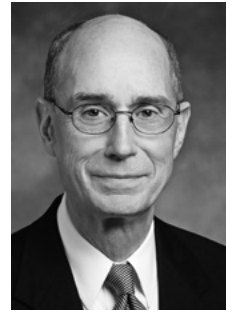


**Sel Prestuhn Henry B. Eyring**  
Mwet in Kahsruh Se Met ke Prestuhnsi Se Met



# Esamuhl Pacl Nuhkwewa

**K**uh kom kuh in wiyuc ac nuhnkwelah ke nuhnak lom mwet pahluh Moroni ke el suhmuhslah kahs sahflah luhn Puk luhn Mormon fin puhlwet kol ah? El muhkahimtacl. El tuh liye acn sel, mwet lal, ac sucu lal kuhnausyucklac. Acn sacn “fahfahlaclacna in tiac tui” ke mweun (Mormon 8:8). Tuh oasr finsrak lal, ke srihpen el liye lwen lasr! Ke ma nuhkwewa el kuh in sihmihs, el suli kuht in *esam* (liye Moroni 10:3).

Prestuhn Spencer W. Kimball (1895–1985) el luhngse in luti lah kahs yohk srihpac se emet ke dictionary ah pa *esam*. Ke srihpen kuht oraclah olwelah nuh sin God, el fahk, “enenuh yohk emet lasr pa in Esamuhlos.”<sup>1</sup>

Kowos kuh in konwacwack kahs *esamyucki* ke ma suhmuhslah. Ke Nephi el kaiyac tamuhlwel lal, el kwacna solwaclos in *esam* kahs luhn Leum ac *esam* ohiyac ma God El molwelah pahpah tuhmwaclos (liye 1 Nephi 15:11, 25; 17:40).

Ke sramsram wolacna sahflah lal, Tohkohsrah Benjamin el orekmakihn kahs *esam* pacl itkohsr. El finsrak tuh mwet lal in muh *esam* “yohklacna luhn God . . . ac wolacna ac mongfihsrwacsr Lal” kaclos (Mosiah 4:11; liye pac 2:41; 4:28, 30; 5:11–12).

Ke Mwet Lahngo El akiyac kuhfa luhn Leum, El suli mwet tuhmal lutlut in ipeis ke mwe akucl “in *esam*” ke iwaclah Lal (Luke 22:19). Ke kais sie pruhe luhn kuhfa luhn Leum ma kowos ac nga lohng, kahs *pacl nuhkwewa* tuhkuh met liki kahs se *esam* (liye D&C 20:77, 79).

Pweng luhk pa mwe solsol se, finne nguhsr se, in *esam*. Pa inge mwe luti tolu ma kom kuh in *esam* kais sie wik ke kom ipeis ke mwe akucl muhtahl luhn kuhfa luhn Leum.

Nga finsrak tuh ac mwe kahsruh nuh sum, oacna ma inge kahsrweyuc.

## Esamuhl Jisus Kraist

Ma se met, Esamuhl Mwet Lahngo. Esam lah suc El uh ke El oasr fin facluh ah, ohiyacn sramsram Lal nuh sin mwet sahyac, ac ohiyacn kuhlwaeng Lal ke mukwikwi Lal. Esam mwet El eis pacl la yohroh ac ma El luti ah. Mwet Lahngo El “forfor oruh ma wo” (Orekma 10:38). El muhtwacta yurin mwet mas. El insacnweaeng in oruh kena luhn Pahpah Tuhmwacl.

Tuh yohk liki ma nuhkwewa, kuht kuh in *esam* luhpah yohk El molwelah, ke luhngse Lal nuh sesr, in eislah fohk-fohk luhn ma koluk lasr. Ke kuht Esamuhl, kena lasr in Ukwac ac fah kapkapwack. Kuht fah kena in kuhlwaeng, sang nuhnak muhnahs, ac luhngse in suk kena luhn God ac oruh.

## Esam Ma Kom Enenuh in Oruh Wo Liki Met

Upac in nuhnkuh Kacl Mwet Lahngo—nwacsnwacs ac suwohswohs Lal—sahyacn nuhnkuh pac muh kuht suhfal ac sesuwohs luhmweyuck nuh Sel. Kuht oraclah olwelah in ukwe masap Lal, tuhsruhk kuht kwacna tiacna sun srihkasrak fuhlwact se inge. Tuh Mwet Lahngo El etuh lah ma inge ac sikyak, pa oruh El use nuh sesr akwuck ke kuhfa luhn Leum.

