



Los ntawm Thawj Tswj  
Hwm Thomas S. Monson

# Hais txog Kev Npaj tau rau Sab Ntsuj Plig

Lus Ntuas uas los ntawm Peb tus Yaj Saub los

## Ib lub Hauv Paus ntawm Kev Ntseeg

“Yog hais tias peb tsis muaj lub hauv paus tob tob ntawm kev ntseeg thiab ib zag lus tim khawv ntawm qhov tseeb uas nyob ruaj khov, ces ntshe peb yuav tiv tsis taus tej nag xob nag cua thiab tej cua no no heev ntawm kev cov nyom uas peb sawv daws yeej yuav raug.

Lub neej no yog ib lub caij sim peb siab, ib lub sij hawm rau peb tau qhia seb peb puas tsim nyog rov qab mus nrog peb Leej Txiv Saum Ntuj Ceeb Tsheej nyob. Kom peb thiaj li raug sim siab tau, peb yuav tsum muaj kev cov nyom thiab kev nyuab siab. Tej no yuav ua tau rau peb poob siab, thiab tej zaum peb tej siab tej ntsws yuav tawg pleb ntais rhe—yuav muaj li ntawd, yog tias peb lub hauv paus kev ntseeg, peb tej lus tim khawv ntawm qhov tseeb tsis nyob tob tob hauv peb.”<sup>1</sup>

## Kawm ntawm tej uas Tau Muaj Lawm Yav Tas Los

“Nyob rau ntawm txoj kev uas nrhiav kom tau qhov zoo tshaj plaws ntawm peb tus kheej, cov lus nug no yuav pab coj peb tej kev xav: Kuv puas yog tus neeg uas zoo tau raws li kuv xav? Hnub no kuv puas nyob rau ntawm tus Cawm Seej ze dua nag hmo? Kuv puas yuav nyob ze tshaj tag kis? Kuv puas ua tau lub siab loj los hloov mus rau qhov kev zoo? . . .

“Xyoo tag xyoo tuaj, tab sis qhov uas yuav tsum muaj zaj lus tim khawv ntawm txoj moo zoo yeej yuav yog qhov tseem ceeb heev. Thaum peb mus lawm yav tom

ntej, peb yuav tsum nco ntsoov txog tej kev qhia uas peb kawm tau yav tas los lawm.”<sup>2</sup>

## Koj lub Liyahaunas

“Koj qhov koob hmoov yawg suab yog koj li thiab koj ib leeg li xwb. Txawm hais tias hais ntau los sis hais tsawg, yooj yim to taub los sis ua rau yus xav tsis thoobQhov uas nws ntau li cas los sis hais li cas yuav tsis yog qhov tseem ceeb tshaj ntawm daim ntawv yawg suab. Tus Ntsuj Plig yuav yog tus uas qhia tau lub ntsiab tseeb. Koj daim ntawv koob hmoov tsis muab rau koj kom koj muab tais thiab cia zoo zoo xwbTsis yog yuav tsum muab nruab tseg los sis qhia rau sawv daws paub. Yuav tsum muab nyeem. Yuav tsum saib rau nqi. Yuav tsum ua raws li tej lus hais. Koj daim ntawv koob hmoov yawg suab yuav pab koj thaum koj muaj kev tsaus ntuj. Yuav pab coj koj kev ntawm lub neej tej kev xwm txheej. . . . Koj daim ntawv koob hmoov yawg suab yuav yog koj lub Liyahaunas uas yuav pab tho kev thiab coj koj kev.

“Tej zaum yuav tsum ua siab ntev thaum peb saib, tos, thiab ua hauj lwm kom tau tej koob hmoov raws li tau cog lus tseg.”<sup>3</sup>

## Los Cuag Nws

“Nco ntsoov hais tias koj tsis taug kev koj ib leeg xwb. . . . Thaum koj taug txoj kev ntawm lub neej, txhua lub

sij hawm yuav tsum taug mus rau qhov kaj, ces tej duab ntxoo thiaj yuav nyob tom qab.

