

Sel Prestuhn  
Thomas S. Monson



# Moulkihn Moul Muht

**K**e muhtwacwacyacn sie yac sasuc, nga kwacfe Mwet Luhlahlfongi ke Lwen-sahflah acn nuh kwewa in oruh, oaru, ohiyac yohk srihpac la nuh ke ma nga pahngon moul muht—moul se ma seslah ke muht luhn pihsrlac, ma wowo, ac insewowo uh. Oacna ke kuht lotwelah ABC uh ke lutlut ah, nga usot ABC luhk sifacna in kahsrwe kuht nuh kwewa in eis moul muht.

## Eis sie Elah Wowo

A ke ABC luhk uh pa elah. William James, sie pioneer psychologist ac philosopher Macrike, suhmuhslah, “Ma eklac yohk se ke fihl lasr pa sukoyak se ma mwet uh, in ekuhllah elah lun mwe nuhnak lalos uh, kuh in ekuhllah ma kahlwem ke moul lalos uh.”<sup>1</sup>

Puhs suhna ke moul uh wiwi na elah lasr uh. Ohiyacn sulacalah lasr in liye ma uh ac topuk mwet sahyac uh orwacalah eklac uh nuh kwewa. In oruh kuhiyacsr ac sulacalah in engan ke ohiyac sikyak lasr uh, oacna sie ma e siyak uh, kuh in use mihs ac mwe engan.

Charles Swindoll—mwet sihm puk, mwet orekma ke luti, ac pahstuh Kristin se—el fahk: “Elah, nuh sihk, yohk srihpac liki na . . . pacl somlah, . . . na mani, na ohiyac sikyak uh, na tiac orwacalah uh, na pihsrlac uh, na ma mwet sahyac nuhnkuh kuh fahk kuh oruh uh. Yohk

srihpac liki na atac, moniyuck, kuh fwacfa. Ac fah oruh kuh kuhnahoslah sie u in orekma, sie alu, sie lohm. Ma etweyuck se uh pa oasr sulacalah lasr lwen nuh kwewa ke elah kuht ac fah tahpuhk ke lwen sac uh.”<sup>2</sup>

Kuht tiac kuh in kihfucs eng uh, tuhsruhkuht kuh in mokle nes in kal uh. Nuh ke luhpah yohk ke engan, mihs, ac mwe engan uh, kuht kuh in *sulacalah* sie elah wowo.

## Luhlahlfongi Keim Sifacna

*B* pa luhlahlfongi—keim sifacna, ke ma raunikomyak an, ac ke ip yohk ma pahtpaht an.

Oruh in suwohswohs nuh sum sifacna, nuh sin mwet sahyac, ac nuh sin Pahpah Lucng. Sie mwet ma tiac suwohswohs nuh sin God nwe ke na pahtlac pa Cardinal Wolsey suc, Shakespeare el fahk, sislah moul loeloes se in kuhlwcansap nuh sin tohkohsrah tolu ac engankihn kahsrup ac kuh. Sahflahiyac ah, el itucklac kuh ac ma lal sin sie tohkohsrah semuhtweng. Cardinal Wolsey el tuhngiyac:

*Nga fuhmuh kuhlwacnsapuh God luhk ke tahfuhn  
oasrasr luhk*

*Nga kuhlwacnsapuh tohkohsrah luhk, El tiac oasr  
ke matwuck*

*Fihliyuclac in kohflohfohl yurin mwet lokoalok luhk.*<sup>3</sup>

Thomas Fuller, mwet luhn alu se England ac mwet lutlut ke ma mahtuh suc moul ke yac 1600 somlah ah, suhmuhslah ma pwacye se inge: “El tiac luhlalfongi ke ma el tiac moulkihn ke luhlalfongi lal.”<sup>4</sup>

Nimet ikolyac kuhiyom ac nimet lwelah mwet sahyac in fahk nuh sum lah kom ikolyucki ke ma kom kuh in oruh uh. Luhlalfongi keim sifacna ac oruh moul an in kuh in sun kuhiyom.

Kom kuh in eis ma kom luhlalfongi muh kom kuh nuh kac an. Luhlalfongi ac eis luhlalfongi.

### Sun Ma Upac an ke Puhlaik

Puhlaik uh orwacnah ma oasr srihpac se ac moul nwacsnwacs oasr kalmeyac ke pacl ac tiac luhngkihn-yuck yohk in oacna sie ma kihsackihnyucklac kac se tuhsruhk in oacna ma moklweyuck ke moul wo ac fal se.

