat rod blong folem. Taem yu tekempat insaed long

Rilif Sosaeti, yu gat ol janis blong stap harem glad olsem wan sista mo gat wan kompanion, blong stap givim ol seves we oli gat mining, blong serem testimoni mo talen blong yu, mo blong yu gro long saed blong spirit.

Sabat

Sabat hem i dei blong Lod, we i stap long wanwan wik blong yumi spel mo stap wosip. Long taem blong OlTesteman, ol kavenan pipol blong God oli bin stap folem Sabat long namba seven dei blong wik from we God i bin spel long nambaseven dei taem Hem i bin krietem wol ia. Lod i bin tokbaot gud tu se i impoten blong kipim Sabat insaed long ol Ten Komanmen:

“Oltaem bambae yufala i mas tinghevi long Sabat dei, blong holem i tabu.

“Evri wik, yufala i gat sikis dei blong mekem ol wok blong yufala,

“be namba seven dei i Sabat dei, i tabu, i blong mi, mo yufala i mas spel long hem. Long dei ya, bambae yufala i no mas wok. Yufala, wetem ol pikinini blong yufala, mo ol slef blong yufala, mo ol animol blong yufala, mo ol strenja we oli stap long ples blong yufala, bambae yufala evriwan i mas spel long dei ya.

“Taem mi mekem skae mo graon mo solwota, wetem olgeta samting we oli stap long olgeta, mi wok sikis dei, be long namba seven dei blong hem, mi spel. Nao from samting ya, mi blesem dei ya, mo mi mekem i tabu” (Eksodas 20:8–11).

Afta we Jisas Kraes i laef bakegen long ded, we i bin hapen long fas dei blong wik, ol disaepol blong Lod oli bin stat blong mekem Sabat long fas dei blong wik, we i Sandei (luk long Ol Wok 20:7).

Long ol las dei, Lod i bin givim komanmen long yumi blong stap kipim Sabat i tabu. Hem i bin promes se sapos yumi obei long komanmen ia, bambae yumi kasem evri samting long wol ia (luk long D&C 59:16–20).

From se Sabat hem i wan tabu dei, yumi mas putum i stap blong ol aktiviti we oli klin inaf mo oli tabu. I tru tu we, sapos yumi stap mekem nating long Sabat, yumi no stap kipim dei ia i tabu. Long wan revelesen we Lod i bin givim long Josef Smit long 1831, Lod i bin komandem blong yumi mas go long haos blong prea mo mekem ol tabu seremoni long tabu dei blong Hem, blong mekem se ol samting blong wol ia oli no spolem yu. Hem i talem se dei ia, i wan dei we Hem i jusum blong yumi spel long ol wok blong yumi mo blong yumi leftemap nem blong Hae God we i Hae Olgeta (luk long D&C 59:9-10). Blong go wetem revelesen ia, yumi stap go long sakramen miting long evri wik. Ol narafala aktiviti blong Sabat dei oli blong prea, blong tingting strong long gospel, blong stadi long olgeta skripja mo ol tijing blong ol profet blong lata-dei, blong yumi raetem ol leta i go long ol memba blong famle mo ol fren, mo blong ridim sam gudfala buk, blong visitim olgeta we oli sik mo stap harem nogud, mo blong go long ol narafala miting blong Jos.

Sam moa skripja: Eksodas 31:16-17; Mosaea 18:23; D&C 59:11-14; 68:29

Luk tu long Fasin blong Stap Revren; Sakramen; Wosip

Saen

Ol saen oli ol samting o ol eksperiens we i soemaot paoa blong God. Plante taem, oli ol merikel. Oli soemaot mo anaonsem ol bigfala samting we bae i hapen, olsem taem we Sevya i bon, i ded, mo Seken Kaming. Oli mekem yumi tingbaot ol kavenan we Lod i bin mekem wetem yumi. Ol saen oli save stap olsem witnes tu blong wan tabu koling o i soemaot se Lod i no glad long wan samting.

Sam pipol oli talem se bae oli save biliv long God o wok blong Hem sapos oli save luk wan saen. Be Lod i bin talem se fet i no kam tru long ol saen. Ol saen oli kam afta we man i biliv (luk long D&C 63:9). Ol saen olsem, oli kamaot long

olgeta we oli fetful mo oli obei blong mekem olgeta oli kam strong moa long fet blong olgeta.

Sam moa skripja: Matiu 12:38–39; Mak 13:22–27; Luk 2:8–17; Alma 30:43–52; Hileman 14; 3 Nifae 1:13–21; 8:2–25; Ita 12:6; D&C 63:7–12

Luk tu long Fet; Fasin blong Obei; Seken Kaming blong Jisas Kraes

Saeon

Doctrine and Covenants i tekem plante ples long skripja we Lod i stap komandem ol Sent blong mekem stamba blong Saeon i kamtru mo blong stanemap wok ia (luk long D&C 6:6; luk tu long D&C 11:6; 12:6; 14:6).

Toktok ia *Saeon* i gat plante mining long skripja. Jeneral mining blong toktok i “olgeta wetem hat we i klin evriwan” (luk long D&C 97:21). *Saeon*, plante taem oli yusum blong tokbaot ol pipol blong Lod o Jos, o ol stek blong Jos (luk long D&C 82:14).

Long ol eli dei long dispensesen ia, ol lida blong Jos oli bin givim kaonsel long ol memba blong bildimap Saeon taem evriwan oli muv i kam wanples. Tedei, ol lida blong yumi oli givim kaonsel long yumi blong yumi bildimap Saeon long weaples yumi stap long hem. Oli askem ol memba blong Jos blong stap long hom graon blong olgeta mo help blong setemap Jos long ol ples ia. Oli bildim plante tempol blong mekem se ol Lata-dei Sent raon long wol oli save kasem ol tempol blesing.

Toktok ia *Saeon* i save tokbaot sam spesel ples long wol, olsem olgeta ia:

- Siti blong Inok (luk long Moses 7:18–21).
- Siti blong Jerusalem blong bifo (luk long 2 Samuel 5:6–7; 1 King 8:1; 2 King 9:28).
- Niu Jerusalem, we bae oli bildim long Jakson Kaonti long Misuri (luk long D&C 45:66–67; 57:1–3; Ol Toktok blong Bilif 1:10).

Sam moa skripja: Aesea 2:2–3; 1 Nifae 13:37; D&C 35:24; 39:13; 45:68–71; 59:3–4; 64:41–43; 90:36–37; 97:18–28; 101:16–18; 105:5; 115:5–6; 136:31

Sakramen

Long naet bifo we oli hangem Jisas Kraes long kros, Hem i bin mit wetem ol Aposol blong Hem mo Hem i statem sakramen. "Nao hem i tekem bred i talem tangkyu long God from. Nao hem i brekem, i givim long ol man blong hem mo i talem se 'Hemia bodi blong mi, we bambae mi givim from yufala. Oltaem yufala i mas mekem samting ya blong tingbaot mi bakegen.' Mo long sem fasin, taem olgeta oli kakae finis, hem i tekem kap, nao i talem se, 'Kap ya i saen blong niufala promes blong God, mo blad blong mi, we bambae i ron from yufala, hem bambae i mekem promes ya i stanap'" (Luk 22:19–20). Afta we Hem i bin laef bakegen long ded, Hem i bin statem sakramen long medel blong ol man blong Nifae (luk long 3 Nifae 18:1–11).

Tedei, yumi tekem bred mo wota blong tingbaot sakrifae blong Jisas Kraes we i pemaot sin. Odinens ia i wan stamba pat blong wosip blong yumi mo developmen blong yumi long saed blong spirit. Moa yumi tingting hevi long mining blong hem, moa bae i kam tabu long yumi.

Stap Tingbaot Sevyia mo Atonmen blong Hem

Sakramen i givim wan janis long yu blong tingbaot, wetem tangkyu, abaot laef, ministri, mo Atonmen blong Pikinini blong God.

Wetem bred we oli brekem, yu tingbaot bodi blong Hem. Yu save gat tingting long hamas Hem i bin safa long bodi blong Hem—speseli taem Hem i bin safa long kros. Yu save tingbaot se tru long gladhat mo sore blong Hem, evri pipol bae oli laef bakegen long ded mo bae oli gat janis blong kasem laef we i no save finis wetem God.

Wetem wan smol kap blong wota, yu save tingbaot se blad blong Sevyia i bin ron mo Hem i bin safa tumas long saed blong spirit mo long saed blong filing blong Hem, hemia stat long Garen blong Getsemane. Long ples ia, Hem i bin talem, "Tingting blong mi i hevi tumas, we klosap mi mi ded from." (Matiu 26:38). Taem Hem i mekem folem tingting blong Papa,

Hem i bin safa moa bitim wanem we yumi save andastanem: “Blad [i bin kamaot] long evri hol blong skin blong hem, hem [i bin] harem i soa plante from ol fasin nogud mo ol rabis sin blong ol pipol blong hem” (Mosaea 3:7). Yu save tingbaot se from we blad blong Hem i bin ron, nao Jisas Kraes i bin sevem yumi mo evri narafala pipol long wanem skripja i singaotem stamba rong blong sin blong Adam (luk long Moses 6:54). Yu save tingbaot tu se Hem i bin safa from ol sin, ol harem nogud mo ol sobodi blong evri pikinini blong Papa long Heven, mo i bin mekem rod blong olgeta we oli sakem sin mo laef folem gospel, blong oli kam klin aot long sin (luk long 2 Nifae 9:21–23).

Stap Riniu Ol Kavenan mo Ol Blesing we Oli Promesem

Taem yu tekempat long sakramen, yu witnes long God we bae yu tingbaot Pikinini blong Hem i go bitim taem ia nomo blong tabu odinens ia. Yu promes se bae yu tingbaot Hem oltaem. Yu witnes se yu glad o wantem blong tekem long yuwan nem blong Jisas Kraes, mo bae yu kipim ol komanmen blong Hem. Taem yu tekempat long sakramen mo mekem olgeta komitmen ia, yu riniu kavenan blong yu blong baptaes (luk long Mosaea 18:8–10; D&C 20:37).

Yu kasem ol bigfala blesing taem yu kipim kavenan blong baptaes. Taem yu stap riniu long kavenan ia, Lod i riniu promes blong Hem we bae yu kam klin aot long sin. Nao taem yu kam klin long sin blong yu, bae yu save gat Spirit blong Hem i stap wetem yu oltaem (luk long D&C 20:77). Blong gat Spirit i stap olsem kompanion blong yu oltaem i wan long ol presen we i bigwan bitim eni narafala presen we yu save kasem long wol ia. Spirit bae i lidim yu long ol rod blong stret mo gud fasin mo pis, i stap lidim yu long laef we i no save finis wetem Papa blong yu long Heven mo Jisas Kraes.

Stap Klin Inaf mo Tekempat long Sakramen

Blong stap rere long sakramen evri wik, tekem taem blong luklukbak long laef blong yu mo blong sakem ol sin blong yu.

Yu no nid blong yu stret evriwan blong tekempat long sakramen, be yu mas gat wan spirit we i stap daon mo wan hat we i wantem sakem sin. Evri wik, yu mas rere from tabu odinens ia wetem wan hat we i fulap wetem sore mo wan spirit we i wantem blong sakem sin (luk long 3 Nifae 9:20).

Sapos yu kam blong tekem sakramen wetem fasin blong stap revren mo tingting we odinens ia i tabu, bae hem i kam wan taem long evri wik blong yu luklukbak long yuwan, blong yu sakem sin, mo blong yu putumbak tingting blong yu blong mekem folem kavenan blong yu—bae i kam wan taem blong yu tekembak paoa blong yu mo wan taem blong mekem yu tingbaot Atonmen blong Sevyia oltaem.

Sam moa skripja: Fas Korin 11:23–29; Moronae 4–5; D&C 20:75–79; 27:2

Luk tu long Atonmen blong Jisas Kraes; Kavenan

Sakramen Miting (*Luk long* Sabat; Sakramen; Sakrifiaes)

Sakrifiaes

Blong sakrifiaes i blong yu lego wan samting we yu laekem tumas blong mekem se wan samting we i moa impoten i save hapen. Olsem ol Lata-dei Sent, yumi gat janis blong mekem sakrifiaes long ol samting blong wol from Lod mo kingdom blong Hem. Ol memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent oli mas wantem blong mekem eni sakrifiaes we Lod i askem. Sapos i no bin nid blong yumi mekem ol sakrifiaes, bae yumi neva save developem fet we i nid blong kam olsem god blong taem we i no save finis.

Atonmen blong Jisas Kraes i sakrifiaes ia we i bigwan mo i no save finis we i stap long medel blong gospel ia (luk long Alma 34:8–16). Bifo Sevyia i bin mekem Atonmen ia, ol kavenan pipol blong Hem oli bin mekem sakrifiaes blong ol animol olsem wan saen blong sakrifiaes blong Hem. Fasin ia i bin helpem olgeta blong lukluk fored from Atonmen ia (luk long Moses 5:4–8). Komanmen ia blong mekem ol sakrifiaes wetem

ol animol i bin stop wetem ded blong Jisas Kraes. Long Jos te-dei, yumi tekem sakramen blong tingbaot sakrifaes blong Sevy a we i pemaot sin.

Antap long fasin blong stap tingbaot sakrifaes blong Jisas Kraes we i pemaot sin, yumi mas mekem sakrifaes blong yumiwan: wan hat we i fulap long sore mo wan spirit we i wantem blong sakem sin. Sevy a i bin talem: “Mo bae yufala i nomo givim long mi fasin blong mekem blad i ron; yes, ol sakrifaes blong yufala mo ol ofring we yufala i bonem bae i mas. ... Mo bae yufala i mekem olsem wan sakrifaes long mi, wan hat we i fulap wetem sore mo wan spirit we i wantem blong sakem sin. Mo olgeta we bae i kam long mi wetem wan hat we i fulap wetem sore mo wan spirit we i wantem blong sakem sin, hem bae mi baptaesem wetem faea mo wetem Tabu Spirit” (3 Nifae 9:19–20).

