



EIS KAHSRUH IN KAHSRUH MWET SAHYAC

Kuht ac wi mwet sahyac fuhkah ke kuht enenuh kahsrh ke orekma in kahsrh lasr? Wi ke karihngihn siyuck an ac toeni ke kahsrh luhn Sacnri se met.

Ke mas multiple sclerosis sruhkuhl Kathy nuh ke whee-
lchair, el konwacack el enenuh kahsrh ke kais sie
fong ke siyah lal nuh ke bed. Orekma sac arulacna yohk
nuh sin oacna sie mempucr. Oruh tamuhlwel ke u luhn
mwet kahsrh ke elyah lal ac otwelah in orwacalah sie
pacl kais sie in kahsrwel ke ekuh.¹

Ke kuh tuhkuh in etuh enenuh ac kuh luhn elos kuht
kuhlwacnsuhpuh, kuht fah konwacack lah kuht enenuh
in kahsrh in sun enenuh lalos. Karihngihn siyuck ac
toeni ke kahsrh luhn Sacnri se met pa luu ohiyac wo in
sramsramkihn lah fuhkah in wi na pwacye mwet sahyac.

Karihngihn Kihnsenyuck

Kihnsenyuck ke kohtoh se inge inmahsrlon kahsrh
tahmtahel ac prestuhnsi luhn Rilif Sosaiti kuh tamuhlwel
karihngihn ac prestuhnsi ke u luhn elder pa ripohrt *fal* se
fanna kuht oruh fal nuh ke elos suc kuht karihngihnkihn
kac. Kihnsenyuck uh el sie ohiyac wo ke me enenuh
sikyak puhslac liki pacl ahkosr ke yac in (1) kahsrh ke

kuh, enenuh, ac kahsrh kais sie sucu ac mwet se suc aki-
yucki; (2) nuhnkuh mwe enenuh luhn u, Rilif Sosaiti, kuh
mwet in kahsrh ke ward fah wi kahsrh; ac (3) etwacalah
ke mwet kol ac kwacfe in karihngihn ma upac.

Prestuhn luhn u ke elder ac prestuhn luhn Rilif Sosaiti
sramsramkihn enenuh yohk suwohwohs nuh sin pisap
ac fah eis kahsrh ac kolyuck sel.

Kom kuh in konwacack mwe fahkwack puhs ke karih-
ngihn kihnsenyuck ke **ministering.lds.org**.

Oruh Karihngihn luhn Kihnsenyuck in Oasr Kalmac

In kahsrh sramsram lal Prestuhn Russell M. Nelson
lah procracm ke karihngihn fah sie ip suc Alu uh fah
tuhngal. Tamuhlwel Gary E. Stevenson ke U luhn Mwet
Tuhmal Lutlut Singucul Luo el luti, “Nuhnkwacalah ke
ararama lal . . . sahp wiwina fuhkah woiyacn karihngihn
tamuhlwel ac tahmtahel lutiyuck ac kahsrweyuck ke
karihngihnyuck luhn kihnsenyuck.”²

Ohiyac limekohsr in karihngihn tamuhlwel ac tahmtahel:

- Som nuh ke kihsen siyuck in suk kahsrüh. Ahkolah in lotwelah.
- Ahkolah in sramsramkihn enenuh ma kom enenuh in kahsrüh ke toeni.
- Lohacng nuh ke fokoko ac kuhiyacn kais sie, tiac mwe enenuh muhkwenä.
- Kahsrüh ke ma sikyak ma oasr kalmac muh karihngihn lom el oasr srihpac.
- Ohsun nuh sin prestuhnsi in kahsrüh kihsensiyuck inmahsrön kohtoh ke enenweyuck.

Ohiyac limekohsr nuh sin mwet kol:

- Kihsensiyuck tiac enenuh in loes, tuhsruhk orwacrah pacl fal in muhtwacta ke kais sie acn ma lwelah ke sie sramsram oasr kalmac.
- Eis ohiyac wo ke karihngihn in karihngihn tamuhlwel ac tahmtahel.
- Tiac siyuck kihsensiyuck ma siyuck ke pihsen muhtwacta kuh pacl ekahsr eltahl liye kais sie mwet (“Kuh kom oruh karihngihn lom tari?”). Siyuck kihsensiyuck ma pahtok kena luhn ohiyac (“Meac siyuck kom puhla ke kom pruhe ke sucu?” Meac sikyak ke kom oruh ke moklweyuck ingacn?”).
- Lohacng ahkwoyac ac sihmlac mwe kahsrüh an.
- Tuhkweni sramsram in akacsruhi. Mwet kawuck karihngihn pa lwelah nuh ke fwackyuck nuh sin elos suc akwucki in karihngihn.

Kihsensiyuck ac Top ke Karihngihn Kihsensiyuck

Meac kihsensiyuck in karihngihn?

