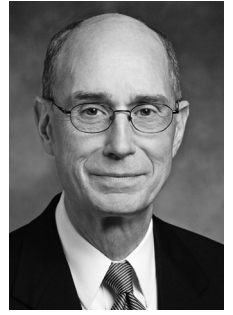


**Pradhaan Henry B. Eyring**  
Pratham Adhyakshata ke Pratham Salahkaar



# Shaanti is Jiwan Mein

**H**um sab jo maransheelta mein aaye hai ke liye, Uddhaarkarta ne kaha, “Sansaar mein tumhe musibatein milti hai” (John 16:33). Phir bhi Unhone yeh suhaana vaada diya Apne maransheelta ke prachaar ke samay Apne chelon ko: “Mai tumhe apni shaanti diye jaata hoon, Apni shaanti tumhe deta hoon: jaise sansaar deta hai, mai tumhe nahin deta” (John 14:27). Ek araam hai yeh jaanna ki yeh niji shaanti ka vaada aaj bhi Unke chelon ko milta aa raha hai.

Hum mein se kuch log sundar aur shaantpurn vaataavaran mein rehte hai, phir bhi hamare andar dukh hai. Anye log shaanti aur sampurn anand mehsoos karte hai bhaari ghati, mushkil, aur barkaraar musibaton ke samay.

Tumne shaayad shaanti ka chamatkaar dekha hoga Ishu Maseeh ke kisi chele ke chehre par ya uske shabdon mein suna hoga. Maine to kayi baar dekha hai. Kabhi kabhi ek aspataal ke kamre mein jahan ek parivaar ikattha hue hai Parmeshwar ke ek sewak ke kareeb jo ki abhi maut ke kareeb hai.

Mujhe yaad hai ek mahila se ek aspataal mein bhent karna jo kuch hi dino baad cancer se guzar gayi. Main apne do jawaan betiyon ko saath laaya tha kyunki yeh pyaari mahila kabhi un donon ki Praathmik ki shikshak thi.

Uske parivaar ke sadasye uske khaat ke paas khade the, taaki woh dharti par uske antim chano mein saath de sake. Mujhe ashcharye huwa jab woh apne khaat par uthkar baeth gayi. Usne meri betiyon ki or haath badhaya, ek ek karke, apne har ek parivaar sadasye se parichay karwaya. Woh ayse baat kar rahi thi jaise meri betiyaan raani ke darbaar mein shaahi mehmaan ke jaisi hai. Usne kamre

mein maujood har vyakti ka parichay Uddhaarkarta ke ek chele ke rup mein kiya. Mujhe ab bhi uske aawaaz ki woh bal, komalta, aur pyaar yaad hai. Aur mujhe yaad hai uske chahakti muskaan par ashcharyechakit hona kyunki jiwan par uska samay chota tha.

Usne aaraam ke liye purohiti ke ashirvaad paaye the, to bhi usne hum sab ko ek jiwit gawahi di thi ki Prabhu ka shaanti ka vaada sachcha hai: “Maine yeh baate tumse isliye kahi hai, ki tumhe mujh mein shaanti mile. Sansaar mein tumhe musibatein milti hai: parantu khush raho; maine sansaar ko jeet liya hai”(John 16:33).

Usne Unka nimantran apnaya tha, jaise hum sab kar sakte hai, chaahe jo bhi hamare mushkil aur musibatein ho:

“He sab parishram karne waale aur bojh se dabe huwe logon, mere paas aao, aur main tumhe vishraam dunga.

“Mera jwatha apne upar utha lo, aur mujhse seekho; kyunki mai vineet aur mann mein deen hoon: aur tum apne mann mein vishraam paaoge.” (Matthew 11:28–29).

Sirf Uddhaarkarta ki raah par chalne se hum mein se koi hamare upar aane waale mushkilon mein shaanti aur anand paaega.

Prabhubhoj ke prarthnaen hamein jiwan ke musibaton ke daaraan yeh janne mein madad karte hai ki shaanti kaise paayi jaaye. Jab hum prabhubhoj ko lete hai, hum Unse kiye vachanon ke prati vishwaasi rehne ka nirnay kar sakte hai.

Hum sab Uddhaarkarta ko yaad karne ka vaada karte hai. Tum apne hriday ko sabse behtar tarike se Unke kareeb laane ke liye Unhe yaad karne ko chun sakte ho. Mere liye kabhi kabhi, iska matlab hota hai Unhe

apne mann mein Gethsemane ke Bagiche mein ghutne tekta hua dekhna ya Unhe Lazarus ko kabar se pukaarna dekhna hota hai. Aysa karne se, mai Unke kareeb mehsoos karta hoon aur mere dil me shaanti milti hai.