“Thaum kuv saib hauv tej vaj lug kub kom tau kev tshoov siab, muab ib los lus uas pheej tshwm rau kuv pom ib lub sij hawm dhau ib ib lub sij hawm. Lo lus yog ‘los. ‘Tus Tswv tau hais tias, ‘Los cuag kuv. ‘Nws tau hais tias, ‘Los kawm txog kuv. ‘Nws kuj tau hais tias, ‘Los, lawv kuv qab. ‘Kuv nyiam lo lus ntawd, *los*. Kuv xav thov kom pib los rau ntawm tus Tswv.”<sup>4</sup>

#### LUS CIM

1. “How Firm a Foundation,” *Liahona*, Kaum Ib Hlis Ntuj 2006, 62.
2. “Becoming Our Best Selves,” *Liahona*, Plaub Hlis Ntuj 2006, 3, 5.
3. “Your Patriarchal Blessing: A Liahona of Light,” *Ensign*, Kaum Ib Hlis Ntuj. 1986, 66.
4. 16-stake fireside, Brigham Young University, Kaum Ib Ntuj Hnub Tim 16, 1986.

#### KEV QHIA LOS NTAWM ZAJ LUS NO LOS

**T**eaching, *No Greater Call* tau hais tias: “Ib tug nai khu uas txawj ntse heev yeej tsis tas xav txog hais tias, . . . ‘Hnub no kuv yuav qhia txog dab tsi?’ tsuas muaj qhov uas hais tias, ‘Kuv yuav ua li cas thiaj li pab tau kuv cov tub kawm kom lawv paub txog tej yam uas lawv yuav tsum paub?’” ([1999], 61). Kom thiaj li pab tau cov neeg kawm tau tej yam los ntawm zaj lus no los, tej zaum yuav tsum muab ntawv thiab xaum thiab muaj sij hawm rau lawv los nyeem Thawj Tswj Hwm Monson cov lus thiab sau tseg tej tseeb uas lawv kawm tau txog kev npaj tau rau sab ntsuj plig. Cov me nyuam yau me ntsis hais kom lawv kos duab txog tej yam lawv kawm tau. Xav saib puas tsim nyog hais kom lawv qhia txog tej yam uas lawv sau tseg los sis kos duab tseg.

#### COV HLUAS

#### Koj qhov Koob Hmoov Yawg Suab

**T**hawj Tswj Hwm Monson hais tias qhov koob hmoov yawg suab yog “lub Liyahaunas uas yuav pab tho kev thiab koj kev. “Ces qhov koob hmoov no yog dab tsi, thiab yuav pab koj kev hauv koj lub neej li cas?

#### **Koob hmoov yawg suab yog dab tsi?**

Koj qhov koob hmoov muaj ob lub ntsiab. Qhov thib ib, yuav qhia txog koj caj ceg, los sis saib koj koom pawg neeg lxayees twg. Qhov thib ob, yuav muaj tej yam uas yuav pab koj kev. Koj qhov koob hmoov tej zaum yuav muaj tej lus cog tseg, tej lus ntuas, thiab tej lus ceeb toom.

#### **Kuv yuav tsum muaj pes tsawg xyoo es thiaj li txais tau kuv qhov koob hmoov?**

Tsis tau teem tseg hais tias yuav tsum muaj pes tsawg xyoo, tab sis yuav tsum tos txog koj hlob txaus los saib tej lus dawb ceev ntawm qhov koob hmoov no rau nqi lawm. Cov mej zeej feem coob pib xav txog kev txais lawv qhov koob hmoov thaum lawv tiav nkauj tiav nraug.

#### **Kuv yuav ua li cas thiaj li txais tau qhov koob hmoov?**

Qhov thib ib, nrog koj tus npiv sov los sis ceg ntseeg tus thawj tswj hwm sib tham. Yog hais koj npaj tau thiab tsim nyog lawm, ces koj yuav tau ib daim ntawv tso cai. Tom qab ntawd, ces koj teem sij hawm mus ntsib tus yawg suab ntawm cheeb tsam uas koj nyob.