Blong gat wan hat we i fulap wetem sore mo wan spirit we i wantem blong sakem sin, hem i minim blong stap gat tingting we i stap daon mo save akseptem tingting blong God mo kaonsel blong olgeta se Hem i bin singaotem olgeta blong lidim Jos blong Hem. Hem i minim tu blong harem nogud tumas from sin mo wantem tumas blong sakem sin. Profet Lihae i bin tokbaot gud olsem wanem i impoten blong mekem sakrifaes ia: “Luk, [Kraes] i bin givim hemwan bakegen wan sakrifaes blong sin, blong mekem wanem we loa i askem long olgeta we i gat wan hat we i fulap wetem sore mo wan spirit we i wantem blong sakem sin; mo en blong loa ia i no save kam long olgeta we i no olsem” (2 Nifae 2:7). Sapos yumi no mekem sakrifaes ia blong wan hat we i fulap wetem sore mo wan spirit we i wantem blong sakem sin, yumi no save kasem fulwan ol blesing we oli kam tru long Atonmen.

Sapos yu glad blong mekem sakrifaes olsem we Lod i bin komandem, bae Hem i akseptem yu. Hem i bin talem se evriwan we oli save se hat blong olgeta i ones mo i fulap wetem sore, mo oli save se spirit blong olgeta i wantem blong sakem sin mo oli wantem blong ona long kavenan blong olgeta tru long fasin blong mekem sakrifaes—evri sakrifaes we hem i

givim oda from—bae Hem i akseptem olgeta (luk long D&C 97:8). Taem yu lukluk long taem we i no save finis, yu save luk se taem yu lego ol samting blong wol, hem i no wan sakrifae we i bigwan nating. Ol blessing we yu kasem oli bigwan moa bitim eni samting we yu lego.

Sam moa skripja: Matiu 19:16–22; D&C 59:8

Luk tu long Atonmen blong Jisas Kraes; Lav; Fasin blong Obei; Fasin blong Sakem Sin; Sakramen; Seves

Sandei (*Luk long* Sabat; Wosip)

Sef Finis (*Luk long* Fasin blong Sevem Man)

Seken Kaming blong Jisas Kraes

Taem Jisas Kraes i bin go antap long heven long en blong ministri blong Hem long wol ia, tufala enjel i bin talem long ol Aposol blong Hem: “Jisas ya we God i tekemaot hem long yufala, i tekemaot hem i go antap long heven, hem i bambae i mas kambak bakegen long sem fasin ya we yufala i luk we hem i go antap” (Ol Wok 1:11). Taem Sevy a bae i kam bakegen, bae Hem i kam long paoa mo glori blong klemem wol olsem kingdom blong Hem. Seken Kaming blong Hem bae i makem stat blong Milenium.

Seken Kaming bae i wan taem blong fraet mo bigfala harem nogud long olgeta we oli rabis, be bae i wan dei blong pis mo viktri long olgeta we oli stret mo gud.

Lod i bin talem se olgeta we oli waes mo oli bin kasem trutok, we oli bin tekem Tabu Spirit olsem gaed blong olgeta, mo oli no bin foldaon, olgeta ia, bae oli no sakemaot olgeta long faea, be bae oli glad long dei ia.

Bae oli givim wol long olgeta olsem praes blong olgeta, mo bae oli kam plante mo wok strong, mo ol pikinini blong olgeta bae oli groap mo nogat sin kasem taem oli stap sef.

From Lod bae i stap long medel blong olgeta, mo glori blong hem bae i stap long olgeta, mo bae Hem i King mo Loya blong olgeta (luk long D&C 45:57–59).

Lod i no talemaot stret taem we bae Hem i kam bakegen. I no gat wan i save aoa mo dei. Iven olgeta enjel long heven oli no save, mo bambae oli no save kasem taem we bae Hem i kam (luk long D&C 49:7). Be Hem i bin talemaot long ol profet blong Hem ol samting we bae oli hapen, mo ol saen we bae oli kam bifo long Seken Kaming. Long medel blong ol samting we i talem se bae oli hapen mo ol saen ia oli:

- Apostasi long trutok blong gospel (luk long Matiu 24:9–12; Seken Tesalonaeka 2:1–3).
- Restoresen blong gospel, mo tu, restoresen blong Jos blong Jisas Kraes (luk long Ol Wok 3:19–21; Revelesen 14:6–7; D&C 45:28; 133:36).
- Restoresen blong ol ki blong prishud (luk long Malakae 4:5–6; D&C 110:11–16).
- Taem Buk blong Momon bae i kamaot (luk long Aesea 29:4–18; 3 Nifae 21:1–11).
- Fasin blong prijim gospel raon long wol (luk long Matiu 24:14).
- Wan taem blong rabis fasin, blong wo, blong hadtaem (luk long Matiu 24:6–7; Seken Timoti 3:1–7; D&C 29:17; 45:26–33; 88:91).
- Ol saen long heven mo long wol (luk long Joel 2:30–31; Matiu 24:29–30; D&C 29:14–16; 45:39–42; 49:23; 88:87–90).

Yu no wari long stret taem blong Seken Kaming blong Sevyu. Be, yu laef blong yu rere blong taem ia we bae Hem i kam. Taem yu lukluk long ol rabis samting we i stap hapen long ol las dei ia, tingbaot se olgeta we oli stret mo gud oli no nid blong fraet long Seken Kaming o ol saen we oli kam fastaem long hem. Ol toktok blong Sevyu long ol Aposol blong Hem oli blong yu tu. Hem i talem blong yumi no mas trabol

tumas, from we taem evri samting ia bae oli kamtru, bae yumi save se ol promes we Hem i bin mekem bambae oli kamtru (luk long D&C 45:35).

Sam moa skripja: Luk 21:34–36; Seken Pita 3:10–14; D&C 133:42–52; Joseph Smith—Matthew

Luk tu long Milenium; Plan blong Fasin blong Sevem Man; Saen

Seks Aotsaed long Mared (*Luk long Jastiti*)

Selestial Kingdom (*Luk long Kingdom blong Glori*)

Setan

Setan, we oli singaotem man blong agens o devel, i enemi blong stret mo gud fasin, mo i enemi blong olgeta we oli stap wantem blong folem God. Hem i wan spirit boe blong God we i bin wan enjel bifo, we i bin gat atoriti tu long ples blong God (luk long D&C 76:25; luk tu long Aesea 14:12; D&C 76:26–27). Be long Kaonsel long Heven long laef bifo laef long wol ia, Lusifa, Setan olsem we oli bin stap singaotem hem, i go agensem Papa long Heven mo plan blong sevem man. Long faet ia agensem God, Setan i bin traem blong mekem se man i nomo gat fridom blong save jusum raet o rong (luk long Moses 4:3). Taem hem i toktok long Papa, hem i talem se bae hem i pemaot evri man—se bae i no gat wan sol nating bae i lus. Hem i talem se, from bae hem i mekem samting ia, bae hem i kasem ona we i blong God (luk long Moses 4:1).

Setan i bin winim tingting blong wan grup aot long tri grup blong olgeta long heven blong oli tanem baksaed long Papa (luk long D&C 29:36). From samting ia, Setan mo olgeta we oli bin folem hem, God i bin sakemaot olgeta long ples blong Hem mo oli no gat janis blong kasem blesing ia blong gat wan bodi blong mit mo bun (luk long Revelesen 12:9). Olgeta tu, bambae oli no gat wan janis blong kasem wan ples insaed long kingdom blong glori.

Papa long Heven i letem Setan mo olgeta we oli folem Setan blong temtem yumi olsem pat blong eksperiens blong yumi long wol ia (luk long 2 Nifae 2:11–14; D&C 29:39). From se Setan “i lukaotem blong mekem se evri man i save harem nogud olsem hem” (2 Nifae 2:27), mo olgeta we oli stap folem hem oli traem blong lidim yumi longwe long stret mo gud fasin. Hem i lidim oposisen blong hem long ol poen we oli moa impoten long plan blong stap glad blong Papa long Heven. Eksampol, hem i wantem man i nomo biliv long Sevyia mo prishud, blong man i gat tu tingting long paoa blong Atonmen, blong kopi mo mekem ol giaman revelesen, blong pulum tingting blong yumi aot long trutok, blong mekem man i biliv se hem i no gat responsabiliti. Hem i traem blong daonem famle taem hem i mekem man i konfius long huia olgeta, olsem oli man o woman; taem hem i winim tingting blong man se i stret blong gat seks aotsaed long mared; blong mekem man i luk se i no nid blong mared; blong mekem ol adalt we oli mared mo bae oli resemap ol pikinini blong olgeta long stret mo gud fasin blong oli ting se i no nid blong gat pikinini.

Yu no nid blong mekem folem ol temtesen blong Setan. Yu gat paoa insaed long yu blong jusum gud o ivel, mo oltaem yu save lukaotem help blong Lod tru long prea. (Luk long “Temtesen,” pej 197-200.)

Sam moa skripja: Aesea 14:12–17; 1 Nifae 15:23–24; 2 Nifae 2:16–18; Moronae 7:12; D&C 10:5; 29:36–40, 46–47; 76:25–29

Luk tu long Fridom blong Jusum; Sin; Temtesen

Seves

Ol tru disaepol blong Jisas Kraes oli wantem blong givim seves long olgeta raonabaot long olgeta. Sevyia i bin talem, “Nao from we yufala i stap lavlavem yufala, bambae olgeta man oli luksave se yufala i man blong mi” (Jon 13:35).

Taem yufala i bin baptaes, yufala i bin mekem kavenan blong tekem nem blong Jisas Kraes long yufalawan. Profet Alma i bin eksplenem kavenan ia long wan grup blong ol niu

konvet we oli wantem kasem baptaes. Hem i talem se blong wantem “kam long yad blong God,” yumi mas wantem tu blong givim seves we i gat mining—blong “karem ol hevi samting blong wanwan long yufala, blong mekem se oli nomo hevi,” blong “krae wetem olgeta we oli krae,” mo blong “leftemap tingting blong olgeta we oli nidim fasin blong leftemap tingting” (Mosaea 18:8–9).

Taem yufala i traem blong givim seves long ol narafalawan, lukluk long Sevyia blong Hem i stap olsem eksampol blong yu. Nomata Hem i bin kam long wol ia olsem Pikinini blong God, wetem tingting we i stap daon Hem i bin givim seves long evriwan we oli bin stap raonabaot long Hem. Hem i talem se, “Mi mi stap long medel blong yufala olsem man blong karem kakae nomo” (Luk 22:27).

Sevyia i bin yusum wan parabol blong tijim olsem wanem i impoten blong givim seves. Long parabol, Hem i gobak long wol wetem glori blong Hem mo i seperetem olgeta we oli stret mo gud long olgeta we oli rabis. Long olgeta we oli stret mo gud, Hem i talem se “Yufala i kam. Papa blong mi i mekem i gud tumas long yufala. Taem hem i no mekem wol ya yet, be hem i makemaot ol ples blong yufala finis long niufala wol we naoia bambae i kam, we hem i king long hem. Yufala i kam tekem ples ya blong yufala, from we taem we mi mi hanggri, yufala i givim kakae long mi, mo taem we mi mi tosta, yufala i givim wota long mi. Taem we mi mi strenja, yufala i tekem mi go long haos blong yufala, mo taem we mi mi neked, yufala i givim klos long mi. Taem we mi mi sik, yufala i lukaot gud long mi, mo taem we mi mi stap long kalabus, yufala i kam luk mi” (Matiu 25:34–36).

Olgeta we oli bin stret mo gud, oli sapraes long toktok ia, oli askem: “Masta, mifala i luk yu wetaem we yu yu hanggri, nao mifala i givim kakae long yu, mo yu tosta nao mifala i givim wota long yu? Mifala i luk yu wetaem we yu yu sik, no yu stap long kalabus, nao mifala i kam luk yu?” (Matiu 25:37–39).

Afta, Lod i ansa: “Tru mi talem long yufala, taem we yufala i mekem olsem long wan brata blong mi, we i daon moa

long ol narafala brata blong mi, be hemia i olsem we yufala i mekem long mi nomo" (Matiu 25:40).

Sevya i invaetem yu blong yu givim yuwan blong givim seves long ol narawan. Ol janis blong yu i no gat en nating. Evri dei, lukaotem blong mekem hat i glad, blong talem ol kaen toktok, blong mekem ol wok long ol narafala we oli no save mekem wok ia blong olgetawan, blong serem gospel. Stap lisin long ol smol toktok blong Spirit, we i stap talem long yu blong givim seves. Bae yu faenem se tru ki blong stap glad i blong wok from hapines blong ol narafalawan.

Sam moa skripja: Matiu 22:35–40; 25:41–46; Luk 10:25–37; Galesia 5:13–14; Mosaea 2:17

Luk tu long Jareti; Lav

Seventi (*Luk long Jos Administresen*)

Sin

Taem yumi minim blong no obei long ol komanmen blong God, yumi mekem sin. Yumi mekem sin tu taem yumi no mekem stret mo gud fasin nomata we yumi save trutok (luk long Jemes 4:17).

Lod i bin talem se bae Hem i no save akseptem wan sin nomata hem i smol (luk long D&C 1:31). Risal blong sin i Tabu Spirit we i aot long yu, mo, long taem we i no save finis, bae yu no save stap long ples blong Papa long Heven, from we "i no gat wan samting we i no klin we i save stap wetem God" (1 Nifae 10:21).

Wanwan long yumi i brekem ol komanmen o i no mekem samting folem save blong yumi abaot trutok. Aposol Jon i bin tijim: "Sipos yumi talemaot se yumi no mekem sin, hemia yumi stap giaman nomo long yumi, mo God we i stamba blong trutok i no stap nating long yumi. Be sipos yumi talemaot ol sin blong yumi long God, yumi save bilif long hem, from we fasin blong hem i stret oltaem. Hem bambae i fogivim yumi from ol sin blong yumi, mo i tekemaot ol fasin blong yumi we i no stret, i

mekem yumi klin" (1 Jon 1:8–9). Tru long Atonmen blong Jisas Kraes, yumi save sakem sin mo kasem fogivnes from ol sin blong yumi.

