

Sel Prestuhn
Henry B. Eyring

Mwet in Kahsrh Se Met ke
Prestuhnsi Se Met



Akihlen, Esam, ac Sang Kuloh

God El siyuck sesr in sang kuloh nuh Sel ke mwe in sewowo nuh kewa kuht eis Sel me. Fihswacsr nuh sesr in muhtwacwacack in tiac puhlakihn ke pruhe in kulohkihn lasr, kwacna kalweni kahs inge tuh tiacna fahk ke inse pwacye in sang kuloh lasr oacna sie mwe sang ke insiac nuh sin God. Kuht enenuh in sang kuloh ke Nguhn (liye D&C 46:32) na kuht kuh in puhla tarilacna na pwacye ke ma God El use nuh sesr uh.

Kuht kuh in esam ip se ke ma nuh kwewa God El orwacalah kacsr uh fuhkah? Mwet Sap John el suhmuhs-lah ma Mwet Lahngo el luti kuht ah ke mwe sang luhn esam ma tuhkuh ke mwe sang luhn Nguhn Muhtahl: “Nguhn Muhtahl el fah tuhkuh ac kahsrwekewos, mweyen Papa el fah suhpwacma inek, el fah luti kowos ma nuh kwewa, ac oruh kowos in esamwack ma nuh kwewa ma nga fahk tari nuh suwos” (John 14:26).

Nguhn Muhtahl ahkacsmakihnye kuht ke ma God el luti kuht ah. Ac sie ohiyac God el luti kuht pa ke mwe in sewowo Lal; na, fin kuht sulacalah in ahkpwacyei luhlalhfongi, Nguhn Muhtahl fah use kuhlhwacng luhn God nuh ke esam lasr uh.

Kom kuh in srihke ma ingacn in pruhe mihsenge. Kom kuh in ukwe masap se ma fahk muh kom enenuh in sang kuloh nuh sin Leum God lom ke ma nuh kwewa (liye D&C 59:7).

Prestuhn Ezra Taft Benson (1899–1994) el fahk lah pruhe uh orwacalah pacl wowo se in oruh kac. El fahk: “Mwet Pahluh Joseph el fahk ke sie pacl ah lah sie ma koluk yohk ma Mwet Luhlalhfongi ke Lwen-sahflah uh kuh in puhla suhfal pa ma koluk ke tiac sruikihn. Nga muh inkaiyacsr tiacna nuhnkuh kac lah ma koluk yohk se. Pacl puhkantwen ke pruhe lasr ac ke nguhsr lasr nuh sin Leum in siyuck ke mwe in sewowo sahyac. Tuh kuhtuh pacl uh nga puhla lah kuht enenuh in sang kuhiyacsr ke pruhe lasr in ahkkahlwemye tarilacna ac sang kuloh ke mwe in sewowo kuht eis tari ah. Kuht engankihn yohk.”¹

Kom kuh in puhla ma se inge ke mwe sang luhn Nguhn Muhtahl mihsenge. Kom kuh in muhtwacwacack sie pruhe in muhkuh ke sang kuloh. Kom kuh in muhtwacwacack in oek mwe in sewowo lom na tui kihtin pacl. Fin kom ahkpwacyei luhlalhfongi, ke mwe sang luhn Nguhn Muhtahl, kom ac konwacack lah mwe esamyac ke mwe in sewowo sahyac uh fah nwacklah nuhnak lom an. Fin kom muhtwacwacack in ahkkahlwemye kulohkihn ke kais sie seltahl, pruhe lom an kuh in loesaclihk liki met ah. Kom ac esamwack, ac kom ac puhla tarilacna.

Kom kuh in srihke ma sacn pacna ke kom sihmihs sie ma lun ma sihmlac nuhtum an. Nguhn Muhtahl kahsrh mwet uh ke ma ingacn ke muhtwacwacacyen

pacl uh. Ke puk lal Moses fahk lah sie puk in esamyac karihngihnyuck ke kahs lal Adam ac lun puk sacn sihm-lac lah kuhtwena mwet suc pruhe nuh sin God in kuh in sihmihis ke nguhn luhn mokleyuck sang nguhsr lalos an (liye Moses 6:5).