#### **Kuv yuav tsum ua li cas rau kuv qhov koob hmoov?**

Muab khaws cia zoo zoo, thiab yuav tsum ib sij nyeem ib zaug. Nco ntsoov hais tias, koj qhov koob hmoov yog ib yam dawb ceeb thiab yog koj li nkaus nkaus xwb. Tej zaum koj qhia tau rau cov neeg hauv koj tsev neeg kiag xwb, tab sis tsis txhob muaj qhia rau cov neeg sab nraud. Thiab, tag nrho tej koob hmoov uas hais tseg rau hauv koj qhov koob hmoov yawg suab yuav yog nyob ntawm koj txoj kev ntseeg thiab nyob rau tus Tswv lub sij hawm.

#### COV ME NYUAM

#### **Ib lub Hauv Paus Nyob Nruaj Khov**

**T**hawj Tswj Hwm Thomas S. Monson tau hais tias pib yuav tsum ua kom muaj “ib zag lus tim khawv ruaj khov ntawm qhov tseeb.” Ib qho uas zoo tshaj plaws rau pib ua tau li no yog nyeem tej vaj lug kub. Saib tej nqe hauv qab no. Sau ib yam ntawm txhua nqe uas pab koj ua tau kom koj zaj lus tim khawv muaj zog tuaj.

Maumoos 7:5

Tej Nqe Kev Ntseeg 1:10

Maulaunais 10:5

D&C 11:12

Maulaunais 7:41

D&C 1:37

Efexaus 6:11

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# Tej Kev Pab Ua Tib Zoo Saib Xyuas tej Khoom Ntiag Tug thiab Ua Kom Tsis Txhob Tshuav Nuj Nqi



*Qhia txog tej vaj lug  
kub thiab tej kab lus  
twg los sis, yog hais  
tias yuav tsum ua li  
no, siv lwm txoj ntsiab cai uas yuav  
foom tau koob hmoov rau cov viv  
ncaus uas koj mus ntsib. Hais lus  
tim khawv txog zaj lus qhuab qhia.  
Caw kom cov uas koj qhia ntawd  
piav saib lawv xav li cas thiab  
kawm tau dab tsi.*

## Tej Kev Pab Saib Xyuas tej Khoom Ntiag Tug

“Kev ua neej raws li kev vam  
meej” . . . hais txog qhov uas [tshwj]  
peb tej khoom ntiag tug tseg cia  
zoo, npaj siv nyiaj txiag raws li ib  
lub tswv yim zoo, npaj them tej nqi  
ntawm kev saib xyuas yus txoj kev  
noj qab nyob zoo, thiab npaj them  
tej nqi kawm ntawv thiab kawm txuj  
ci hauj lwm, es ua tib zoo saib xyuas  
tej kev ua khoom noj thiab cia hauv  
tsev thiab npaj peb tus kheej kom tiv  
tau txhua yam. . . . Yog tias peb ua  
neej raws li lub tswv yim zoo thiab  
tej kev cai vam meej, peb yuav nyob  
puaj phais ib yam li peb nyob hauv  
Vajtswv lub xib tes.”<sup>1</sup>

*Thawj Tswj Hwm Spencer W. Kimball  
(1895–1985).*

“Peb yuav tsum txawj ua dab  
tsi es peb thiaj yuav pab tau peb  
tus kheej? . . . Thaum ub hauv lub

Koom Txoom, Brigham Young tau  
thov kom cov muam xyaum ua tej  
yam uas pab tsev neeg tsis txhob  
muaj mob, ua kom muaj tes hauj  
lwm hauv tsev, thiab kawm kom  
paub txog tej ntaub ntawv khaws  
nyiaj txiag thiab lwm yam zoo uas  
yuav tsum txawj ua. Tej ntsiab cai  
ntawd los tseem siv tau rau niaj  
hnuv nim no. Kev kawm ntawv  
yog ib qho tseem ceeb heev