Sam moa skripja: Rom 3:23; 6:23; Alma 5:41–42; 11:37; Hileman 5:10–11; D&C 82:1–3; 88:34–35

Luk tu long Atonmen blong Jisas Kraes; Ded, blong Spirit; Fogivnes; Jastis; Sore; Fasin blong Obei; Fasin blong Sakem Sin; Temtesen

Sivil Gavman mo Loa

Seksen 134 blong Doctrine and Covenants i aotlaenem bilif blong ol Lata-dei Sent long saed blong gavman blong wol mo evri loa (luk long D&C 134, heding blong seksen). Seksen ia i tijim ol prinsipol ia:

God i putum ol gavman blong gud blong ol pipol; mo ol pipol long gavman ia bae oli mas ansa long fored blong God from ol aksen blong olgeta, hemia long olsem wanem oli mekem ol loa mo olsem wanem oli yusum olgeta, long gud mo sefti blong sosaeti (luk long D&C 134:1)

Evri pipol oli mas sapotem mo agri wetem gavman we i stap long ples we oli stap long hem, sapos oli gat proteksen long ol raet we oli no save karemaot long olgeta tru long ol loa blong ol gavman ia. Olgeta we oli stap toktok agensem mo stap mekem rao long ol sitisen we oli gat proteksen, oli mas kasem stret panismen. Evri gavman oli gat raet blong pasem ol loa, we long bes jajmen blong olgeta, i stret blong lukluk long sefti blong pablik—be, long sem taem, i stap holem taet tabu fridom blong tingting (luk long D&C 134:5).

Evri man no woman i mas gat ona long ples we oli stap long hem, ol man blong rul mo ol majistret, we oli stap ia blong protektem olgeta we oli no gat rong mo blong oli panisim olgeta we oli rong. Evri pipol oli mas gat respek mo soem se oli gat respek long ol loa blong kantri, from sapos i no gat ol loa ia, pis mo gud laef bae i lus, mo bae i gat fraet, mo i no gat kontrol. Oli setemap ol loa blong oli kontrolem intres blong yumi olsem wanwan man mo woman, mo olsem ol nesen, bitwin

Skripja

wan man mo wan narafala man; mo ol hae loa oli kam long heaven, mo oli givim ol rul long saed blong ol samting blong spirit, blong fet mo wosip, evri samting ia, blong yumi save ansa from long fored blong Krieta blong yumi (luk long D&C 134:1, 5–6).

Wan stamba pat blong seperesen blong jos mo gavman i responsabiliti blong gavman blong givim fridom blong relijin. Ol lata-dei profet oli sapotem prinsipol ia, olsem we i stap long nambaleven toktok blong bilif: “Mifala i talemaot we mifala i gat raet blong wosipim Hae God long wei we mifala i wantem, mo letem evri man blong gat sem raet ia, letem olgeta blong wosip long fasin we oli wantem, long weaples we oli wantem, o wanem we oli wantem.” Wetem tingting we i folem seperesen blong jos mo gavman, Jos i no sapotem o stap biaen long wan pati o kandidat blong politik. Jos i no letem blong oli yusum ol bilding blong hem blong mekem ol samting long saed blong politik. Jos i no tekem pat long politik, be nomo sapos i gat wan kwestin long saed blong gud fasin, mo long ples ia nao bae Jos i toktok from.

Nating we Jos i stap hemwan long saed blong politik, ol lida blong Jos oli leftemap tingting blong ol memba blong oli mekem wok blong olgeta olsem ol sitisen. Olsem wan lata-dei sent, yu mas andastanem ples mo taetol blong yu long ples we yu stap long hem. Lanem abaot histri, bakgraon mo ol loa blong ples we yu stap long hem. Sapos yu gat janis blong vot mo blong tekem pat long ol wok blong gavman, tekem pat long hem blong sapotem mo difendem ol prinsipol blong tru tok, stret mo gud fasin, mo fridom.

Sam moa skripja: D&C 98:10; Ol Toktok blong Bilif 1:12

Skripja

Taem ol tabu man blong God oli raet o toktok tru long paoa blong Tabu Spirit, bae ol toktok blong olgeta oli stap olsem skripja, olsem tingting blong Lod, olsem maen blong Lod, olsem tok blong Lod, olsem voes blong Lod, mo paoa blong God blong

sevem man (luk long D&C 68:4). Ol skripja blong Jos, hemia we i ofisol mo oli apruvum, we plante taem oli singaotem ol standet tabu wok, oli Baebol, Buk blong Momon, Doktrin mo Ol Kavenan, mo wan Perel blong Bigfala Praes. Ol skripja buk ia, oli tokbaot olgeta long ol pej 182-185.

Olsem Wanem I Impoten blong Stadi long Skripja Evri Dei

Stamba tingting blong gat ol skripja i blong testifae abaot Kraes, blong helpem yumi blong kam long Hem mo blong kasem laef we i no save finis (luk long Jon 5:39; 20:31; 1 Nifae 6:4; Mosaea 13:33-35). Profet Momon i bin testifae:

“Eni man we i wantem, i save holem taet toktok blong God, we i kwik mo i gat paoa, we bae i save brekem ol trik mo ol rop blong trap mo ol plan blong devel, mo lidim ol man blong Kraes long wan stret mo smol rod long narasaed long bigfala hol blong harem nogud we i no save finis, we i rere blong solemdaon ol nogud man—

“Mo putum ol sol blong olgeta, yes, ol sol blong olgeta we oli no save ded bakegen long raet han blong God long kingdom blong heven, blong sidaon wetem Ebrahim, mo Aesak, mo wetem Jakob, mo wetem evri tabu papa blong yumi, blong go nomo aot ” (Hileman 3:29-30).

Ol profet blong Lata-dei oli givim kaonsel long yumi blong stadi long ol skripja evri dei, tugeta, yumi wanwan mo wetem ol famle. Oli leftemap tingting blong yumi, olsem Nifae i leftemap tingting blong ol brata blong hem, blong putum ol skripja i kambak long yumiwan, blong faenem ol wei blong ol tabu toktok blong bifo oli stret wetem ol laef blong yumi tedei (luk long 1 Nifae 19:23-24). Oli askem strong yumi blong “luk-luk gud long” ol skripja (Jon 5:39) mo “kakaed gud long ol toktok blong Kraes” (2 Nifae 32:3).

Bae yu kasem plante samting sapos yu folem kaonsel ia. Blong stadi long skripja evri dei, wetem mining, bae i helpem yu blong kasem ol wispa (o toktok) blong Tabu Spirit. Bae i bildimap fet blong yu, i mekem yu strong blong stanap agensem temtesen, mo i helpem yu blong kam kolosap long Papa

Skripja

blong yumi long Heven mo Pikinini blong Hem we Hem i Laekem Tumas.

Developem wan plan blong stadi long skripja yuwan. Tingting blong putum sam taem i stap evri dei blong stadi long ol skripja. Long taem ia, ridim gud, mo lisin gud long ol toktok blong Spirit. Askem Papa blong yumi long Heven blong helpem yu blong save wanem nao Hem i wantem yu blong lanem mo mekem.

Gohed blong ridim olgeta skripja, speseli Buk blong Momon, truaot long laef blong yu. Bae yu faenem bakegen ol rij samting we i stap long ol skripja bakegen mo bakegen, mo faenem ol niu mining mo stret fasin blong yusum olgeta taem yu stap stadi olgeta long ol defren taem blong laef blong yu.

Sapos yu mared, putum sam taem evri dei blong yufala i ridim ol skripja olsem wan famle. Wok ia, ating bae i had, be bae i tekem i kam ol samting we i no save finis. Folem Spirit, mekem plan blong ridim skripja we bae i stret wetem ol nid blong famle blong yu. No fraet blong ridim ol skripja long ol smol pikinini. Lanwis blong ol tabu rekod ia i gat paoa blong tajem olgeta we oli yangyangfala.

Baebol

I gat tu pat long Baebol: OlTesteman, mo Niu Testeman. OlTesteman i wan tabu rekod blong ol wok blong God wetem kavenan pipol blong Hem long Holi lan. Hem i tekem ol tijing blong ol profet olsem Moses, Josua, Aesea, Jeremaea, mo Daniel. Niu Testeman i rekodem taem we Sevya i bon, ministri blong Hem long wol ia, mo Atonmen blong Hem. I en wetem ministri blong ol disaepol blong Sevya.

From se oli bin transletem Baebol plante taem, oli printim long ol defren vesen. Long Inglis, King Jemes Vesen blong Baebol i skripja we Jos i akseptem.

Insaed long Jos blong Jisas Kraes blong Ol Lata-dei Sent, yumi gat bigfala respek long Baebol mo ol tijing blong hem. Yumi save kasem paoa mo kamfot long ol stori blong Baebol abaot wok blong God wetem pipol blong Hem.

Buk blong Momon: Wan Narafala Testeman blong Jisas Kraes

Buk blong Momon i kamaot long dispensesen ia folem tingting blong Lod. Hem i wan rekod blong ol wok blong God wetem ol pipol we oli bin stap long Amerika blong bifo. Profet blong Lod i bin raetem ol tabu rekod ia long ol buk blong gol. Lod i bin talem se Buk blong Momon i tekem ful gospel blong Jisas Kraes (luk long D&C 20:9; luk tu long D&C 42:12).

Long 22 Septemba 1827, wan enjel we nem blong hem Moronae—las profet blong Buk blong Momon—i bin givim ol rekod ia long Profet Josef Smit. Tru long presen mo paoa blong God, Profet Josef i bin transletem rekod ia long Inglis. Stat long taem ia, oli bin transletem Buk blong Momon long plante narafala lanwis.

Fas tamba tingting blong Buk blong Momon i blong winim tingting blong evri pipol se “Jisas hem i Kraes, God we i no save finis, we i soemaot hemwan long evri kantri” (taetol pej blong Buk blong Momon). Hem i tijim se evri pipol “i mas kam long hem, o oli no save sev” (1 Nifae 13:40). Josef Smit i bin talem se Buk blong Momon i “ki ston blong bilif long God blong yumi, mo wan man bae i kam moa klosap long God sapos hem i folem ol tijing blong hem bitim eni narafala buk” (fas toktok long Buk blong Momon).

Buk blong Momon i wan nara witnes blong ol trutok we Baebol i tijim. Hem i putumbak ol trutok “we i klia mo gudgudfala” we oli bin lus long Baebol tru long ol mistek blong translesen o oli bin ‘tekemaot’ blong traem “jenisim ol gudfala fasin blong Lod” (luk long 1 Nifae 13:24–27, 38–41). Baebol mo Buk blong Momon “bae i gro tugeta blong blokem ol giaman doktrin, mo putum daon ol rao, mo stanemap pis” (2 Nifae 3:12).

Kolosap long en blong Buk blong Momon, profet Moronae i tijim yumi olsem wanem yumi save save se buk ia i tru: “Mo taem bae yufala i kasem ol samting ia, mi wantem askem strong long yufala se bae yufala i askem God, Papa we i no save finis, long nem blong Kraes, sapos ol samting i no tru; mo sapos bae yufala i askem wetem wan tru hat, wetem tingting we i tru blong

Skripja

wantem save, wetem fet long Kraes, bae hem i soemaot trutok blong ol samting ia long yufala, tru long paoa blong Tabu Spirit'' (Moronae 10:4; luk tu long ol ves 3 mo 5).

Doktrin mo Ol Kavenan

Doktrin mo Ol Kavenan i tekem ol revelesen we God i givim long Profet Josef Smit. Hem i tekem tu sam revelesen we God i givim long ol nara lata-dei profet. Buk blong ol skripja ia i spesel from se hem i no wan translesen blong ol olfala buk. Hem i plante revelesen, we Lod i givim long ol profet blong Hem we Hem i jusum long ol lata-dei, we oli putum tugeta.

Profet Josef Smit i bin talem se buk blong Doktrin mo Ol Kavenan i fandesen blong Jos long ol las dei ia mo i blong gud blong wol, we i soem se ol ki blong ol sikret blong kingdom blong Sevyia blong yumi oli stap bakegen wetem man (luk long heding seksen blong D&C 70).

Perel blong Bigfala Praes

Perel blong Bigfala Praes i tekem buk blong Moses, buk blong Ebrahim, mo translesen blong Josef Smit olsem we i kam long God blong buk blong Matiu japta 24, mo sam nara raeting blong Profet Josef.

Buk blong Moses i wan smol pat blong translesen blong Josef Smit blong Baebol olsem we i kam long God. Hem i wan moa komplit rekod blong ol samting we Moses i bin raetem long stat blong buk blong Jenesis long OlTesteman. Hem i tekem plante doktrin mo tijing we oli bin lus long Baebol mo i givim moa infomesen abaot plan blong sevem man, kriesen blong wol, mo wok blong Lod wetem Adam mo Inok.

Buk blong Ebrahim i wan translesen blong ol rekod blong bifo we oli bin raetem long ol olfala pepa we Jos i bin karem long 1835. Profet Josef Smit i bin transletem ol rekod ia tru long revelesen. Buk ia i tekem ol trutok abaot Kaonsel long Heven we i bin tekem ples long laef bifo laef long wol ia, kriesen blong wol, huia stret God mo prishud.

Joseph Smith—Matiu i ademap save long yumi abaot ol tijing blong Sevyā abaot Seken Kaming blong Hem.

Ol toktok we Josef Smit i raetem long Perel blong Bigfala Praes i tekem:

- Joseph Smith—History, we i wan pat blong histri blong Jos we Profet i bin raetem. Hem i tokbaot ol samting we i bin hapen we i kasem restoresen blong Jos, wetem Fas Visen, ol visit blong Moronae i go long Profet Josef, mo olsem wanem hem i kasem ol buk blong gol, mo restoresen blong Aronik Prishud.
- Ol Toktok blong Bilif, we Profet Josef Smit i bin raetem i wan stamba toktok blong bilif mo doktrin.