Ralph Waldo Emerson mwet oruh kain in sihm Macrike se el fahk: “Kom enenuh in puhlaik ke kain ma kom oruh an. Oacna sie inkacnek kom sulacnah kac an, pacl nuh kwewa oasr mwet se ac fahk nuh sum lah kom tahfonglac. Pacl nuh kwewa oasr ma upac sikyak ma srihfe kom in luhlalfongi lah mwet ahkkolukye kom an pwacye. In orwacnah se inkacnek in mukwi-kwi ac ukwe nuh ke sahflahiyac enenuh kuhtuh kain puhlaik se na ma solse uh enenuh an. Oasr kuhtanglah luhn mihs uh, tuhsruhk enenuh mukul ac muhtwacn watwen in kuhtanglah.”<sup>5</sup>

Oasr pacl ma kom ac sahngweng ac ahkmuhnahsyeyucklac. Kom ac kuh in puhla lah kom kuhtangyucklac. Ma kuh in orek in eis kuhtanglah kuh in sikyak upac. Oasr pacl kom ac kuh in puhla oacna David srihke in laenuhl Goliath. Tuhsruhk esam—David *el* kuhtanglah!

Puhlaik pa enenuh in oruh sie ma in sun finsrak rahpkuh luhn sie mwet, tuhsruhk finne puhlaik yohk enenweyuck nuh ke pacl mwet se tikuclkucl ac enenuh in oruh kuhiyac ahkluo in eis.

Eis moklweyuck in oruh kuhiyac, nuhnak se in oruh nuh ke finsrak wowo se, ac puhlaik in tiac sun muh-kwena ma upac ma ac tuhkuh na pwacye tuhsruhk oac-yacpac in oruh kuhiyac ahkluo se, kuh in enenweyuck. “Kuhtuh pacl uh puhlaik pa puhsra srihsrihk ke sahflahiyacn lwen uh ma fahk, ‘Ngwac srihke pac lutu.’”<sup>6</sup>

Kuht kuh in esam ABC inge ke kuht muhtwacwac-ack ke fuhfahsryucsr lasr nuh ke yac sasuc se, pihkihn

elah wowo, luhlalfongi se ma kuht kuh in eis finsrak ac akwuck lasr, ac puhlaik in sun ma upac nuh kwewa ma tuhkuh nuh yohrohrs uh. Na moul muht fah ma na lasr.

### MWE KAHSRUH

1. William James, ke Lloyd Albert Johnson, comp., *A Toolbox for Humanity: More Than 9000 Years of Thought* (2003), 127.
2. Charles Swindoll, ke Daniel H. Johnston, *Lessons for Living* (2001), 29.
3. William Shakespeare, *King Henry the Eighth*, act 3, scene 2, lines 456–58.
4. Thomas Fuller, in H. L. Mencken, ed., *A New Dictionary of Quotations* (1942), 96.
5. Ralph Waldo Emerson, in Roy B. Zuck, *The Speaker's Quote Book* (2009), 113.
6. Mary Anne Radmacher, *Courage Doesn't Always Roar* (2009).

### LUTI KE PWENG SE INGE

Nuhnkuh in suli mwet ke sucu an in akacsruih ke puhla la ke pacl elah wowo se, luhlalfongi kaclos sifacna, kuh puhlaik uh kahsrwelos. Kuh solwaclos in sokwack mwe srihkasrak ke ip yohk tolu inge ke ma suhmuhslah uh. Kom ac kuh in ahkolah in luti ke pruhe in nuhnkuh ke ma suhmuhslah kuh puhla lom sifacna.

## MWET FUHSR

### Puhlaik in Pain Moullac ke Eng Upac Sel Maddison Morley

**K**e fong ahkluo ke kacm luhk luhn Muhtwacn Fuhsr luhn stek luhk ah, oasr af upac se ac eng for se sun kuht. Ward se luhk ah oasr muhtwacn fuhsr 24 ac mwet kol luo wi kacm sac, ac kuht nuh kwewa nwacnwacnah lun kihtin lohmsahk in wihklac. Af ah puhtat upac, ac eng ah fokokoi. Nga tiac tui in ahkacsmakihnyeyuc sifacna ke pruhe nuh ke pain moullac ma prestuhn luhn stek lasr ah oruh ah. Ward lasr uh oruh pac pruhe in u lasr uh lun kihtin lom sahk sac, ac nga oruh pruhe luhk sifacna uh.