Hum Unke aagyaon ka paalan karne ka vaada bhi karte hai. Tum Unka naam apne upar lena ka aur Unka gawaah banne ka vachan lete ho. Woh vachan deta hai ki jab tum Unke saath apne vachan ko nibhaoge, Pavitra Aatma tumhare saath rahega. (Dekhiye D&C 20:77, 79.)

Isse kam se kam do tarike se to shaanti milti hai. Pavitra Aatma hamein paap se mukt karta hai Ishu Maseeh ke Praeschit ke kaaran. Aur Pavitra Aatma hamein woh shaanti de sakta hai jo Parmeshwar ki swikriti aur anant jivan ki aasha se milta hai.

Devdut Paul ne is behtarin ashirvaad ka zikr kiya tha: "Par aatma ka fal prem, anand, mel, dheeraj, kripa, bhalaai, vishwaas, namrata aur sanyam hai" (Galatians 5:22).

Jab swarg ke duton ne Uddhaarkarta ke janm ki ghoshna ki "Ki aakaash mein Parmeshwar ki mahima, aur prithvi par ho *shaanti*" (Luke 2:14; par zor diya gaya). Mai Ishu Maseeh ke gawaah ke rup mein apni gawahi deta hoon ki Pita aur Unka Priye Putra Aatma ko bhej sakta hai taaki hum is jivan mein shaanti paa sake, chaahe hamein aur hamare chahane waalo ko jo bhi parikshan mile.

## IS SANDESH MEIN SE SHIKSHAN

Pradhaan Eyring sikhlata hai ki prabhubhoj ki prarthnaen hamein apne musibaton ke samay shaanti paane ka raasta batla sakta hai. Woh hamein yaad dilaenge ki jab hum vachanon ko nibhaenge, hamein Parmeshwar ka vaada hai ki Pavitra Aatma hamare saath rahega. Aap jinhe padhate ho unse yeh puchne ka nirnay karein kaise Pavitra Aatma ka saath hone se hamein shaanti mil sakti hai. Tum apne vichaar ko bhi baant sakte ho ya ek anubhav batlaao ki kaise Pavitra Aatma ne tumhe madad kiya mushkil ke daaraan shaanti paane ke liye. Tum jinhe padhate ho unhe protsaahit kar sakte ho ki woh is sandesh par prabhubhoj lete samay is saptaah gaor karein.

## YUVA

### Tum Is Saptaah Uddhaarkarta ko Kaise Yaad Karoge?

**P**radhaan Eyring hamein protsaahan deta hai "sabse behtar tarike se [Uddhaarkarta] ko yaad karne ki chunne ki jo tumhare dil ko Unki or karein."

Tum kaise "Unhe hamesha yaad karte" ho saptaah bhar mein (dekhniye D&C 20:77, 79)?

Kya tumhare kuch mann pasand dharamshastra hai Uddhaarkarta ke baare mein? Is saptaah ke har din tum ek alag shastra ko mark kar sakte ho aur kisi ke saath baant sakte ho.

Kya tum apne mann mein ek bhajan ya koi aur prerna bhara sangeet gaate ho jab tum udaas hote ho? Shaayad is saptaah ek aysa geet chuno jo khaaskar Uddhaarkarta ke baare mein ho.

Kya tum Uddhaarkarta ke jivan aur praeshchit ke balidaan ke baare mein sochte ho har saptaah prabhubhoj ke daaraan? Tum prabhubhoj ki tayyaari kar sakte ho saptaah bhar apne chunao ko yaad karke ki tum Uddhaarkarta ko hamesha yaad karoge aur us samay ki maafi maango jab tum nahi kar paaye.

Kya tum susamachar ko baantne ke mauke ke liye har din prarthna karte ho? Ek susamachar sambandhit charcha par gaor karne ki is saptaah koshish karne ki sochein. Tum paarivaarik shaam sabha ke daaraan Uddhaarkarta ki gawahi de sakte ho ya paathshaala mein kisi dost se baat karte samay girjaghar par huwe ek anubhav ko batla sakte ho.

Is saptaah Uddhaarkarta ko ek khaas tarike se yaad karne ka lakshye banaye. Kisi maa ya pita, bhaai ya bahan, ek neta, ya ek dost se apne lakshye ke baare mein batlaao. Saptaah ke ant mein, unhe batlaao kya hua. Tum donon us shaanti aur anand ko mehsoos karoge jiske baare mein Pradhaan Eyring ne kaha tha.

## BACHCHEIN

### Maseeh ke Paas aao

**U**ddhaarkarta ne humse shaanti ka vaada kiya hai jab hum "[Unke] paas aenge" (Matthew 11:28). Iska matlab hai Unki uddharan par chalna aur Unke kareeb rehne ki koshish karna.