Pa sie mwe sramsram inmahsrön tamuhlwel karihngihn ac mempucr ke prestuhnsi luhn un elder ac inmahsrön tahmtahel karihngihn ac mempucr luhn prestuhnsi luhn Rilif Sosaiti ke sie acn ma lwelah nuh selos in suk ac eis moklweyuck sin Nguhn Muhtahl. Ke sie ma sikyak, karihngihn tamuhlwel ac tahmtahel kuh in moklweyuck in karihngihn, luhngse, luti, ac ahkkweye ke ohiyacn Mwet Lahngo.

Yac kisensiyuck ke kais sie ke pacl ahkosr ke yac enenuh in ohsun sifacna?

Ohiyac wo pa in ohsun asramsrami, tuh elos kuh pac in oruh ke fon kuh internet ke toeni tuhkweni el tiac arlac fihsrwacsr. Ma yohk srihpac an, kwewana mwet aetui enenuh in wi ke kihsensiyuck ke pacl fal.

Mac kalmacn sie karihngihn kihsensiyuck?

Karihngihn kihsensiyuck el sie ohiyac wo in karihngihn tamuhlwel ac tahmtahel in liye ma sikyak ingena, orwacrah plwacn nuh ke pacl fahsrüh, ac eis kahsrüh nuh sin kais sie kuh sucu elos kahsrüh kac. Pa sie pacl wo in sramsram ke kanon ma u ac Rilif Sosaiti kuh in kahsrüh.

Nga ac oruh fuhkah ke ma lukmac ac ohiyac sensenkihsensiyuck?

Karihngihn tamuhlwel ac tahmtahel akacsruhi mwe fahkwack lukmac muhkwenä nuh sin u luhn tamuhlwel kuh prestuhn luhn Rilif Sosaiti—kuh suwohswohs nuh yurin pisap. Ma lukmac kuh mwe fahkwack sensen tiac enenuh in akacsruhi ke kahsrüh in toeni ke Sacri se emet.

Kom kuh in liye srihkasrak ke petsac ma ahkkahlwe-mye karihngihnyuck luhn kihsensiyuck ke **ministering.lds.org**.

Toeni Kahsrüh ke Sacri Se Met

In weacng ke karihngihn ke kihsensiyuck, toeni luhn kahsrüh ke sacri se met pa sie ohiyac sahyac in wi karihngihnyuck sahyac. Ke Rilif Sosaiti ac toeni luhn un elder, moklweyuck kuh in tuhkuh nuh selos ke oasr luhn Nguhn ac nuh selos sahyac ke u.

Srihpen toeni kahsrüh pa in:

- “Tuhkweni kahsrüh ke ma kunac, pacl wo, ac mwe upac ke acn se;
- “Lotwelah ke kuhiyac ac puhla luhn mwet sahyac; ac
- “Plwacni inek in ahkfalye moklweyuck ma tuhkuh sin Nguhn.”³

Toeni ke kahsrüh el yohk likina mwe sramsram: toeni uh kol kuht in oruh oacna kais sie kuh oacna u oacna kena luhn Nguhn. Mempucr kuh in puhla sie kena in ahksahfye orekma luhn Leum sikyak ke toeni inge.

Solsol nuh ke Mukwikwi

“Pruhe lasr mihsenge,” Tamuhlwel Jeffrey R. Holland ke U luhn Mwet Sap Singucul Luo el fahk, “pa mukul ac muhtwacn nuh kwewa—ac mukul mahtuh fuhsr lasr ac muhtwacn fuhsr—fah [pa] loal yohk in sang puhla karihngihnyuck ke inse pwacye nuh sin mwet sahyac, moniyuck muhkwenä ke luhngse pwacye luhn Kraist in oruh kac.”⁴

JISUS EL WI MWET SAHYAC

Jisus El kihteyac 5,000 mwet ke ipin puhret limekohsr ac ipin ik luo. Riti John 6:5–14 in akihlenyac lah pacl ekahsr Mwet Lahngo El wi mwet sahyac ke orekma se inge in karihngihn.

“Ip yohk ke Karihngihn” uh ma in kahsrwe kuht in etwacrah in karihngihn sie sin sie—tiac ma in akacsruhi ekihn pweng se na. Ke kuht eklac etuh elos ma kuht kuhlwacnsuhpuh, Nguhn Muhtahl ac moklwe kuht in etuh pweng ma elos ac sahp enenuh in weacng luhngse ac pahkomuhta uh.

Kahsruh ke enenuh luhn mwet sahyac pa yohk srihpac luhn karihngihn ke kihsensiyuck. Oac-yacpac liye Ip Yohk luhn Karihngihn, "Kahsruh ke Enenuh luhn Mwet Sahyac," ke ma siyak ke September 2018.

MWE KAHSRUH

1. Liye *Mormon Messages* video "Lift," [lds.org/media-library](https://www.lds.org/media-library).
2. Gary E. Stevenson, ke "Ministering Interviews" (video), [lds.org/ministering](https://www.lds.org/ministering).
3. *Come, Follow Me—For Melchizedek Priesthood and Relief Society*, ke *Ensign* kuh *Liahona*, Nov. 2017, 140; oasr pac ke [comefollowme.lds.org](https://www.comefollowme.lds.org)
4. Jeffrey R. Holland, "Be With and Strengthen Them," *Ensign* kuh *Liahona*, May 2018, 103.