Sam moa skripja: Rom 15:4; Seken Timoti 3:15–17; 2 Nifae 25:26; Alma 17:2–3; 3 Nifae 23:1–5; D&C 18:33–36; Ol Toktok blong Bilif 1:8

Luk tu long Profet; Restoresen blong Gospel; Revelesen

Smit, Josef Junia (*Luk long Josef Smit*)

Sol

Toktok ia *sol* oli yusum long tu wei insaed long ol skripja. Faswan, wan spirit we i joen wetem bodi blong mit mo bun, long wol ia o afta long laef bakegen long ded, oli singaotem wan sol (luk long D&C 88:15–16). Seken, samtaem oli singaotem ol spirit blong yumi, ol sol (luk long Alma 40:15–18; Abraham 3:23).

Luk tu long Plan blong Fasin blong Sevem Man; Laef Bakegen long Ded; Spirit

Sore

Papa blong yumi long Heven i save olgeta samting we yumi no strong long hem mo ol sin blong yumi. Hem i soem sore taem Hem i fogivim ol sin blong yumi mo i helpem yumi blong gobak stap wetem Hem.

Kaen lav mo sore ia, samtaem i no go wetem loa blong jastis, we i wantem se bae i no gat wan samting we i no klin i save stap wetem God (luk long 1 Nifae 10:21). Be Atonmen blong Jisas Kraes i mekem i posibol blong God "i save stret gud, i wan stret God, mo tu wan God we i gat sore" (Alma 42:15).

Blong Kasem Sore blong God

Sevya i bin mekem wanem we jastis i wantem taem Hem i bin tekem ples blong yumi mo i bin safa long panismen from ol sin blong yumi. From we Hem i mekem aksen ia we i no gat selfis nating long hem, Papa i save holem taet, wetem sore, ol panismen we Hem i gat long yumi mo i save welkamem yumi long ples we Hem i stap long hem. Blong kasem fogivnes blong Lod, yumi mas sakem sin blong yumi wetem tru hat mo tingting blong yumi. Olsem we profet Alma i bin tijim, "Jastis i yusum ol samting we hem i nidim, mo tu sore i gat raet blong holem olgeta we i blong hem; mo olsem ia nao, olgeta nomo we i sakem sin tru bae oli [sef]" (Alma 42:24; luk tu long ol ves 22–23, 25).

Fogivnes long sin i no wan presen ia nomo blong sore we i kam long Papa long Heven mo Jisas Kraes. Evri blesing we yu kasem i wan aksen blong sore, we i moa long wanem we yu-wan yu save winim. Momon i bin tijim, "evri samting we i gud i kamaot long Kraes; sapos no ol man i bin foldaon, mo i no bin save gat wan gudfala samting i kam long olgeta" (Moronae 7:24). Eksampol, yu yu stap kasem bigfala sore blong Papa long Heven taem Hem i harem mo stap ansa long ol prea blong yu, taem Tabu Spirit i lidim yu, mo taem yu kam gud bakegen long sik tru long prishud paoa. Nomata evri blesing ia oli kamaot from yu bin obei, bae yu neva save kasem olgeta tru long paoa blong yu nomo. Oli ol presen blong sore we oli kam long wan Papa we i gat lav mo sore.

Stap Sore long Ol Narafala Man

Taem Hem i bin stap toktok long ol disaepol blong Hem, Sevyra i bin givim komanmen ia: “Yufala i mas gat sore long man, olsem we Papa blong yufala i gat sore long man” (Luk 6:36). Yu save folem eksampol blong Papa blong yu long Heven insaed long ol rilesensip blong yu wetem ol narafala. Traehad blong karemaot rabis fasin, fasin blong stap praod, mo fasin blong gat hae tingting. Lukaotem ol wei blong yu save gat lav mo sore, gat respek, stap fogiv, stap kaen, mo save wet longtaem, nomata yu save long ol rong samting we ol narafala man oli mekem. Taem yu stap mekem olsem, eksampol blong yu bae i lidim ol narafala pipol blong oli gat moa lav mo sore, mo bambae yu save gat moa raet long sore blong God.

Sam moa skripja: Matiu 5:7; Luk 10:25–37; Alma 34:14–16

Luk tu long Jareti; Fogivnes; Gladhat; Jastis

Spirit

Yu wan spirit pikinini blong Papa long Heven, mo yu bin stap olsem wan spirit. Long taem blong laef blong yu long wol ia, haos blong spirit blong yu i bodi ia blong wol we i save ded, we yu kasem long papa mo mama blong yu long wol ia.

Aot long olgeta skripja, yumi stap lanem moa abaot ol spirit blong yumi. Yumi lanem se evri spirit hem i wan samting we i stap finis, be i moa naes mo klin, mo ol ae we oli klin evriwan nomo oli save luk (luk long D&C 131:7). Yumi ridim se spirit blong man i semmak long man o woman we hem i stap long hem, semmak tu long spirit blong rabis animol, mo evri samting we God i bin krietem (luk long D&C 77:2; luk tu long Ita 3:7–16).

Ol skripja oli tijim tu se long taem blong ded blong bodi, spirit i no ded. Hem i seperet long bodi mo i laef long wan spirit wol afta long ded. Long taem blong laef bakegen long ded, spirit i kam joen bakegen wetem bodi “[bae] i nomo save

Spirit blong Lod

ded, blong mekem se oli nomo save lukim taem we bodi blong olgeta i kam roten" (Alma 11:45).

Sam moa skripja: Rom 8:16–17; 2 Nifae 9:10–13; D&C 93:29, 33

Luk tu long Plan blong Fasin blong Sevem Man; Laef Bakegen long Ded; Sol

Spirit blong Lod (*Luk long Tabu Spirit; Laet blong Kraes*)

Spirit blong Trutok (*Luk long Tabu Spirit*)

Spirit Kalabus (*Luk long Ded, blong Bodi; Hel; Paradaes*)

Stek (*Luk long Jos Administresen*)

Strong Fasin o Samting we I Had blong Livim (Adiksen) (*Luk long Plei from Mane; Ponografi; Tok blong Waes*)

Swea (*Luk long Profaniti*)

Tabak (*Luk long Tok blong Waes*)

Tabu Spirit

Tabu Spirit i nambatri memba blong Godhed. Hem i wan man blong spirit, we i no gat bodi blong mit mo bun (luk long D&C 130:22). Plante taem oli tokbaot Hem, olsem Spirit, Tabu Spirit, Spirit blong God, Spirit blong Lod, o Spirit blong Givhan.

Ol Wok blong Tabu Spirit

Tabu Spirit i wok wan stret wetem Papa long Heven mo Jisas Kraes, mo oli fulfilim ol wok we i stap blong givhan long yu blong yu laef long fasin we i stret mo gud mo blong yu kasem ol blesing blong gospel.

Hem i "witnes long Papa mo Pikinini" (2 Nifae 31:18) mo Hem i soemaot mo tijim "trutok blong evri samting" (Moronae

10:5). Yu save kasem wan tru testimoni abaot Papa long Heven mo Jisas Kraes tru nomo long paoa blong Tabu Spirit. Taem Hem i toktok long spirit blong yu, toktok blong Hem i moa gud bitim eni toktok we yu save harem long narafala wei.

Taem yu stap traehad blong stap long rod we i go long laef we i no save finis, Tabu Spirit “bae i soem long [yu] evri samting we bae [yu] mas mekem” (luk long 2 Nifae 32:1–5). Hem i save lidim yu long ol desisen blong yu mo i save protektem yu long ol denja blong bodi mo blong spirit.

Tru long Hem, yu save kasem ol presen blong Spirit we oli blong gud blong yu mo blong gud blong ol narafala man we yu lavem mo givim seves long olgeta (luk long D&C 46:9–11).

Hem i Spirit blong Givhan (Jon 14:26). Semmak olsem we kwaet voes blong wan papa o mama i save mekem wan pikinini we i krae i stop blong krae, ol toktok blong Spirit oli save mekem ol fraet blong yu oli go lus, i save ronemaot ol wari blong laef blong yu, mo i save kamfotem yu taem yu harem nogud. Tabu Spirit bae i save fulumap yu wetem “hop mo lav we i stret gud” mo i save tijim yu ol samting blong kingdom we i givim pis (Moronae 8:26; luk long D&C 36:2).

Tru long paoa blong Hem, yu save kam tabu taem yu sakem sin, kasem ol odinens blong baptaes mo konfemesen, mo stap tru long ol kavenan blong yu (luk long Mosaea 5:1–6; 3 Nifae 27:20; Moses 6:64–68).

Hem i Tabu Spirit blong Promes (luk long Efesas 1:13; D&C 132:7, 18–19, 26). Wetem paoa ia, Hem i konfemem se ol prishud odinens we yu bin kasem mo ol kavenan we yu bin mekem oli stret long fored blong God. Fasin blong agri ia i dipen long fasin blong yu blong stap fetful.

Presen we I Tabu Spirit

Evri ones pipol we oli stap lukaot trutok oli save faenem Tabu Spirit, we i stap lidim olgeta i go long Jisas Kraes mo gospel blong Hem. Be, ful blessing ia, Tabu Spirit nao i givim long olgeta nomo we oli kasem presen we i Tabu Spirit mo oli gohed blong stap klin inaf.

Afta we yu bin baptaes long Jos blong Jisas Kraes blong Ol Lata-dei Sent, wan o moa long wan man we i kasem Melkesedek Prishud oli putum han blong olgeta antap long hed blong yu, mo long wan tabu odinens, i konfemem yu i kam wan memba blong Jos. Olsem pat blong odinens ia, we oli singaotem konfemesen, yu bin kasem presen we i Tabu Spirit.

Presen we i Tabu Spirit i defren long paoa blong Tabu Spirit. Bifo long baptaes blong yu, yu save paoa blong Tabu Spirit wanwan taem, mo tru long paoa ia yu bin save kasem wan testimoni blong trutok. Naoia we yu gat presen we i Tabu Spirit, yu gat raet blong gat memba blong Godhed ia i stap olsem kompanion blong yu oltaem, sapos yu obei long olgeta komanmen.

Blong glad fulwan long presen we i Tabu Spirit i minim tu blong kasem revelesen mo kamfot, blong givim seves mo blessem ol narafala tru long ol presen blong spirit, mo blong stap klin long sin mo mekem yu fit blong kam olsem god long selestial kingdom. Ol blesing ia oli dipen long hamas nao yu klin inaf; oli kam wan long wan taem folem hamas nao yu rere blong kasem olgeta. Taem yu stap mekem laef blong yu i kam stret wetem tingting blong God, bae yu kasem Tabu Spirit i bigwan tu folem. Profet Josef Smit i bin talem se ol sikret blong kingdom blong God, oli save luk mo andastanem nomo tru long paoa blong Tabu Spirit, we God nao i givim long olgeta we oli lavem Hem, mo oli mekem olgeta oli klin inaf long fored blong Hem (luk long D&C 76:114–116).

Tingbaot se “Spirit blong Lod i no stap long ol tempol we oli no tabu” (Hileman 4:24). Nating we yu kasem presen we i Tabu Spirit finis, bae Spirit i stap wetem yu nomo taem yu obei long olgeta komanmen. Bae Hem i aot long yu sapos yu mekem Hem i harem nogud tru long fasin blong yusum nogud nem blong God mo Jisas Kraes, tru long fasin blong no stap klin, tru long fasin blong no stap obei, tru long fasin blong stap go agens, o eni narafala sin. Kipim yuwan i stap klin. Fulumap laef blong yu wetem ol gudfala samting blong mekem se yu

save klin inaf blong gat Tabu Spirit i stap olsem kompanion blong yu.

Sam moa skripja: Matiu 3:11; Jon 15:26; 16:13; Ol Wok 2:38; 8:12–17; 19:1–6; Fas Korin 2:9–14; 12:3; Galesia 5:22–23; 1 Nifae 10:17–19; 2 Nifae 31:17; D&C 8:2–3; 39:20–24; 68:25–28; 121:46; Ol Toktok blong Bilif 1:4

Luk tu long Baptaes; Godhed; Fasin blong Putum Han Antap long Hed; Revelesen; Ol Presen blong Spirit

Taeting

Wan long ol blessing blong stap memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent i spesel janis ia blong save pem taeting. Taem yu laef folem loa blong taeting, yu tekem-pat long wok blong bildim kingdom blong God long wol.

Mining mo Stamba Tingting blong Taeting

Blong pem wan ful taeting, yu givim ten pesen blong salari blong yu i go long Lod tru long Jos blong Hem. Yu givim taeting blong yu long bisoprik o branj presiden blong yu.

Ol lokol lida oli givim ol mane ia stret i go long ol hedk-wota blong Jos, mo long ples ia i gat wan kaonsel we i talemaot ol stret wei blong yusum ol tabu mane ia. Kaonsel ia, i gat Fas Presidensi, Kworom blong Olgeta Twelef Aposol, mo Prisaeding Bisoprik. Folem revelesen, oli mekem desisen olsem we Lod i daarektem olgeta. (Luk long D&C 120:1.)

Ol mane blong taeting, oltaem oli yusum blong mekem ol stamba wok blong Lod—blong bildim mo lukaotem ol tempol mo ol mitinghaos, blong sapotem misinari wok, mo blong mekem wok blong Jos raon long wol.

Ol Blessing blong Pem Wan Ful Taeting

Loa blong taeting i nidim blong yumi mekem sakrifaes, be sapos yu obei long loa ia, bae i tekem ol blessing we bae oli big-wan moa bitim eni samting we yu bin sakrifaes from. Profet Malakae i bin tijim:

“Yufala i mas letem olgeta taet blong yufala i kam long haos blong mi, blong bambae i save gat plante kakae long hem. Sipos yufala i mekem olsem, bambae yufala i luk paoa blong mi, we bambae mi openem skae, mi letem ol gudgudfala samting i kam long yufala we i plante we i plante” (Malakae 3:10).

Ol blessing ia oli kam long evriwan we i stap pem ten pesen blong mane we oli winim, nomata mane ia i smol tumas. Taem yu obei long loa ia, Lod i blesem yu tugeta, long saed blong spirit mo long saed blong wol ia.