- Prabhubhoj ke samay shaant rehkar sammaan do.
- Dayalu banne ko chuno aur dusro ko dosh mat do.
- Dharamshastron mein Uddhaarkarta ke baare mein padho.



# Paarivarik Anand Dhaarmikta mein Paayi Jaati Hai

*Prarthnashilta se is utpadan ka adhyan karein aur dhoondo jo batlana hai. Kaise "Parivaar: Duniya ke liye Ek Aupchaarik Ghoshna" ko samajhne se Parmeshwar mein tumhara vishwaas badhega aur tumhein shikshan bhent ke zariye dekhbhaal karne mein madad karega? Aur jaankaari ke liye, dekhiye [reliefsociety.lds.org](http://reliefsociety.lds.org).*

Vishwaas, Parivaar, Sahayta

**P**armeshwar ne "parivaaron ko sthaapit kiya hamein khushiyaali dene, hamein pyaar ke maahol mein sahi siddhaant sikhne mein madad karne ke liye, aur hamein anant jiwan ke liye tayyaar karne ke liye."<sup>1</sup> Parmeshwar ke "anand ke mahaan yojna" ke baare mein (Alma 42:8), Pradhaan Russell M. Nelson, Barah Devduton ke Parishad Pradhaan, ne kaha: "Unka yojna ghoshna karta hai ki purush aur mahilaaen hai 'ki unhe anand ki praapti ho' [2 Nephi 2:25]. Woh anand milta hai jab hum Parmeshwar ke anant yojna ke saath madhur sambandh mein jeene ko chunenge."<sup>2</sup>

Ek Maseeh-kendrit ghar sabse bade mauke pradaan karta hai safalta ke. Elder Richard G. Scott (1928–2015) jo Barah Devduton ke Parishad ke hai use ek aise jagah kehta hai "jahan susamachaar sikhlaya jaata hai, vachano ko nibhaya jaata hai, aur pyaar adhik rehta hai," jahan parivaarein "ek aagyakaari jiwan" ji sakte hai aur "Ishu Maseeh ke susamachaar mein sthirta se khade rahe."<sup>3</sup>

Pradhaan Henry B. Eyring, Pratham Adhyakshta ke Pratham Salahkaar, ne kaha: "Hum tay

kar sakte hai ki hum woh sab karengi jisse swarg ki shaktiyaan [hamare] parivaar mein aaenge." Aur hum apne gharon mein pyaar, sewa, aagyakarita, aur khushiyaali ko badhawa denge "[hamare bachchon] ko Parmeshwar ka vachan sunane aur phir vishwaas se use karne ki koshish karke. Agar woh aesa karengi, unke swabhaao mein aesa sudhaar aaega jisse woh us khushi ko utpan karengi jiski unhe talaash hai."<sup>4</sup>

## Maseeh-Kendrit Gharein

Dharamshaastron mein hamein Maseeh-kendrit gharon ke kirdaar milte hai. Jab unke pita, Lehi, ka dehaant hua, Nephi apne parivaar aur un logon ko jo chetaoniyon aur Parmeshwar ke praktikaranon mein aur jo Nephi ke baat maante the ko Lamanities ke ilaake se dur le gaya. Is naye ilaake mein, Nephites Prabhu ke faesle, kaanoon, aur niyamon ka paalan purun rup se kar sakte the, Moses ke kanoon ke anusaar (dekhiye 2 Nephi 5:6–10). Phir bhi Nephitiyon ke beech bhi, kuch log aagya na maanne waale huwe.

Aur jabki hamare parivaar ke sadasye bhi kabhi kabhi dur ho

sakte hai dhaarmikta se jaise Nephitiyon mein hua, Elder Scott ne kaha ki ek Maseeh-kendrit ghar tab bhi "hamare gharon mein sabse zyaada aashwasan pradaan karta hai shaanti aur suraksha ko lekar." Usne yeh kaha ki "tab bhi kayi chunaotiyaan ya dukh hongee, lekin takleefon ke beech, hum atma shaanti aur badhiya khushi ka anand le paaenge."<sup>5</sup>

## Anye Dharamshastra

3 John 1:4; 1 Nephi 8:12;  
2 Nephi 5:27

### VIVRAN

1. *Handbook 2: Administering the Church* (2010), 1.1.4.
2. Russell M. Nelson, "Celestial Marriage," *Liahona*, Nov. 2008, 92.
3. Richard G. Scott, "Ghar Par Shaanti ke Liye," *Liahona*, May 2013, 30, 31.
4. Henry B. Eyring, "The Teachings of 'The Family: A Proclamation to the World,'" *New Era*, Sept. 2015, 5, 6.
5. Richard G. Scott, "Ghar par Shaanti," 31.

## Yeh Sochiye

Hum kya kar sakte hai apne parivaaron mein aur dhaarmikta se jeene ke liye?