“Kuv tau nug ob peb tus npiv  
sov saib cov muam hauv lawv pawg  
ntseeg xav tau kev pab kawm dab  
tsi tshaj, thiab cov npiv sov tau teb  
hais tias yog kev saib xyuas nyiaj  
txiag. Cov poj niam yuav tsum to  
taub txog tej yam uas yuav muaj los  
yog hais tias pheej cia li siv nyiaj tag  
zog thiab siv nyiaj ntau tshaj qhov  
uas yus muaj. Qhov thib ob uas cov  
npiv sov hais tias yuav kawm yog  
kev ua zaub mov. Tej pluag mov  
uas ua thiab noj hauv tsev feem ntau  
yuav tsis kim, yuav ua rau tsev neeg  
noj qab nyob zoo dua, thiab ua rau  
tej kev sib raug zoo hauv tsev neeg  
muaj zog dua tuaj.”<sup>2</sup>

*Julie B. Beck, lub Koom Haum Niam Tsev  
tus Tuam Thawj Tswj Hwm.*

## Ua Kom Tsis Txhob Tshuav Nuj Nqis

“Cia kuv qhia txog tsib yam uas  
pab kom tsis txhob tshuav nuj nqi  
“Qhov thib ib, them ib feem kaum.

### KEV PAB RAU COV MUS XYUAS TOM TSEV

Nrog koj tus khub sib tham  
saib yuav ua li ca thiaj li qhia  
tau zaj lus hais no kom haum  
rau cov viv ncaus lub neej. Yuav  
qhia tau tej yam uas koj txawj  
ua twg rau tus viv ncaus?

Kev Npaj ntawm Yus tus  
Kheej

Malakis 3:10

Mathais 6:19–21

Lukas 12:15

D&C 38:30; 88:119

Kom tau ntaub ntawv xov  
xwm ntxiv, saib *All Is Safely  
Gathered In: Family Finances*  
(item no. 04007).

“Qhov thib ob, siv tsawg tshaj  
qhov yus khwv tau.

“Qhov thib peb, xyaum txuag  
nyiaj.

“Qhov thib plaub, them koj tus  
nqi raws li koj tau lees tseg.

“Qhov thib tsib, qhia kom koj  
cov me nyuam ua raws li koj tus  
yam ntxwv.”<sup>3</sup>

*Txwj Laug Joseph B. Wirthlin (1917–2008)  
ntawm Pawg Kaum Ob Tug Thwj Tim.*

“Thaum peb tshuav nuj nqi, ces  
peb tsis muaj qhov kev zoo heev  
uas yog kev xaiv lawm thiab peb  
ua rau peb tus kheej muaj ib tug  
tswv los tswj peb lawm. Peb cog  
lus hais tias peb yuav siv peb lub  
sij hawm, lub zog, thiab tej uas peb  
muaj los mus them tus nqi uas peb  
tau txais—lawm es tiag tiag twb  
tsim nyog peb siv tej no los pab

peb tus kheej, peb tsev neeg thiab lwm cov neeg.

“Kom thiaj li them tau peb tej nuj nqi thiab ua kom tsis txhob tshuav nuj nqi rau yav tom ntej lawm ces peb yuav tsum muaj kev ntseeg rau tus Cawm Seej—tsis yog hais tias mam *ua* zoo dua xwb tab yuav tsum *coj* kom zoo dua. Yuav siv kev ntseeg loj heev

es thiaj hais tau tias, ‘Qhov no peb tsis muaj nyiaj yuav.’ Yuav siv kev ntseeg loj kom thiaj tso siab tau tias lub neej yuav zoo dua thaum peb tsis txhob yuav tej yam uas peb xav tau es cia los yuav tej yam uas peb toob kas thiab lwm tus neeg toob kas xwb.”<sup>4</sup>

***Txwj Laug Robert D. Hales ntawm Pawg Kaum Ob Tug Thwj Tim.***

#### **LUS CIM**

1. “Welfare Services: The Gospel in Action,” *Ensign*, Kaum Ib Hlis Ntuj 1977, 78.
2. “The Welfare Responsibilities of the Relief Society President,” *Basic Principles of Welfare and Self-Reliance* (2009), 5.
3. “Earthly Debts, Heavenly Debts,” *Liahona*, Tsib Hlis Ntuj 2004, 41, 42.
4. “A Gospel Vision of Welfare: Faith in Action,” *Basic Principles of Welfare and Self-Reliance* (2009), 1.

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