Mekem Komitmen blong Pem Taeting

Sapos yu no setemap wan paten blong stap pem taeting ol-taem, ating yu stap faenem i had blong biliv se yu gat inaf mane blong pem ten pesen long mane blong yu we yu winim. Be olgeta we oli fetful blong stap pem taeting oli lanem se oli no save stap mo no stap pem taeting. Folem stret toktok blong skripja mo long wan naesfala wei, ol windo blong heven oli bin open mo ol blessing oli bin kam plante we i plante long olgeta.

Tingbaot se blong pem taeting i no poen blong mane be i wan poen blong fet. Trastem Lod. Hem i bin givim komanmen ia blong gud blong yumi, mo Hem i bin mekem promes ia we i kam wetem. Lukaotem paoa long fet blong Nifae, we i bin talem, “Bae yumi yusum fet blong holem ol komanmen blong Lod; from luk hem i moa strong bitim ful wol” (1 Nifae 4:1).

Luk tu long Livim Kakae mo Fast Ofring

Taem Kraes I Hang long Kros (*Luk long Atonmen blong Jisas Kraes; Kros*)

Tatu

Ol Lata-dei profet oli tok strong agensem fasin blong mekem tatu long bodi. Olgeta we oli no stap folem kaonsel ia, oli soem se oli no gat respek long olgetawan mo long God. Aposol Pol i bin tijim mining blong bodi blong yumi mo denja blong

minim blong spolem olgeta: “Ating yufala i save finis we yufala i olsem haos blong God, mo we Spirit blong God i stap finis long yufala. Be sipos wan man i spolem haos ya, bambae God i spolem hem, from we haos ya i tabu, mo i tru we yufala i olsem haos ya” (Fas Korin 3:16–17).

Sapos yu gat wan tatu, yu stap gat oltaem wan samting we i stap mekem yu tingbaot mistek blong yu. Yu mas tingting blong yu tekemaot.

Luk tu long Fasin blong Stikim Hol long Bodi

Telestial Kingdom (*Luk long Kingdom blong Glori*)

Tempol

Ol tempol oli ol stret haos blong Lod. Oli ol tabu ples blong wosip; ples we Lod i save kam visit. Hom nomo i tabu semmak olsem we ol tempol oli tabu.

Truaot long histri, Lod i bin komandem ol pipol blong Hem blong oli bildim ol tempol. Tedei, Jos i stap folem toktok blong Lod blong stap bildim ol tempol raon long ful wol, mo mekem ol blesing blong tempol ia oli stap long wan moa bigfala namba blong ol pikinini blong Papa long Heven.

Odinens blong Olgeta we Oli Laef

Stamba tingting blong ol tempol i blong givim ol odinens we yumi nidim blong yumi kam olsem god long selestial kingdom. Ol tempol odinens oli lidim yumi long ol blesing we oli bigwan moa, we oli stap tru long Atonmen blong Jisas Kraes. Evri samting we yumi mekem insaed long jos—ol miting mo ol aktiviti blong yumi, ol misinari wok blong yumi, ol lesen we yumi tijim mo ol hym we yumi singim—oli mas poenem yumi long Sevyia mo long wok we yumi mekem insaed long ol tabu tempol.

Wan odinens we yumi kasem insaed long tempol, hem i endaomen. Toktok ia *endaomen* i stap minim “presen,” mo i tru

we tempol endaomen i wan presen we i kam long God. Odinens ia i tekem sam defren instraksen wetem ol kavenan we yumi mekem blong laef stret mo gud, mo blong mekem wanem yumi mas mekem long saed blong gospel. Endaomen i helpem yumi blong yumi lukluk nomo long Sevyā, wok blong Hem insaed long plan blong Papa long Heven, mo komitmen blong yumi blong folem Hem.

Wan narafala tempol odinens i selestial mared. Insaed long odinens ia, hasban mo waef, tufala i sil long tufala blong taem we i no save finis. Wan siling we oli mekem insaed long tempol i gohed blong oltaem sapos hasban mo waef, tufala i fetful long kavenan we tufala i mekem.

Ol pikinini we oli bon long ol papa mo ol mama we oli sil insaed long tempol, oli bon insaed long kavenan. Wantaem nomo ol pikinini ia oli kam pat blong wan famle we i no save finis. Ol pikinini we oli no bon insaed long kavenan oli save kam pat blong wan famle we i no save finis taem stret papa mo mama o taem papa mo mama we i adoptem olgeta, oli sil long olgeta. Odinens blong silim ol pikinini i go long papa mo mama i wan odinens we oli mekem insaed long tempol.

Sapos yu bin kasem finis ol tempol odinens, tingbaot oltaem ol kavenan we yu bin mekem. Gobak long tempol plante taem olsem we yu save mekem. Sapos yu, yu wan papa o mama, tijim ol pikinini blong yu mining blong tempol. Helpem olgeta blong oli rere olgetawan blong oli stap klin blong go insaed long tempol.

Sapos yu no kasem yet ol tempol odinens, stat naoia blong yu mekem yuwan i rere. Olsem we yu save mekem, go long tempol blong mekem baptaes mo konfemesen blong ol dedman.

Odinens blong Olgeta we Oli Ded

Ol pipol we oli ded mo oli no bin kasem ol gospel odinens we oli nidim, oli save kasem ol odinens ia tru long wok we oli stap mekem insaed long ol tempol. Yu save mekem ol wok ia long bihaf blong ol bubu blong yu mo ol narafala pipol we oli ded finis. Taem yu stap mekem wok long bihaf blong olgeta,

yu save baptaes mo kasem konfemesen, kasem endaomen, mo tekem pat long ol siling blong ol hasban mo waef, mo siling blong ol pikinini long papa mo mama blong olgeta.

Yu mas wok oltaem blong lukaotem ol rekod blong olgeta bubu we oli ded, blong save mekem tempol wok blong olgeta.

Blong gat moa infomesen abaot tempol wok blong ol dedman mo wok blong famle histri, luk long "Famle Histri Wok mo Wok blong Famle Laen," pej 00 33–37.

Klin Inaf blong Go Insaed long Tempol

Blong go insaed long tempol, yu mas klin inaf. Yu talem se i tru we yu klin inaf long taem blong tu intaviu—wan taem wetem wan memba blong bisoprik blong yu o branj presiden blong yu, mo wan nara taem wetem wan memba blong stek presidensi blong yu o misin presiden blong yu. Bae ol prishud lida blong yu oli kipim ol intaviu oli praevet mo nogat man bae i save long hem. Long wanwan intaviu, prishud lida bae i askem yu abaot fasin blong yu mo sapos yu klin inaf. Bae oli askem yu abaot testimoni blong yu long Papa long Heven mo abaot Atonmen blong Jisas Kraes. Mo bae oli askem yu sapos yu sapotem ol jeneral mo ol lokol lida blong jos. Bae oli askem yu blong yu konfemem se yu klin long saed blong seks mo se yu stap kipim Toktok blong Waes, pem wan ful taeting, laef folem ol tijing blong Jos, mo yu no stap gohed blong folem ol grup o agri wetem ol grup we oli agensem Jos.

Sapos yu givim ol gud ansa long ol kwestin long taem blong intaviu, mo sapos yu mo ol prishud lida blong yu oli glad se yu klin inaf blong go long tempol, bae yu kasem wan tempol rekomen. Yu mo ol prishud lida blong yu bae i saenem rekomen we bae i letem yu blong go insaed long tempol long nekis tu yia, sapos yu gohed blong stap klin inaf.

Ol intaviu blong tempol rekomen oli givim wan janis we i moa gud blong yu luklukbak sapos yu klin inaf mo luklukbak long rod blong laef blong yu. Sapos i gat eni samting we i no stret long laef blong yu, mekem taem blong toktok wetem bisop o branj presiden blong yu fastaem long intaviu blong

Tempol

tempol rekomen. Bae hem i save helpem yu rere blong yu klin inaf blong kasem wan tempol rekomen.

Klos blong Tempol

Taem yu go long tempol, yu mas werem ol gudgudfala klos, semmak olsem we yu stap go long jos. Taem yu stap insaed long tempol, yu livim ol klos blong yu mo werem ol waet klos blong tempol. Yu jenis insaed long rum blong jenis insaed long tempol, mo yu yusum wan kabod blong yu we i save lok, mo i wan praevet ples blong yu jenis. Insaed long tempol, oli mas dresap gud oltaem.

Taem yu putum klos blong yu long kabod, yu save livim eni nara samting we i stap long maen blong yu we i blong wol i stap biaen. Wetem ol waet klos, yu save filim we yu stap wan mo yu ikwol long ol narawan insaed long tempol, from evriwan raon long yu i dresap semmak nomo.

Werem Tempol Gamen

Sapos yu endao, yu gat blesing blong werem tempol gamen ia long ful laef blong yu. Yu gat diuti ia blong werem folem ol instraksen we oli givim long taem blong endaomen. Tingbaot se ol blesing we oli go wetem spesel janis ia oli dipen long hamas yu klin inaf mo sapos yu fetful blong kipim ol tempol kavenan.

Gamen i stap mekem yumi tingbaot ol kavenan we yumi bin mekem insaed long tempol. Yu mas lukaotem gamen wetem respek oltaem. Yu no mas soem long olgeta we bae oli no andastanem mining blong hem, mo yu no mas katem stretem blong i stret wetem ol stael klos blong yu. Taem yu werem i stret, hem i givim proteksen agensem temtesen mo ivel. Blong stap werem gamen i blong soemaot aotsaed wanem yu komitim yuwan long hem insaed blong stap folem Sevya.

Ol Blesing blong Stap Go long Tempol

Tempol i wan ples we oli stap mekem ol tabu odinens blong prishud be tu, tempol i wan ples blong pis mo revelesen. Taem yu trabol o taem yu mas mekem ol impoten desisen we oli hevi long maen blong yu, yu mas tekem ol wari blong yu i go long tempol. Afta, bae yu save kasem wan givhan long saed blong spirit.

Samtaem bae yu filim se yu no save tingting klia from se maen blong yu i fulap wetem ol problem mo plante narafala samting blong lukluk long hem. Insaed long tempol, das blong ol problem ia i go daon, mo smok i go antap, mo yu save andastanem ol samting we yu no bin andastanem bifo. Yu save faenem ol niufala wei blong stretem ol jalenj we yu stap fesem.

Lod bae i blesem yu taem yu stap go mekem ol wok blong ol tabu odinens insaed long tempol. Mo ol blesing we Hem i givim long yu bae i no blong taem ia nomo we yu stap long tempol. Bae Hem i blesem yu long evri saed blong laef. Ol wok blong yu insaed long tempol bae oli kam strong moa mo bae i mekem yu kam gud moa long saed blong spirit.

Sam moa skripja: Aesea 2:1-3; D&C 88:119; 109-110; 124:39-41

Luk tu long Kavenan; Famle Histri Wok mo Wok blong Famle Laen; Mared; Odinens; Plan blong Fasin blong Sevem Man

Temtesen

Olsem we Aposol Pol i bin profesae, ol las dei oli “strong tu-mas” (Seken Timoti 3:1). Fos blong enemi i go olbaot mo i pulum tingting blong man. Be yu save winim Setan mo winim ol temtesen blong hem. Papa long Heven i bin givim yu presen blong fridom blong save jusum—paoa blong jusum gud ova long ivel. Yu save “putum tingting blong [yu] i stap daon long fes blong Lod, mo prea long tabu nem blong hem, mo lukaot mo prea ol-taem, blong oli no save temtem [yu] i bitim mak ia we [yu] save fesem” (Alma 13:28). Taem yu wantem blong obei long olgeta

komanmen, Papa blong yumi long Heven bae i mekem yu kam strong moa blong save stanap agensem temtesen.

Kaonsel ia bae i helpem yu blong winim temtesen:

Mekem Sevyia i stap long senta blong laef blong yu. Profet Hileman i bin givim kaonsel ia long ol boe blong hem, “tingbaot, tingbaot se hem i long ston blong Ridima blong yumi, we i Kraes, Pikinini blong God, we yutufala i mas bildim fandesen blong yutufala; blong mekem se taem we devel bae i sendem aot ol strongfala win blong hem, yes, ol spia blong hem long wael win, yes, taem we ol ston blong aes blong hem mo strong win blong hem bae i foldaon long yutufala, bae i no gat paoa ova long yutufala blong pulum yutufala i go daon long bigfala hol blong sore mo sore tumas we i no gat en, from ston; long hem we yutufala i bin bildimap yutufala, we i wan sua fandesen, wan fandesen, long hem we sapos ol man i bildimap olgeta long hem oli no save foldaon” (Hileman 5:12).

Prea blong yu save strong. Taem Sevyia we i bin laef bakegen long ded finis i bin kam long ol man blong Nifae, Hem i bin tijim bigfala grup blong ol pipol se: “yufala i mas lukaot gud mo prea oltaem from fraet se yufala i stat blong foldaon long temtesen; from Setan i wantem blong holem taet yufala, blong mekem se hem i save seperetem yufala olsem wit. Taswe nao, yufala i mas prea oltaem long Papa long nem blong mi” (3 Nifae 18:18–19). Long ol las dei, Hem i bin givim wan sem kaonsel we i talem se yumi mas prea oltaem, blong yumi save win oltaem—blong yumi save winim Setan mo save ronwe long ol han blong ol wokman blong Setan we oli no sapotem wok blong hem (luk long D&C 10:5).

Stadi long skripja evri dei. Taem yu stadi long trutok blong gospel mo stap yusum olgeta long laef blong yu, Lod bae i blesem yu wetem paoa blong stanap agensem temtesen. Nifae i bin tijim, “eni man we bae i lisiin long toktok blong God, mo bae i holem taet long hem, bae oli no save lus; mo tu ol temtesen mo ol spia blong devel, we i gat faea long hem, i no save winim olgeta kasem taem we oli kam blaen, blong lidim olgeta i gowe blong lus” (1 Nifae 15:24; luk tu long Hileman 3:29–30).

Fulumap laef blong yu wetem ol gudfala samting. Yu gat plante gud samting blong jus aot long hem mekem se yu no nid blong tekem pat long ol rabis wok. Taem yu fulumap laef blong yu wetem ol gudfala samting, yu no livim spes i stap blong wan narafala samting.