Puhkantwen tuhlihk muhtwacn sahngweng, ac fihsracsr in liyeyuck lac efuh. Kihtin lohmsahk se lasr ah tiac arlac fokoko, ac kuht oasr siskacn infacl soko. Ke mihnit 20 pahkah sac upacnah oruh stek na fohn sac enenuh in kahing liki lohmsrihsrihk luhn ward lalos ah nuh ke lohmsrihsrihk luhn mwet in kahsruih ah, suc ma oan ke acn fuhlwact. Prestuhn luhn stek se luhk ah oruh pac sie pruhe, ac kuht onkihn on in alu, on luhn U luhn Tuhlihk Srihsrihk, ac on in kacm in ahkwoye kuht

sifacna. Ahok, kuht sahngweng, tuhsruhk kuht puhla lah ma nuh kwewa ac fah wo. Tahfuhn ao tohkoh WOLAC kuht kuh in fohlohk nuh ke lohm srihsrihk luhn ward lasr ah.

Kuht konwacack tok ma sikyak ke eng for se fong ah. Eng sac orwacalah pahkah luo. Sie kahsruhsr siskacsr nuh lwacyacn lacyot ac ma se sahyac ah nuh lwacyacn lacsac. Ma se ma sun kuht ah tiac pa upaciyac ah!

Nga etuh lah God El lohng pruhe lasr ke fong sac ac lah El loangwekuhtlac liki upaciyacn pahkah sac. Efulh kuh eng for se in fahsrwelihk God El fin enenuh? Nga etuh lah ke eng upac ke mouh uh, kuht kuh in pruhe nuh sin Pahpah Lucng ke lwen nuh kwewa ac El ac fah lohng ac topuk kuht, use nuh sesr puhlaik ac loangweyuck kuht enenuh in oruh in pain moullac uh.

## TUHLIHK

### Kacptin Moroni

**K**acptin Moroni oasr puhlaik lal ke el sun ma upac kuh. El luhngse ma pwacye, sukohsohk, ac luhlahlfo- ngi. El insacnweacng mouh lal in kahsruh Mwet Nephi in sruokyac sukohsohk lalos. Kom kuh in oacna Kacptin Moroni in sun ma upac lom an ke puhlaik. Kom kuh in oruh sifac in sukohsohk lom sifacna in sihmih ma yohk srihpac nuh sum ac sucu lom an.

#### Acn in Sokwack Yohk uh

**Liye Alma 46:11-27: Sifac ke sukohsohk**

**Liye Alma 48:11-13, 16-17: Ohiyac Wowo lal Moroni**



Luhlalhfongi, Sucu, Kahsruh

# Karihngihnyuck ac Luti ke Forfor Luti

*Lutlutkihn kuhfa inge, ac ke pacl fal, sramsramkihn yurin tahmtahel ma kom muhtwacna nuh yohroh an. Orekmakihn kihsen siyuck an in kahsrwe kom ahkkweye tahmtahel wiyom an ac in orwaclah ip fokoko se ke U in Kahsruh luhn Muhtwacn ke moul lom sifacna an.*

“Luhngse pwacye [kalmac pa] Lyohk liki puhla in kuhlhwacng,” lutiyuck sel Prestuhn Henry B. Eyring, Mwet in Kahsruh Se Met ke Prestuhnsi Se Met. “Luhngse pwacye isuslac ke luhlalhfongi ke Leum Jisus Kraist ac pa kahlwem ke Iwaclah Lal.”<sup>1</sup> Nuh sin tahmtahel ke U luhn Muhtwacn in Kahsruh an, forfor luti uh kuh in oruh mukwikwi ke luhngse pwacye, inkacnek yohk srihpac se in ahsrosr luhlalhfongi lasr ke Mwet Lahngo.