Kuhfa luhn Leum eis muhtwacwacack la ke ohiyac luhn Wuhlweaeng Mahtuh in oruh kihsac uh, weaeng taltal luhn ma koluk (liye Leviticus 5:5). Kuht tiac sifil kihsac-kihn kosro uh ke pacl inge, tuh kuht srwackna kuh in fuhl-weack ma koluk lasr. Ma suhmuhslah uh pahngon

ma inge kihsac luhn “inse muhsahl ac toasr in nguhn” (3 Nephi 9:20). Tuhkuh nuh ke kuhfa luhn Leum ke inse auliyak (liye D&C 59:12; Moroni 6:2). Ke kom oruh ma inge, kom fah eis nuhnak muhnahs ke ma koluk ac kom fah tiac fahsr liki inkacnek ma kol fohlohk nuh yurin God.

### Esam Kapkapwack Kom Oraclah

Ke kom motko ke moul lom ke akwuck luhn kuhfa luhn Leum, nga finsrak tuh nuhnak lom tiac oasr ke ma kom oruh koluk muhkwenah tuh oacyacpac oasr ke ma kom oruh wo—pacl ma kom puhla muh Pahpah Lucng ac Mwet Lahngo Elos engan sum. Sahrp kom ac eis pacl srihk-srihk se ke kuhfa luhn Leum in siyuck sin God El in tuh kahsrueh kom liye ma inge. Kom fin oruh, nga olwelah nuh sum lah kom ac puhla ma se. Kom ac puhla finsrak.

Ke nga oruh ma inge, Nguhn El ahkkweyeyuc lah finne nga tiacna suwohswohs, nga wo mihsenge likina nga oruh ekweah. Ac ma inge ahkpwacyei nuh sihk lah, ke srihpnen Mwet Lahngo, nga kuh in oruh wo liki lutu.

*Pacl nuhkwea* pa pacl na loeloes se, ac kalmac kuht in srihke na pwacye. Kom etuh ke moul lom lah upac in nuhnkuh ke ma sefanna pacl nuhkwea. Tuh oacna sie ohiyacn olwelah lom in esamuhl pacl nuhkwea, El fah pacl nuhkwea esam kom.

Mwet Lahngo El etuh ma upac lom. El etuh lah fuhkah in puhla upac luhn moul raunikomlac. El etuh lah kom enenuh na pwacye mwe in sewowo ma tuhkuh ke Esamuhl pacl nuhkwea ac ahksol—tuh Nguhn Lal kuh in [wi kom] *pacl nuhkwea*. (liye D&C 20:77; ahkuhtweyac wo ituckyang).

Ohinge, El pain kom in fohlohk nuh ke kuhfa luhn Leum kais sie wik, in sulpac usot nuh sum pacl in ahkpwacyei ye Muhtahl lah kom ac Esamuhl pacl nuhkwea.

#### MWE KAHSRUH

1. Spencer W. Kimball, “Circles of Exaltation” (address to Church Educational System religious educators, June 28, 1968), 5.

### LUTI KE PWENG SE INGE

Kuhtuh pacl ma fohs luhn moul uh kuh in oruh in upac in esam Mwet Lahngo lasr Jisus Kraist pacl nuhkwea. Kuhfa luhn Leum, tuhsruhk, use pacl mihs kais sie wik kuht in kuh in motko ke moul Lal ac mwe luti Lal. Yurun mwet kom luti, nuhnkuh lah kom ac orek-makihn fuhkah kain in pacl mihs ingena, ac sramsram-kihn lah kowos ac lohacng yohk nuh ke Mwet Lahngo fuhkah. Kom ac orek-makihn fuhkah pacl mihs ingacn in motko ke ma kom sifacna kuh in oruh wo liki? Meac

yohk srihpac ke esamyacn oruh wowo kom oraclah ke kais sie wik?

## MWET FUHSR

### Ma Tolu in Esam

**K**ahs se *esam* oasr pacl puhkantwen ke Puk luhn Mormon. Nephi el ngihstre tamuhlwel lal in esam ohiyac se ma God El molwelah pahpah tuhmwaclos. Tohkohsrah Benjamin el siyuck sin mwet lal in esam fuhlwaclacna luhn God. Ac Moroni el luti mwet ma riti sihm lal in esam luhpan pahkotwen luhn Leum.

In esam Mwet Lahngo yohk srihpac na pwacye—kuht finne olwelah in Esamuhl kais sie pacl kuht ipeis ke kuhfa luhn Leum. Prestuhn Eyring el suli kuht in esam ma tolu inge ke pacl luhn kuhfa luhn Leum:

1. **Esamuhl Jisus Kraist:** Riti ma suhmuhslah ma ahkuhtweyac ohiyac in kuhlwaclacna luhn Mwet Lahngo ac luhngse Lal nuh sin mwet sahyac. Kom puhla luhngse Lal fuhkah? Kom ac kuhlwaclacna ac luhngse mwet sahyac oacna Mwet Lahngo fuhkah?
2. **Esam ma kom enenuh in oruh wo liki met:** Motko ke wik tuhfahtari tari ke inse auliyak. Sulwaclah sie ma kom kuh in ahkwoye, ac suhmuhslah lah kom ac ahkwoye fuhkah. Fihliyac finsrak lom ke sie acn ma kom ac kwacna liye.
3. **Esam kapkapwack kom oraclah:** Siyuck sin God in kahsrwe kom liye kapkapwack lom. Suhmuhslah ohiyacn puhla lom.