Stap longwe long ol ples mo ol situesen we i gat temtesen. Yu no save stap longwe fulwan long temtesen, be yu save stap longwe long ol ples mo situesen we i posibol blong yu fesem temtesen. Yu save stap longwe long ol samting we i rabis insaed long ol magasin, ol buk, televisen, ol muvi, mo miusik mo long Intanet.

Trae had blong lidim ol narawan blong mekem gud. Jes bifo Hem i bin safa long Garen blong Getsemane, Sevyia i bin prea from ol disaepol blong Hem: “Mo ol man blong wol ya oli no laekem olgeta, oli stap agens long olgeta, from we olgeta oli no man blong wol, olsem we mi mi no man blong wol. Mi mi no askem long yu blong yu tekemaot olgeta long wol ya. Mi wantem blong yu blokem man nogud ya Setan, blong i no kam spolem olgeta, yu holem olgeta oli stap gud oli sef. Mi mi no man blong wol ya, mo long sem fasin, olgeta tu oli no man blong wol ya. Tok blong yu i tru olgeta. Plis yu mekem tok ya blong yu i wok long laef blong olgeta blong oli tabu, oli man blong yu. Yu yu sanem mi mi kam long wol ya, mo long sem fasin mi mi sanemaot olgeta oli go long wol.” (Jon 17:14–18). Olsem wan lata-dei disaepol blong Jisas Kraes, yu save stap insaed long wol, be i “no blong wol.” Antap long fasin blong stap longwe long temtesen yuwan, yu save lidim ol narawan blong oli gat ol gudfala laef mo ol laef wetem evri samting. Yu save stap olsem wan stret mo gud eksampol, stap wan gudfren, tekem pat long komuniti seves, mo yu save letem man i harem voes blong yu, taem i stret, blong yu difendem ol gud fasin blong laef.

Neva tingting tu taem blong mekem desisen blong stanap agensem temtesen. Traehad blong folem sam eksampol blong Sevyia we i bin safa taem Hem i fesem temtesen be Hem i neva folem (luk long D&C 20:22). Taem Setan i bin temtem Jisas

Testemoni

long ples we i no gat man long hem, Lod i neva muvmuv. Ansa blong Hem i kam kwik mo i strong: “Yu mas mekem wosip long Hae God we i God blong yu” (Luk 4:8). Tru long ol tingting, ol toktok, ol aksen we i stret mo gud, yu save ansa long ol temtesen blong man we i kam agens wetem sem ful strong tingting. “Yufala i mas blokem Setan, nao hem bambae i ronwe long yufala. Yufala i mas stap kolosap long God, nao hem bambae i kam stap kolosap long yufala” (Jemes 4:7–8).

Sam moa skripja: Rom 12:21; Efesas 6:11–17; Jemes 1:12, futnot *b*; D&C 23:1; 31:12; Moses 1:12–22

Luk tu long Fridom blong Jusum; Tingting; Livim Kakae mo Fast Ofring; Tabu Spirit; Laet blong Kraes; Fasin blong Sakem Sin; Setan

Testemoni

Wan testemoni i wan witnes long saed blong spirit we Tabu Spirit i stap givim long yumi. Stamba blong wan testemoni, hem i save ia se Papa long Heven i laef mo i lavem yumi; se Jisas Kraes i laef, se Hem i Pikinini blong God, mo we Hem i bin mekem bigfala Atonmen i kamtru; se Josef Smit i profet blong God, we God nao i bin singaotem hem blong putumbak gospel; se wan profet we i laef i stap lidim yumi tedei; mo se Jos blong Jisas Kraes blong Ol Lata-dei Sent i tru Jos blong Sevyala long wol. Wetem fandesen ia, wan testemoni i gro mo stap tekem evri prinsipol blong gospel.

Kasem mo Mekem Wan Testemoni I Strong

Olsem wan memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, yu gat wan tabu janis mo responsabiliti blong kasem wan testemoni blong yuwan. Taem yu kasem wan testemoni, yu gat diuti blong fidim testemoni ia long ful laef blong yu. Hapines blong yu long laef ia mo long ful taem we i no save finis i dipen bigwan long sapos yu stanap strong long testemoni blong yu long Jisas (luk long D&C 76:79; luk tu long

ol ves 51, 74, 101). Taem yu stap wok from samting ia, tingbaot ol prinsipol ia:

Blong lukaot blong gat wan testemoni i stat wetem wan filing blong wantem save we i stret mo gud. Papa blong yu long Heven bae i blesem yu folem ol samting we hat blong yu i wantem mo folem ol hadwok we yu mekem blong stap folem tingting blong Hem. Taem Hem i bin stap toktok long wan grup blong ol pipol we oli no bin gat testemoni blong olgeta yet abaot gospel, Alma i bin tijim: "Sapos yufala i girap mo leftemap tingting blong yufala, go kasem we yufala i traem ol toktok blong mi, mo yusum wan smol pis blong fet, yes go kasem sapos yufala i save wantem nomo blong biliv, letem samting ia i wok insaed long yufala, go kasem taem we yufala i kasem wan bilif we i naf blong yufala i save akseptem wan pat blong ol toktok blong mi." (Alma 32:27).

Wan Testemoni i kam tru long kwaet fos blong Tabu Spirit. Wanem i kamaot long wan testemoni i save stap olsem wan merikel mo i save jenisim laef, be presen blong testemoni, oltaem, i stap kam olsem wan kwaet filing we i mekem yu harem gud, mo i no gat bigfala samting we i stap soemaot paoa blong God. Alma tu, we wan enjel i bin visitim hem mo i bin luk God i sidaon long jea blong king blong Hem, i nidim blong hem i mas livim kakae mo prea blong hem i save kasem wan testemoni tru long paoa blong Tabu Spirit (luk long Alma 5:45–46; 36:8, 22).

Testemoni blong yu bae i gro sloslo tru long ol eksperiens blong yu. I no gat wan i kasem wan ful testemoni wantaem nomo. Testemoni blong yu bae i gro strong moa tru long ol eksperiens blong yu. Bae hem i kam bigwan taem yu stap soem se yu wantem blong yu givim seves insaed long Jos, taem oli singaotem yu blong mekem. Bae hem i kam antap taem yu stap mekem ol desisen blong kipim olgeta komanmen. Taem yu stap leftemap mo mekem ol narawan oli strong, bae yu luk se testemoni blong yu bae i develop. Taem yu stap prea mo livim kaekae, stadi long ol skripja, go long ol miting blong Jos, mo harem ol narawan oli serem ol testemoni blong olgeta, bae

yu gat blesing blong gat sam taem we bae yu kasem insperesen we bae i mekem testemoni blong yu i gro strong moa. Ol taem olsem oli kam long ful laef blong yu taem yu stap traehad blong laef folem gospel.

Testemoni blong yu bae i kam antap taem bae yu serem wetem ol nara man. Yu no wet long testemoni blong yu blong i develop fulwan bifo yu serem. Pat blong wan developmen blong wan testemoni i kam taem oli serem testemoni ia. I tru we, bae yu faenem se taem yu givim wanem we yu gat long testemoni blong yu, bae hemia i kambak long yu—be i kam antap moa.

Serem Testemoni

Long ol fast mo testemoni miting, mo long ol storian we yu gat wetem ol memba blong famle mo ol fren, yu save gat tingting ia blong serem testemoni blong yu. Long ol taem olsem, tingbaot se yu no nidim blong serem wan longfala toktok. Testemoni blong yu bae i kam bigwan moa taem yu talemaot i sot, wetem hat blong yu mo wetem ful strong tingting abaot Sevyia, ol tijing blong Hem, mo Restoresen. Prea blong Hem i lidim yu, mo Spirit bae i helpem yu blong save olsem wanem blong talemaot ol filing we oli stap insaed long hat blong yu. Bae yu faenem bigfala glad taem yu stap helpem ol narawan blong serem hop mo tras we Lod i bin givim long yu.

Sam moa skripja: Jon 7:17; Fas Korin 2:9-14; Jemes 1:5-6; Moronae 10:3-5; D&C 6:22-23; 62:3; 88:81

Luk tu long Atonmen blong Jisas Kraes; Livim Kakae mo Fast Ofring; God Papa; Tabu Spirit; Prea ; Revelesen; Ol Presen blong Spirit

Ti (*Luk long Tok blong Waes*)

Tijim Gospel

Lod i bin givim komanmen long yumi blong yumi mas tijim wanwan long yumi abaot doktrin blong kingdom. Hem i talem se taem yumi wok had blong tij, gladhat blong Hem i stap

wetem yumi blong i tijim yumi moa gud long saed blong aedia, long prinsipol, long doktrin, long loa blong gospel, mo long evri samting we i abaot kingdom blong God we i impoten tumas blong yumi mas andastanem (luk long D&C 88:77–78).

Taem Hem i givim komanmen ia, Lod i givim yumi wan tabu responsabiliti. Hem i givim yumi tu plante janis, we i fulap tumas we yumi no save kaontem, blong yumi givim ol seves we i gat mining. I gat sam eksperiens nomo we i givim glad ia we yu save komperem wetem glad blong helpem ol narawan blong oli lanem mo laef folem gospel.

Komanmen ia blong tij i blong yu tu, nomata yu no gat wan stret koling olsem tija. Yu gat ol janis blong save tij olsem memba blong famle blong yu, olsem wan hom tija, o wan visiting tija, mo tu, olsem wan fren long wok, wan neiba, mo wan fren. Samtaem, yu tij wetem ol toktok we yu bin rere finis blong talem. Samtaem yu save tekem janis long sam sotfala taem, we yu no plan from, blong serem ol trutok blong gospel. Plante taem, yu tij wetem eksampol.

Tij Olsem we Sevia I Bin Tij

Long ol hadwok blong yu blong tijim gospel, luk long Jisas Kraes olsem eksampol blong yu. Stadi long ol stori blong ministri blong Hem long wol ia, mo lukaotem sam wei blong tij semmak olsem we Hem i bin tijim. Hem i bin soem tru lav mo wari long olgeta pipol we Hem i bin stap givim seves long olgeta. Hem i bin tekem wanwan pipol hemwan mo mekem wanwan i kam strong moa. Long sam long olgeta, Hem i bin wekemap filing ia blong wantem andastanem mo laef folem gospel. Long sam taem, Hem i bin askem ol kwestin we bae i helpem olgeta blong oli yusum wanem we oli lanem. Hem i bin tijim ol trutok blong gospel we i sevem laef, mo long wei ia, i helpem olgeta blong Hem we oli stap lisin blong oli andastanem wanem we oli nidim blong save, blong mekem, mo stap blong save kasem presen blong laef we i no save finis.

Taem yu stap folem eksampol blong Sevia, tijing blong yu bae i fidim mo leftemap ol narawan, i bildimap fet blong olgeta,

mo givim olgeta tras blong fesem ol jalenj blong laef. Bae tijing ia bae i leftemap tingting blong oli livim sin mo oli obei long ol komanmen. Bae i helpem olgeta blong kam long Kraes mo stap strong long lav blong Hem.

Tij wetem Spirit

Lod i talem se Spirit bae i kam long yumi tru long prea blong fet. Hem i talem se sapos yumi no kasem Spirit, bae yumi no tij (luk long D&C 42:14). Spirit, o Tabu Spirit, i wan memba blong Godhed. Wan stamba tingting blong Spirit i blong “soemaot trutok ... blong evri samting” (Moronae 10:4–5). Tru long paoa blong Spirit nomo, tijing blong gospel i save bildi-map man mo givim insperesen long hem.

Spesel janis blong yu olsem wan tija blong gospel i blong stap olsem wan tul, we tru long hem Tabu Spirit i save tij, i save testifae, i save kamfotem mo givim insperesen. Olsem we profet Nifae i bin tijim, “From taem we wan man i toktok wetem paoa blong Tabu Spirit, paoa blong Tabu Spirit i karem toktok ia i go long ol hat blong ol pikinini blong ol man” (2 Nifae 33:1).

Sapos yu rere long saed blong spirit, bae Tabu Spirit i helpem yu blong save wanem blong yu mekem mo talem long taem we yu tij. Yu save rere plante taem wetem prea, stadi long skripja, laef folem gospel, mo fasin blong gat tingting i stap daon.

Ol Fasin blong Tij

Tijing blong yu bae i wok gud moa taem yu yusum plante defren stret fasin blong tij. Eksampol, yu save serem ol stori mo ol eksampol blong pulum tingting blong ol pipol mo blong soem olsem wanem oli yusum ol gospel prinsipol long evri dei laef. Yu save yusum ol pikja, o ol narafala samting blong mekem ol narafala pipol oli andastanem moa gud ol stori long skripja mo ol gospel prinsipol. Tru long miusik, yu mo olgeta we yu stap tijim i save invaetem Tabu Spirit, mo i save talemaot ol filing we bae i had blong talemaot long wan narafala wei. Yu save askem ol kwestin we i leftemap fasin blong lanem

samting wetem tingting, mo ol toktok we i mekem man i serem ol stret eksperiens blong olgetawan. Wetem ol simpol aktiviti, yu save helpem olgeta we oli stap lan blong oli putum tingting blong olgeta long wan poen nomo.

Taem yu tingting blong yusum wan spesel fasin blong tij, askem ol kwestin ia long yuwan: Bae fasin blong tij ia i save invaetem Spirit? Hem i soemaot se ol prinsipol we mi tijim oli tabu? Bae hem i save bildimap mo mekem olgeta we mi tijim oli kam strong?

Tingbaot se yu olsem wan gospel tija, yu stap ripresentem Lod. Mekem sua se evri samting yu mekem mo talem, oli gat respek mo i stret wetem tingting blong Lod.

Blong gat moa tingting long fasin blong tijim gospel, yu save lukluk long buk ia *Teaching, No Greater Call* (36123); *Gaedbuk blong Tij* (34595 852); mo “Gospel Teaching and Leadership,” seksen 16 blong *Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders* (35903).