Prestuhn Spencer W. Kimball (1895–1985) el ahkuhtweyiac lah ohiyac in eis nuhnak luhn lucng: “Mwet suc orekmakihn puk luhn esam fah esam Leum ke moul lalos. Ma sihmihyuck uh pa sie inkacnek in oek mwe insewowo lasr ac kahsruh sucu lasr uh in akihlen mwe insewowo kuht eis uh.”²

Ke kom muhtwacwacack sihm uh, kom kuh in siyuck sum sifacna, “God El ahkinsewowoyeyuc ac mwet nga luhngse mihsenge uh fuhkah?” Fin kom oruh ma se inge pacl puhkantwen ac oasr luhlalhfongi, kom ac konwekomyak sifacna in esamyac mwe insewowo uh. Ac kuhtuh pacl uh oasr mwe sang utuckot nuh ke nuhnak lom uh ma kom tiacna akihlen ke lwen uh tuh kom ac etuh na lah poun God puhsrallah moul lom an.

Nga pruhe tuh kuht in kampare ke kuhiyacsr ke luhlalhfongi in akihlen, esam, ac sang kuloh ke ma Pahpah tuhmwacsr Inkuhsrao ac Mwet Lahngo lasr orwaclah tari ac oruh in ikacslah inkacnek in fohlohk nuh Yohrohltahl.

MWE KAHSRUH

1. Ezra Taft Benson, *God, Family, Country: Our Three Great Loyalties* (1974), 199.
2. Spencer W. Kimball, “Listen to the Prophets,” *Ensign*, Mei 1978, 77.

LUTI KE PWENG SE INGE

Ke pweng lal, Prestuhn Eyring el suli kuht in esam kuhlwcng luhn Pahpah Lucng ke pruhe lasr uh. Sram-sramkihn nuh sin mwet kom luti an ohiyac pruhe ke kulohkihn uh kuh in kahsrwe kuht akihlen poun God ke moul lasr uh. Motko in sikuck muhtuhnteyak in pruhe

yurin mwet kom luti an ac siyuck sin mwet se ma pruhe an in sang kuloh muhkwen.

Kom kuh in lutlut pac ke yohk srihpaciyen kulohkihn in riti fuhs inge ac fuhs sahyac ma Prestuhn Eyring el fahk ah: Psalm 100; Mosiah 2:19–22; Alma 26:8; 34:38; Doctrine and Covenants 59:21; 78:19; 136:28.

MWET FUHSR

Oacoac Ma

Prestuhn Eyring el fahk kahs lal President Spencer W. Kimball (1895–1985) ke el fahk lah “ma sihm-lac uh pa sie ohiyac in oek mwe insewowo lasr ac kahsruh sucu lasr uh in akihlen mwe insewowo kuht eis uh.” Ke toeni luhlahp ke Ohktoha 2012, Prestuhn Thomas S. Monson el oruh fahkwack luhlalhfongi lal ke sihmihyacn ma sihm-lac uh. El akacsruhi ke kuhtuh ma el puhla ke moul lal, ke el fahk, “Ma suhmuhlah luhk lwen nuh kwewa uh, karihngihnyuckyang ke yac puhkantwen, kahsruh sang kuhtuh ma nga koflah esamyac.” El fahk, “Oeklah ma sikyak ke moul lom ac suk yohkna ke mwe insewowo an, ma yohk ac srihsrihk, kom eis tari” (“Consider the Blessings,” *Liahona* ac *Ensign*, Nohfuhmpuh 2012, 86). Kampare in ukwe kahs in kahsruh luhn mwet pahluh ac orwaclah finsrak in sihmihis lun mwe sihm-lac nuhtum an.

TUHLIHK SRIHSRIHK

Ohiyac Puhkantwen in Fahk Kuloh

*“Acn nuh kwewa fin facuh ke sahflahiyacn lwen,
Tuhlihk nuhtin Pahpah Lucng uh sikuck muhtuhn te ac
pruhe,
Kais sie tuhlihk fahk kuloh ke ohiyac sacohk lalos
sifacna.”*

“Children All Over the World,” Children’s Songbook, 16.

Orekmakihn sie macp in konwacack kain in muhtuhfac ma kaks inge orekmakihnyuck we. Kuhtuh sin kaks inge orekmakihnyuck ke muhtuhfac pucspucs!