Kuht tiacna suwohswohs, tuh Mwet Lahngo El etuh ma inge. Pa oruh El siyuck sesr in esamuhl. In esamuhl use nuh sesr finsrak ac kahsrwe kuht kena in oruh wo liki. Finne oasr pacl ma kuht muhkuhlah in esamuhl, Prestuhn Eyring el fahk, “El kwacna esam kom.”

“Esam luhpan pahkotwen luhn Leum” (Moroni 10:3).

## TUHLIHK SRIHSRIHK

### Esamuhl Jisus

**M**a suhmuhslah uh luti muh kuht in Esamuhl Jisus Kraist pacl nuhkwea. Kalmacn ma ingacn pa kuht in nuhnkuh Kacl *pacl puhkantwen* ac ukwe srihk-srak Lal!

Fihliyac petsac se luhn Jisus acn se ma kom ac kwacna liye.

“Ac kowos fin esamyuc pacl nuhkwea kowos fah eis Nguhnikh in wi kowos.” (3 Nephi 18:7).



Luhlalhfongi, Sucu,  
Kahsruh

# Srihke in Etwacllah ac Sucu Lal

*Forfor luti pa in etuh ac luhngse ke inse pwacye kais sie tahmtahel kuht in muh kuh in kahsruh ahkkweye luhlalhfongi lal ac kuhwacnsap.*

**R**ita Jeppeson ac mwet forfor luti se lal ah elos kawuckyak ke elos muhtwacta ac akacsruhi mwe luti luhn wosasuc uh. Muhtwacta lalos oacyacpac weacng sritacl ke kaks ma elos tuhkwani oruh. Ma ingacn pa pahiyacl Rita ke mwet forfor luti se lal ah ke srihpen el etuh lah eltahl kawuck ac muhtwacta ingacn tiac “ma in oraclah” muhkwen. Puhkantwen kain ma tahmtahel uh kuh in oruh ke muhtwacta se, oacna tuhkwani fahsr kuh fihf mah ke imac uh ke tuhlihk uh srihtacl.

Elder Jeffrey R. Holland ke U luhn Mwet Sap Singucul Luo el fahk, “Liye kom oacna mwet tuhtahf po luhn Leum nuh sin tuhlihk Nahtuhl. . . . Kuht finsrak . . . tuh kom in akiyac sie ohiyac pwacye ac, liye wosasuc uh in karihngihn mempucr uh, liyaclosyang ac karihngihn sie sin sie, oaru ke enenuh luhn nguhn ac mahno ke kuhtwena inkacnek in kahsruh.”<sup>1</sup>

Sel Moses Leum El sapkihn tuhlihk nuhtin Israel lah “oru wo nu selos oana ke kom oruh nu sin mwet Israel wiom, ac lungse elos oana ke kom lungse kom sifacna.” (Leviticus 19:34). Tahmtahel suc kuht forfor luti uh kuh in “mwetsac” ke kuht muhtwacwacack muhtwacta lasr, tuh ke kuht etwacllah ac sucu lal, kena lasr ac fah kapkapwack in “akacsruhi ke ma toasr luhn kais sie, tuh ma inge in muhlahlahac” ac oruh tuh “insiaclos in maeni in ma se ac in luhngse sie sin sie” (Mosiah 18:8, 21).

Reyna I. Aburto, Mwet in Kahsruh Ahkluo ke Prestuhnsi luhn Rilif Sosaiti, el esam ke el tuhfehna fahsrwelihk liki mukul tuhmwacl ac tuhfehna welah Alu uh. “Mwet forfor luti luhk ah tuhkuh nuh lohmsihk ah,” el fahk, “ac elos us tuhkuh sie puhla wowo ke karihngihn ac luhngse nuh insiuck.”<sup>2</sup>

## ***Nuhkuh Ma se Inge***

Inmahsrton sucu luhn tahmtahel suc kom forfor luti uh, kuh oasr mukwkwki ma ac sikyak ke moullalos ma kom etuh kac ac esam?

### **MWE KAHSRUH**

1. Jeffrey R. Holland, “Emissaries to the Church,” *Liahona*, Nov. 2016, 62.
2. Reyna I. Aburto, “What Has Relief Society Been for Me?” Brigham Young University Women’s Conference, May 5, 2017, LDS.org.

## ***Ahkkweye***

Ke kuht muhtwacwacack in etuh ac luhngse kais sie tahmtahel kuht forfor luti ac sucu lal, kuht ac eis fwackyuck la sifacna in etuh lah kuht ac kahsruh fuhkah mwe enenuh luhn nguhn ac mahno luhn kais sie.