Sam moa skripja: Mosaea 18:19; Alma 1:26; 17:2–3; 31:5; D&C 11:21

Terrestrial Kingdom (*Luk long Kingdom blong Glori*)

Tingting

Evri pipol oli bon wetem paoa blong luksave bitwin raet mo rong. Paoa ia, we oli singaotem, tingting, i olsem Laet blong Kraes i wok long yumi (luk long Moronae 7:15–19).

Tingting blong yu i stap protektem yu; i blong helpem yu stap longwe long ol situesen we oli save spolem yu long saed blong spirit. Taem yu obei long olgeta komanmen mo yu mekem ol stret mo gud desisen, bae yu save gat pis long tingting.

Taem yu sin, yu harem nogud tumas, o yu harem se yu mekem samting we i rong semmak olsem we yu stap filim soa long bodi taem yu kasem kil. Hemia nao wei we tingting blong yumi i ansa long sin, mo hem i save mekem yu sakem sin.

Fasin blong sakem sin mo fogivnes i mekem pis blong tingting blong yu i kam niu bakegen. Be, long narasaed, sapos

Tok blong Waes

yu no lisiin long tingting blong yu mo yu no sakem sin, bae tingting blong yu i nomo wok semmak olsem we “oli bonem mak blong hem” (Fas Timoti 4:2).

Yu mas lanem blong folem tingting blong yu. Hemia i wan impoten pat blong fridom blong yu blong jusum. Moa yu folem tingting ia, moa bae hem i kam strong. Wan tingting we i save luksave samting i wan saen blong wan helti spirit.

Sam moa skripja: Mosaea 4:1–3; D&C 84:45–47

Luk tu long Fridom blong Jusum; Laet blong Kraes; Fasin blong Obei; Temtesen

Tok blong Waes

Tok blong Waes i loa blong helt we Lod i talemaot blong gud blong bodi mo spirit blong yumi. Long revelesen ia, we oli rekodem long seksen 89 blong Doctrine and Covenants, Lod i talem wanem kaekae oli gud long yumi mo wanem samting oli no gud long bodi blong yumi. Hem i promesem ol blesing long saed blong spirit , mo tu, long saed blong bodi blong save obei long Tok blong Waes.

Long Tok blong Waes, Lod i bin givim komanmen long yumi blong yumi no tekem ol samting ia long bodi blong yumi:

- Ol dring wetem alkohol long hem (luk long D&C 89:5–7).
- Tabak (luk long D&C 89:8).
- Ti mo kofi (luk long D&C 89:9; ol lata-dei profet oli tijim se ol toktok ia, hot dring, i tokbaot ti mo kofi).

Eni samting we i nogud we pipol i stap tekem i no folem Tok blong Waes. Hemia i tru wetem ol drag we loa i blokem, we i save spolem gud olgeta we oli kam adik (no save lego) long hem. Stap longwe long olgeta. No traem olgeta. Fasin blong tekem tumas meresin bitim we dokta i talem i save lidim yu blong yu kam adik long hem.

Lod i talem se ol kaekae ia nao oli gud long bodi blong yumi:

- Ol vejetebol mo ol frut, we yumi mas yusum wetem gud tingting mo fasin blong talem tangkyu (luk long D&C 89:10–11).
- Mit blong ol animol mo ol pijin blong ea, we oli mas yusum wanwan taem (luk long D&C 89:12–13).
- Ol sid olsem wit, raes, mo ot we oli ol stamba kaekae blong laef (luk long D&C 89:14–17).

Ol Blesing blong Kipim Tok blong Waes

Lod i bin promesem yumi se sapos yumi tingbaot blong kipim mo mekem folem ol tok-tok insaed long Tok blong Waes, mo stap obei long olgeta komanmen ia, bae yumi kasem helt long bel blong yumi mo strong paoa long bun blong yumi;

Bae yumi faenem waes mo plante rij save, mo tu ol sikret; Bae yumi ron mo bae yumi no save taed, mo bae yumi wokbaot mo bae ae blong yumi i no save tudak.

Bae enjel we bae i spolem ol man bae i pasem yumi, semmak olsem ol pikinini blong Isrel, mo bae i no kilim ded yumi (luk long D&C 89:18–21).

Winim Adiksen

Rod we i moa gud i blong livim fulwan ol rabis samting ia we Lod i blokem insaed long Tok blong Waes. Be sapos yu kam adik (nomo save lego) long eni long ol samting ia, yu save kam fri long adiksen blong yu. Yu save winim tru long hadwok blong yuwan, tru long paoa blong gladhat blong Lod we i save mekem samting, tru long help blong ol memba blong famle mo fren, mo tru long givhan blong ol lida blong Jos.

Prea blong kasem help, mo mekem evri samting long paoa blong yu blong stanap agensem ol temtesen we oli kam from

Visiting Tijing

yu adik. Papa blong yu long Heven i wantem yu blong kasem ol blesing we i kam taem wan i obei long Tok blong Waes, mo bae Hem i mekem yu strong long ol tru hadwok blong yu.

Sam moa skripja: D&C 49:19–21; 59:15–20; 88:124; 89:1–4

Luk tu long Fasin blong Obei; Temtesen

Visiting Tijing (*Luk long* Rilif Sosaeti)

Wanem we I Kam Agens

Olsem pat blong plan blong Papa long Heven blong pe-maot ol man, bae yu fesem ol samting we i kam agensem yu long laef long wol ia. Ol tes, ol filing blong harem nogud, ol taem blong no stap glad, ol sin, mo ol taem we hat blong yu i harem nogud tumas, oli pat blong laef we i had, be oli save mekem tu se yumi kam antap long saed blong spirit, yumi kam gud moa, mo yumi progres taem yumi tanem yumi i go long Lod.

Ol samting we i kam agensem yu oli kam long ol defren ples. Samtaem bae yu save fesem ol tes from se yu gat hae tingting tumas o from se yu no obei. Yu save stap longwe long ol tes ia taem yu laef folem wan stret mo gud laef. Ol narafala tes oli kam from oli pat blong laef nomo mo oli save kam taem yu stap laef long wan stret mo gud laef. Eksampol, yu save gat ol tes taem yu sik, o yu no save stret samting, o taem olgeta we yu lavem oli ded. Samtaem, ol samting we i kam agens oli kam from ol joes blong ol narafala we oli nogud, o from toktok mo aksen blong narafala we oli mekem yu harem nogud tumas.

Ansa o Fesem ol Samting we I Kam Agens wetem Fet

Sakses mo hapines blong yu, tugeta long taem naoia mo long ol taem we i no save finis, oli dipen bigwan long ol wei we yu fesem ol hadtaem blong laef.

Wan stori long Buk blong Momon i soem ol defren wei blong fesem ol samting we i kam agens. Profet Lihae mo fam-

le blong hem i bin stap wokbaot long ples we i no gat man long hem blong plante dei finis, mo oli bin stap yusum ol bonara mo ara blong olgeta blong lukaotem kaekae. Famle ia i bin fesem hadtaem taem ol boe blong Lihae oli lusum bonara blong olgeta. Ol bonara blong Lemana mo Lemyul oli brok from spring blong olgeta i lus, mo bonara blong Nifae i brok. Lemana mo Lemyul tufala i hanggri mo taed mekem se tufala i stat blong komplem agensem Lod. Lihae tu i stat blong komplem. Be Nifae, i no wantem slakem tingting blong hem. Hem i bin go wok. Hem i tokbaot: "Mo i bin hapen se mi, Nifae, mi bin mekem aot long wud wan bonara, mo aot long wan stik we i stret, wan ara; From samting ia, mi bin mekem rere miwan wetem wan bonara mo wetem wan ara, wetem wan sling mo sam ston. Mo mi bin talem long papa blong mi: Wanem ples bae mi go blong kasem kaekae?" Nao tingting blong Lihae i kam daon from toktok blong Nifae, mo Lihae i bin askem Lod weaples oli mas go long hem blong karem sam kakae. Lod i bin ansa long prea blong Lihae mo i bin lidim Nifae long wan ples we hem i save kasem sam kakae. (Luk long 1 Nifae 16:15-31.)

Taem sam pipol oli fesem ol samting we i kam agensem olgeta, oli olsem Lemana mo Lemyul. Oli komplem mo oli save kros. Oli askem ol kwestin olsem "From wanem samting olsem ia i hapen long mi? From wanem bae mi mas safa from samting ia naoia? Wanem samting mi mekem blong mi gat hadtaem olsem?" Be ol kwestin ia oli gat paoa blong winim tingting blong olgeta. Ol kwestin olsem oli save kavremap visen blong olgeta, yusum paoa blong olgeta, mo karemaot ol janis blong olgeta blong gat ol eksperiens we Lod i wantem olgeta blong kasem. Be i gud blong yumi no stap folem rod ia, mo yumi folem eksampol blong Nifae. Gat tingting blong askem ol kwestin olsem, "Wanem nao bae mi mas mekem? Wanem nao bae mi lanem aot long eksperiens ia? Wanem nao bae mi mas jenisim? Huia nao bae mi mas helpem? Olsem wanem bae mi save tingbaot ol blesing blong mi long ol taem blong tes?"

I nid blong gat ol defren kaen ansa blong ol defren kaen samting we i kam agens. Eksampol, sapos yu sik, ating bae i nid nomo blong yu save wet longtaem mo yu stap fetful. Sapos yu stap safa from toktok o aksen blong narafala man, yu mas wokhad blong fogivim olgeta we oli mekem nogud long yu. Sapos yu, yu wan we oli abiusum yu, yu mas askem help kwiktaem. Sapos yu gat ol tes from se yu no stap obei, yu mas stretem fasin blong yu mo askem fogivnes wetem tingting we i stap daon.

Nomata we ol wei blong yu fesem samting we i kam agens i defren, i gat wan wei we i stap oltaem—hem i tras blong yu long Papa long Heven mo Jisas Kraes. Profet Alma i bin tijim, “eni man we bae i putum tras blong hem long God bae God i sapotem olgeta long ol hadtaem blong olgeta, mo trabol blong olgeta, mo ol hadtaem blong olgeta, mo bae God i leftemap olgeta long las dei” (Alma 36:3).

Trastem Papa long Heven mo Jisas Kraes

Taem yu trastem Papa mo Piginini, yu gat stret save se Tufala i lavem yu evriwan—se Tufala i wantem yu blong yu stap hapi mo se Tufala bae i helpem yu blong groap long saed blong spirit. Yu kipim olgeta komanmen. Yu lukaot blong save tingting blong Tufala, mo yu mekem wanem we Tufala i wantem yu blong mekem nating sapos yu yu wantem mekem wan narafala samting. Taem yu stap prea from help, yu mas prea mo andastanem se Papa long Heven bae i no stretem evri samting kwiktaem—ating bae Hem i save givim sam taem long yu blong yu save wet mo lanem samting mo kam antap. Tru long evri taem ia, bae yu faenem kamfot long save ia se Sevya i andastanem ol tes blong yu fulwan. Olsem pat blong Atonmen blong Hem we i no gat en, Hem i bin tekem long Hemwan “ol soa blong bodi blong ol siknes blong ol pipol blong hem.” Hem i bin tekem long Hemwan “ol wik samting blong olgeta, blong mekem se insaed blong hem i save kam fulap long sore, long saed blong bodi blong mit mo bun, mekem se hem i save, long saed blong bodi blong mit mo bun, olsem wanem blong helpem ol man blong hem long saed blong ol samting blong

olgeta we oli no strong long hem” (Alma 7:11–12). From se Hem tu Hem i bin gotru mo save ol soa blong bodi blong yu, Hem i save olsem wanem blong helpem yu. Sapos yu lukluk long Hem wetem fet, bae Hem i mekem yu kam strong inaf blong stanap agensem tes we yu stap go tru long hem.

Taem yu stap traehad blong trastem Lod long ol taem blong tes blong yu, tingbaot kaonsel ia we i kam tru long Profet Josef Smit,

se hem we i stap fetful tru long hadtaem, bae i kasem wan riwod we i moa bigwan long kingdom blong heaven.

Taem yu stap traehad blong trastem Lod long ol taem blong tes, tingbaot se Hem i bin talem se sapos yu stap fetful tru long hadtaem, bae yu kasem wan riwod we i moa bigwan long kingdom blong heaven. Hem i bin talem se ol ae blong yumi blong wol ia oli no save luk—naoia—ol samting we God i mekem long saed blong ol samting we bae i kam long nekis laef mo yumi no save luk glori we i kam afta long hadtaem,

from se i tru we blesing i kam afta long plante hadtaem. (Luk long D&C 58:2–4.)

Faenem Pis mo Glad long Taem we Yumi Fesem Ol Samting we I Kam Agens

Yu save faenem pis mo glad taem yu traehad wetem ol jalenj mo harem nogud. Buk blong Momon i tekem wan stori blong wan pipol we i bin stret mo gud we oli bin lanem abaot trutok ia. Oli bin safa taem oli bin slef blong wan rabis man we i bin stap rul; mo oli bin prea mo talemaot hat blong olgeta long God (luk long Mosaea 24:8–12). Lod i bin ansa:

“Leftemap ol hed blong yufala mo yufala i glad, from mi save kavenan we yufala i bin mekem wetem mi; mo bae mi mekem kavenan wetem ol pipol blong mi mo mekem olgeta i go fri long slef.

“Mo tu bae mi mekem ol hevi samting long solda blong yufala i nomo hevi, mekem se bae yufala i no save filim long ol bak blong yufala, taem we yufala i stap tu olsem slef; mo hemia bae mi mekem, blong mekem se yufala i save stanap

Welfea

olsem ol witnes blong mi long fiuja, mo blong mekem se yu-fala i save gud se mi, Lod God, mi visitim ol pipol blong mi long olgeta hadtaem blong olgeta." (Mosaea 24:13–14).

Ol pipol oli bin ansa wetem fet, mo "ol hevi samting we oli bin putum long [olgeta] i nomo hevi; yes, Lod i bin mekem olgeta i kam strong blong mekem se oli save karem ol hevi samting blong olgeta isi nomo, mo oli bin stap andanit wetem bigfala glad mo fasin blong save wet longtaem long evri wok blong Lod" (Mosaea 24:15).