1. gracias (Spanish)

2. malo (Tongan)

3. thank you (English)

4. shukriyaa (Hindi)

5. spaseba (Russian)

6. arigatō (Japanese)

7. obrigado (Portuguese)

8. asante (Swahili)

9. merci (French)



Luhlahlfongi, Sucu, Kahsruh

kahsruh

Pruhe in lutlutkihn kuhfa se inge ac, ke pacl fal, sramsramkihn yurin tahmtahel ma kowos muhtwacta nuh yohroh an. Orekmakihn kihsen siyuck an in kahsrwe kowos ahkkweye tahmtahel wiyowos an ac in oruh Rilif Sosaiti in ip utuftuf se ke moul lowos sifacna an. Nuh ke kuhtuh pac ma in etuh, som nuh ke reliefsociety.lds.org.

Srihpac ke kahsruh luhn Alu uh pa in kahsruh mempucr in eis kuh in-sifacna, in karihngihni mwet suhkahsruhp ac mwet enenuh, ac in sang kuhlwaconsap. Kahsruh pa yohkiyacn orekma luhn Relief Society. Prestuhn Henry B. Eyring, Mwet in Kahsruh Se Met ke Prestuhnsi Se Met, el luti:

“[Leum] ke muhtwacwacyen pacl uh sang ohiyac puhkantwen nuh sin mwet tuhma lutlut Lal in kahsruh. El suli tuhlihk Nahtuhl uh in ahkmuhtahlye pacl lalos, ac ma oasr lalos, ac elos sifacna in weluhl in kuhlwaconsapuh mwet sahyac uh. . . .

“El suli ac sapkihn nuh sesr in wi ke orekma Lal uh in sruhwack mwet ma enenuh. Kuht orwaclah olweacng in oruh ma ke kof in pacptais uh ac lun tempuhl muhtahl luhn God. Kuht ahksasucye olweacng uh ke Sacnri ke kuht ipeis ke kuhfa luhn Leum uh.”¹

Ye kolyuck luhn pisap kuh prestuhn luhn pracns, kuh mwet kol ke acn an in kahsruh ke ma luhn nguhn ac mahno. Pacl wowo in kuhlwaconsap kwacna

muhtwacwacack yurin mwet forfor luti suc suk mokleyuck in etuh ohiyac in topuk enenuh luhn kais sie tahmtahel elos muhtwacta nuh yohroh.

Ke Ma Suhmuhsrah uh

Luk 10:25–37; James 1:27; Mosiah 4:26; 18:8–11; Doctrine and Covenants 104:18

Ke Sramsram Mahtuh Lasr

Ke Jun 9, 1842, Mwet Pahluh Joseph Smith el sang kunacn tahmtahel ke Relief Society in “kahsrwelah mwet suhkahsruhp” ac in “molwelah nguha uh.”² Finsrak inge srwackna oasr ke insiyacn Relief Society ac ahkkahlwemyeyuck ke pohloh fahk se lasr, “Luhngse pwacye tiacna wacngihnlac” (1 Mwet Korint 13:8).

Prestuhn ahklimmekohsr lasr ke Rilif Sosaiti, Emmeline B. Wells, ac mwet in kahsruh lal an akiyac fahk se inge ke yac 1913 in oacna sie mwe esamyac ke pwelucng luhn ip yohk uh: “Kuht fahkwelihk srihpac lasr in sruokiyacna kuh nuh ke mwe luti mokleyuck lal Mwet Pahluh

Joseph Smith ke el ahkkahlwemye plwacn ma muhtwacn uh in fokokoi ke kalmeyacn kolyuck luhn pristut in orwaclah kuhtuh u wowo nuh ke srihpac luhn karihngihni mwet mas, kahsruh mwet enenuh, ahkpwacrye mwet mahtuh, kahsruh mwet suc tiacna akihlen mwe elyah, ac karihngihni tuhlihk tuhlacl uh.”³

Mihsenge Rilif Sosaiti oasr ke acn nuh kwewa fin facluh ke tahmtahel in sang luhngse pwacye, luhngse wowo luhn Kraist nuh sin mwet tuhlan lalos (liye Moroni 7:46–47).

MWE KAHSRUH

1. Henry B. Eyring, “Opportunities to Do Good,” *Liahona* ac *Ensign*, Mei 2011, 22.
2. Joseph Smith, ke *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 63.
3. *Daughters in My Kingdom*, 63.

Meac Nga Kuh In Oruh Uh?

1. Nga ac ahkolah fuhkah in karihngihnyuc sifacna ac sucu luhk uh ke ip luhn nguhn ac mahno uh?

2. Nga ac kuh in ukwe fuhkah srihkasrak luhn Mwet Lahngo ke nga kahsruh orwaclah mwe enenuh luhn tahmtahel nga karihngihni uh?