Ke forfor luti uh, kuht sang karihngihnyuck in ohsun nuh yurin kais sie tahmtahel, akacsruhi ke pweng se ke wosasuc, ac suk in etuh enenuh lal ac sucu lal uh. “Forfor luti uh oruh orekma se luhn Leum ke pacl liye lasr uh oasr yurin mwet uh liki na luhpah se,” ahkuhtweyac sel Julie B. Beck, prestuhn luhlahp ke U luhn Muhtwacn in Kahsruh. “Ke ma pwacye uh, forfor luti uh wacngihn sahflahiyac. Oruh inkacnek in moul se liki na orekma se. Luhlalhfongi kuh in kuhlhwacnsap oacna sie mwet forfor luti pa ma kahlwem se ke mwet tuhma lutlut lasr uh.”<sup>2</sup>

Ke kuht sang ke pacl nuh kwewa ac pruhe in karihngihn uh, kuht lutlutkihn ohiyacn luti wowo kac ac sun enenuh luhn kais sie tahmtahel ac sucu lal an. Luti

uh kuh in oruh kain atac pucspucs—kuhtuh yohk ac kuhtuh tiac arlac yohk. “Kwacna mukwikwi srihsrihk ke kuhlhwacnsap uh pa enenweyuck in tahpuhk ac ahkinsewowoye mwet sahyac uh: kihsen siyuck soko ke sucu luhn mwet se, kaks in ahkkweye sa, sie kaks in kaksahkihn pwacye, kihtin pwepuh in sang kuloh se, pahng fototo se,” lutiyuck sel Prestuhn Thomas S. Monson. “Kuht fin liye ac elyah, ac kuht fin mukwikwi ke moklweyuck ma tuhkuh nuh sesr uh, kuht kuh in orwaclah ma wo yohk. . . . Puhkantwen na pwacye mukwikwi in kuhlhwacnsap oreklac sin mwet forfor luti ke u yohk ke U luhn Muhtwacn in Kahsruh.”<sup>3</sup>

## **Ke Ma Mahtuh Lasr**

Ke 1843, mwet ke Alu uh fin acn Nauvoo, Illinois, kihtakatwelihk nuh ke ward ahkosr. Ke Julaha ke yac sac, mwet kol ke U luhn Muhtwacn in Kahsruh uh srihsrngiyac mwet ahkosr ke sie kihmiti luhn kais sie ward. Ma kunen kihmiti forfor se weacng tahfuh enenuh ac orwacni mwe kahsruh orekwacni uh. U luhn Muhtwacn in Kahsruh an orekmakihn ma orekwacni inge in sang nuh sin mwet enenuh.<sup>4</sup>

Ke pacl ma mwet forfor luti uh tilac orwacni ma orekwacni uh,

elos sruok na kunohkohn in tahfuh enenuh uh—ke ip luhn nguhn ac ip luhn mahno—ac in orekma in sun enenuh ingacn. Eliza R. Snow (1804–87), prestuhn luhlahp ahkluo ke U luhn Muhtwacn in Kahsruh, el ahkuhtweyac lah: “Mwet luti se . . . enenuh in yohk na pwacye ke Nguhn luhn Leum, ke el ac utyak nuh lun sie lohm in etuh lah nguhn fuhkah el sun we uh. . . . Ngihstre ye muhtuhn God ac Nguhn Muhtahl in eis [Nguhn] kom in kuh in sun nguhn se ma oasr lun lohm sacn uh . . . ac kom kuh in puhla in fahk kaks in mihs ac ahkwoye, ac kom fin sokwack sie tahmtahel in puhla srwenglah, esacl ke insiom oacna ke kom oruh nuh sin sie tuhlihik lun insiom an ac ahkfucsrufucryaclwack.”<sup>5</sup>

## **MWE KAHSRUH**

1. Henry B. Eyring, “Ohiyen Muhtwacnglah luhn U luhn Muhtwacn in Kahsruh,” *Liahona*, Nohfohmpuh 2009, 121.
2. Julie B. Beck, “Relief Society: A Sacred Work,” *Liahona*, Nohfohmpuh. 2009, 114.
3. Thomas S. Monson, “Three Goals to Guide You,” *Liahona*, Nohfohmpuh 2007, 120–21.
4. *Liye Daughters in My Kingdom: The History and Work of Relief Society* (2011), 105.
5. Eliza R. Snow, ke *Daughters in My Kingdom*, 108.

## **Ke Ma Suhmuhsrah uh**

Jon 13:15, 34–35; 21:15; Mosiah 2:17; Doctrine and Covenants 81:5; Moses 1:39

***Meac Nga Kuh In Oruh?***

**1.** Meac nga oruh in kahsrüh tahmtahel wiyuck uh in puhlah nga pa kawuck se ma luhngse ac elyah selos uh?

**2.** Nga oruh fuhkah in wo na pwacye in karihngihn ac fosrngahkihn mwet sahyac uh?

Nuh ke kuhtuh pac ma in etuh, som nuh ke [www.reliefsociety.lds.org](http://www.reliefsociety.lds.org).