Semma mak olsem ol stret mo gud pipol ia, yu save putum tingting blong yu wetem hapi fasin mo fasin blong save wet longtaem, blong folem wanem we Lod i wantem, mo long semtaem save se bae Hem i mekem yu strong moa tru long ol tes blong yu. Hem i bin promes se evri samting we yu stap gat hadtaem long hem bae oli wok tugeta blong gud blong yu mo blong glori blong nem blong Hem (luk long D&C 98:3).

Sam moa skripja: Hibrus 4:15–16; 2 Nifae 2:11–24; Mosaea 23:21–22; D&C 105:6; 121:7–9; 122

Luk tu long Fogivnes; Hop; Pis; Plan blong Fasin blong Sevem Man; Fasin blong Sakem Sin

Welfea

Wanwan memba blong Jos i gat tu stamba welfea responsabiliti: blong kam blong dipen long hemwan mo blong kea long olgeta we oli pua mo olgeta we oli stap long nid.

Ol papa mo mama oli gat tabu responsabiliti ia blong lukaotem welfea blong ol pikinini blong olgeta long saed blong spirit mo tu long saed blong wol ia. Taem ol pikinini oli gro oli kam bigwan, oli kam responsibol long welfea blong olgetawan. Ol papa mo mama oli mas tijim olgeta long ol stamba prinsip-ol blong welfea, mo helpem olgeta blong rere blong dipen long olgetawan mo lukaotem famle blong olgetawan long fiuja. Ol papa mo mama i save givim sam janis long ol pikinini blong olgeta blong oli lukaot long olgeta we oli pua mo olgeta we oli stap long nid.

Sapos yu wan adalt memba blong Jos, ol kaonsel we oli kam afta oli blong yu stret. Sapos yu wan yang man o wan yang woman, plante long ol kaonsel ia oli blong yu tu, nomata we yu stap dipen yet long papa mo mama blong yu.

Kam blong Dipen long Yuwan

Responsabiliti blong gud laef blong yu long saed blong sosol, long saed blong filing, spirit, long saed blong wol mo long saed blong mane i dipen faswan long yuwan, nambatu long famle blong yu, mo nambatri long Jos. Folem insperesen we i kam long Lod mo tru long ol wok blong yu, yu mas givim mo lukluk long ol nid blong famle blong yu long saed blong spirit mo long saed blong wol.

Bae yu save lukaotem gud yuwan mo famle blong yu taem yu dipen long yuwan. Yu rere blong gotru long ol taem blong kam agens mo bae yu no save dipen long wan man.

Yu save dipen long yuwan taem yu (1) tekem evri janis blong save skul; (2) praktisim fasin blong kaekae ol gudfala kaekae mo fasin blong kipim bodi i klin; (3) rere mo kasem wan gud wok; (4) storem wan saplae blong ol kaekae mo klos olsem we loa i givim raet long yu blong yu save mekem; (5) lukaotem ol risos blong yu wetem waes, mo i minim tu blong yu pem taeting mo ofring mo yu stap longwe long kaon; mo (6) taem yu kam strong long saed blong spirit, filing, mo sosol laef.

Blong save kam blong dipen long yuwan, yu mas wantem blong wok. Lod i bin komandem yumi blong wok (luk long Jenesis 3:19; D&C 42:42). Wok we i gud i stamba ples blong hapines, fasin blong tingting gud long yuwan, mo blong gat wan gud laef.

Sapos i hapen se blong smol taem yu no save mitim ol stamba nid blong yu tru long hadwok blong yuwan, o sapot blong famle, Jos bae i save givhan long yu. Long ol situesen ia, oltaem Jos i givim ol risos blong sapotem laef blong helpem yu mo famle blong yu blong dipen long yuwan bakegen.

Tekem Kea long Olgeta we Oli Pua mo Olgeta we Oli Stap long Nid

Lod oltaem i bin givim komanmen long ol pipol blong Hem blong oli lukaotem olgeta we oli pua mo olgeta we oli stap long nid. Hem i talem se yumi mas visitim olgeta we oli pua mo olgeta we oli stap long nid mo givim help long olgeta (luk long D&C 44:6). Hem i bin komandem tu se long evri samting, yumi mas tingbaot olgeta we oli pua mo olgeta we oli stap long nid, olgeta we oli sik mo olgeta we oli harem nogud, from sapos yumi no mekem olgeta samting ia, yumi no ol disaepol blong hem (luk long D&C 52:40).

Yu save kea long olgeta we oli pua mo olgeta we oli stap long nid long plante wei. Wan impoten wei i tru long fasin blong livim kakae mo kontribiut long ol fas ofring, we bisop o branj presiden i yusum blong givhan long ol memba long wod o branj we oli safa from oli pua, oli sik, o oli gat ol nara had-taem. Yu save givim taem blong yu mo talen blong yu tu. Yu save givhan long olgeta we oli no gat haos, olgeta we oli handikap, ol wido, mo ol narawan we oli stap raonabaot long yu mo long komuniti.

Antap long wei blong givim kea long olgeta long nid long komuniti mo long wanwan man, Jos i go aot long ol pipol raon long wol, nomata wanem bilif blong olgeta, we oli stap safa long ol disasta, fasin blong stap pua, sik, mo ol nara trabol. Jos i provaedem ol risos we oli givhan long laef blong helpem ol famle mo wanwan man blong faenembak mo wok blong dipen long olgetawan bakegen. Ol donesen we oli givim long Pepetuol Edukesen Fan i givim rod blong olgeta Lata-dei Sent we oli no gat janis blong oli save go moa long skol. Ol misinari blong Jos we oli givim seves oli givim taem mo risos blong olgeta blong mekem man i save rid mo raet, blong leftemap standet blong helt, mo blong givim trening.

Sam moa skripja: James 1:27; Jakob 2:17-19; D&C 42:31; 104:15-18

Luk tu long Livim Kakae mo Fast Ofring; Seves

Wo

Lod i bin talem finis se long ol las dei bae i gat ol wo, mo ol toktok from wo, mo ful wol bae i muvmuv, mo hat blong ol man bae i livim olgeta (luk long D&C 45:26).

Olsem ol memba blong Jos blong Jisas Kraes blong Ol Lata-dei Sent, yumi wan pipol blong pis. Yumi folem Sevyia, we i Prins blong Pis. Yumi stap lukluk i go long fored long taem ia blong rul blong Hem long Milenium, taem ol wo bae oli stop mo pis i kambak long wol (luk long Aesea 2:4). Be, yumi luksave se long wol ia, ol lida blong gavman oli stap sendem ol ami i go long wo blong protektem ol nesen mo tingting blong olgeta.

Ol Lata-dei Sent insaed long ami, oli no mas filim se hat blong olgeta i brok bitwin kantri blong olgeta mo God blong olgeta. Long Jos, "mifala i biliv we mifala i mas obei long ol king, ol presiden, ol lida, mo ol jaj, blong folem, givim ona, mo sapotem loa" (Ol Toktok blong Bilif 1:12). Seves long ami i soem ful tingting long prinsipol ia.

Sapos oli singaotem ol Lata-dei Sent blong go long faet, oli save lukluk long eksampol blong Kaptan Moronae, bigfala ami lida insaed long Buk blong Momon. Nomata hem i bin wan strongfala soldia, hem i "wan man we i no glad blong mekem blad i ron" (Alma 48:11). Hem i "wan man we i bin stanap strong long fet long Kraes," mo wan tingting ia nomo from wanem hem i bin stap faet i blong "lukaotem gud ol pipol blong hem, ol raet blong hem, mo kantri blong hem, mo fasin blong wosipim God blong hem" (Alma 48:13). Sapos ol Lata-dei Sent oli mas go long wo, bae oli mas go long wan spirit blong trutok mo stret mo gud fasin, mo bae oli wantem blong mekem gud. Oli mas go wetem lav long hat blong olgeta long evri pikinini blong God, mo hemia i minim tu olgeta we oli no stap long sem saed blong olgeta. Afta, sapos oli mas mekem blad i ron, bae oli no save kaotem aksen blong olgeta olsem sin.

Luk tu long Sivil Gavman mo Loa; Pis

Wod (*Luk long Jos Administresen*)

Wosip

Blong wosipim God i blong givim Hem lav blong yu, respek, seves mo ful tingting blong yu. Lod i bin givim komanmen long Moses blong wosipim God mo blong stap wok blong Hem nomo (luk long Moses 1:15). Long dispensesen ia, Hem i bin komandem yumi blong yumi lavem Lod God blong yumi wetem evri hat blong yumi, wetem evri strong paoa, maen, mo paoa blong yumi mo blong yumi wok blong Hem long nem blong Jisas Kraes (luk long D&C 59:5). Sapos yu putum eni man o samting antap long lav long God, yu stap praktisim giaman wosip, o wosip blong ol aedol (luk long Eksodas 20:3–6).

Prea i wan wei we yu save wosipim Papa. Alma i bin tijim boe blong hem, Hileman, “Askem long God blong givim ol sapot long yu; yes, letem evri wok blong yu long Lod, mo eni ples we yu go, letem i hapen wetem Lod; yes, letem evri tingting blong yu i go long Lod; yes, letem ol filing blong hat blong yu i stap long Lod oltaem” (Alma 37:36).

Yu mas go long ol miting blong Jos wetem spirit blong wosip. Lod i bin komandem yumi blong go long haos blong prea mo givim ol sakramen blong yumi long tabu dei ia blong Hem blong yumi save kipim yumi i klin, i no gat mak blong wol ia. Hem i talem se dei ia, Hem i bin jusum blong yumi spel long ol wok blong yumi mo blong yumi mekem wosip long Hem we i Hae Olgeta (luk long D&C 59:9–10).

Blong tekem pat long ol prishud odinens i pat tu blong wosip blong yu. Taem yu stap revren mo tekem sakramen mo go long tempol, yu tingbaot mo wosipim Papa blong yu long Heven mo talemaot tangkyu blong yu long boe blong Hem, Jisas Kraes.

Antap long fasin blong soem wosip blong yu, yu mas gat fasin blong wosip tu long weaples yu go mo long evri samting yu mekem. Alma i bin tijim prinsipol ia long wan grup blong ol pipol we oli bin sakemaot olgeta long ples blong wosip

blong olgeta. Hem i bin helpem olgeta blong luk se tru wosip i no stap long wan dei nomo long wan wik (luk long Alma 32:11). Taem hem i toktok long sem grup blong ol pipol, kompanion blong Alma, Amulek i bin leftemap tingting blong olgeta blong “wosipim God, long eni ples we yufala i stap long hem, long spirit mo long tru” (Alma 34:38).

Sam moa skripja: Ol Sam 95:6–7; Mosaea 18:25; Alma 33:2–11; D&C 20:17–19, 29; Ol Toktok blong Bilif 1:11

Luk tu long Livim Kakae mo Fast Ofring; God Papa; Lav; Prea ; Sabat

Yuniti

Jes bifo Sevyia i bin mekem Atonmen i kamtru, Hem i bin prea from ol disaepol blong Hem we Hem i bin sendem long wol ia blong tijim gospel blong Hem. Hem i bin prea from olgeta we bae oli biliv long Hem from ol toktok blong ol disaepol blong Hem. Hem i bin askem olgeta blong stap wan: “Mi mi prea, blong olgeta evriwan oli save stap wan nomo. Papa. Laef blong yu i joen gud long laef blong mi, mo laef blong mi i joen gud long laef blong yu. Mo long sem fasin, mi mi prea blong laef blong olgeta ya i save joen gud long laef blong yumitufala, blong oli stap wan nomo, nao ol man blong wol ya oli save bilif we yu yu sanem mi mi kam” (Jon 17:21).

Aot long prea ia, yumi lanem olsem gospel i joenem yumi wetem Papa long Heven mo Jisas Kraes mo wetem yumi bak-egen. Taem yumi laef folem gospel, kasem ol odinens we i sevem laef mo stap kipim ol kavenan ia, fasin blong yumi i jenis. Atonmen blong Sevyia i mekem yumi kam tabu, mo yumi save laef long yuniti, mo stap glad long pis long laef ia mo stap rere blong stap laef wetem Papa mo Pikinini blong Hem blong oltaem.

Lod i bin talem se sapos yumi no wan, yumi no blong Hem (luk long D&C 38:27). Yu save lukaotem mo stanemap standet blong yuniti ia insaed long famle blong yu mo insaed long Jos. Sapos yu mared, yu mo patna blong yu i save kam wan long stamba tingting mo long aksen. Yu save letem ol

spesel kwaliti blong yu oli joen long hemia blong patna blong yu taem yutufala i stap fesem ol jalenj tugeta mo taem yutufala i stap gro wetem lav mo andastaning. Yutufala i save kam wan tu wetem ol nara memba blong famle mo wetem ol memba blong Jos taem yutufala i givim seves tugeta, mo stap tijim wanwan long yufala, mo stap leftemap tingting blong wanwan long yufala. Yu save kam wan wetem Presiden blong Jos mo ol narafala lida blong Jos taem yu stap stadi long ol toktok blong olgeta mo stap folem ol kaonsel blong olgeta.

Taem Jos i stap gro raon long wol, evri Lata-dei Sent oli save kam wan. Ol hat blong yumi oli “joen tugeta blong kam wan long lav, long wanwan long [yumi]” (Mosaea 18:21). Yumi stap laekem blong yumi gat ol defren kalja mo wanwan long yumi i defdefren, be yumi stap lukaotem tu “yuniti blong fet” we i kam taem yumi stap folem ol lida we oli kasem insperesen mo taem yumi tingbaot se yumi evriwan, yumi ol pikinini blong sem Papa (luk long Efesas 4:3–6, 11–13).

Luk tu long Lav; Mared; Fasin blong Obei; Seves; Saeon

*Yumi mas lanem samting abaot
Kraes, lisiin long ol toktok blong Hem,
laef wetem tingting we i stap daon
we i kam long Spirit blong Hem,
mo bae yumi gat pis wetem Hem*

(luk long Doctrine and Covenants 19:23).

JOS BLONG
JISAS KRAES
BLONG
OL LATA-DEI SENT

BISLAMA

