



ORACLALAH EMPATHY IN KARIHNGIHN

Karihngihn pa ahkkweye Kuht kuh in ahkkweyeyuck mwet sahyac ke kuht srihke in kahlwem ma elos puhlakihn ac ahkkahlwemye lah kuht ke na fahsr yohrohlos.

Mweyen Pahpah Tuhmasr inkuhsrao kena kuht in Moacna El, ma upac kuht puhlakihn ke moul uh eklac nuh ke mwe luti kuht fin luhlalhfongi El ac fahsr suwos ke inkacnek. Ke tiac suwos, fahsr suwos ke inek soko kuh in ma upac ke kuht puhla lah kuht muhkwenah puhlakihn ma upac sac.

Tuhsruhkuht tiacna enenuh in fahsr ke inek soko muhkwenah. Mwet Lahngo ekihn empathy suwos, ke el srihsrniyac liki ma nuh kwewa El in muh kuh in etuh ohiyac in pahkomuhta kuht ke upac lasr (liye Alma 7:11–12; Doctrine and Covenants 122:8). El kena kuht kais sie in ukwe srihkasrak Lal ac ahkac-sruhi empathy pac. Mempucr nuhkwenah ke Alu uh olwaclah in “ahsor weluhlos elos suc ahsor: ahok, ac ahkenganyaclos elos suc enenuh in ahkenganyeyuck” (Mosiah 18:9). Finne ma upac lasr sifacna, kuht lutiyuck ke ma suhmuhslah nohfohn in forlah nuh met ac “srihkwack paho tacn, ac [ahkfokokoye] knee muhnahs” ac in “oruh suwos inek nuh ke neom, finne

mwet mas forlah liki inek soko” (Hebrews 12:12–13; liye pac Isaiah 35:3–4; Doctrine and Covenants 81:5–6).

Ke kuht sruhkwack mwet sahyac ke paho, lwelah elos in tu siskwacsr, ac fahsr yohrohlos, kuht kahsrub elos in muhta ke inkacnek soko ke pac se in tiac lwelah Mwet Lahngo in eklac elos muhkwenah - sie srihpacn kacihngihn - tuhsruhkuht in ahkkweyelah elos (liye Doctrine and Covenants 112:13).

Meac Empathy An?

Empathy pa in kahlwem puhluhn, nuhna, ac srihke luhn sie mwet sahyac ke ngwetngwet lal liki ngwet lasr muhkwenah.¹

Ekihn empathy pa yohk srihpac nuh ke oruh lasr in karihngihn nuh sin mwet sahyac ac ahkfalye srihpac lasr ke tamuhlwel ac tahmtahel in karihngihn. Ma inge lwelah kuh in fihliyac kuht sifacna ke shoe in mwet sahyac.

Fahsr ke Shoe luhn Mwet sahyac.

Sramsram soko srumuhnyuck ke sie Mwet Luhlahl-fongi ke Lwen-Safrah sahnghn sac suc muhta muh-kwena ke siah tok fin lohm alu se. Ke sie mempucr ke u luhn elder misac sie lwen, pisap se sang sie mwe in sewowo luhn pristut in ahkkweye sucu luhn elder sac. Tahmtahel ke Rilif Sosiati use mongo. Kawuck ac mwet tuhlan wowo lal muhtwacta yurin sucu sac a fahk, “Lwelah kuht in euht finne oasr ma kuht kuh in oruh in kahsrh.”

Tuhsruhke ke mwet sahnghn se inge muhtwacta yurin sucu sac ke lwen tok, el pahng ac ke kitin mas el top, he fahk suwos, “Nga pa tuhkuh in ahknwacsnwac-sye shoe natum an.” Ke aho ekahsr, shoe natin mwet nuhkweya ke sucu se ahknwacsnwacsyeyak in ahk-kollah nuh ke funeral ah. Ke Sacnri tok sucu sac luhn elder misac muhta yurin mwet sahnghn se ke sia tok.

Oasr pa mukul se ma kuh in ahkfalye sie mwe enenuh. Elos kewana ac el ahkinsewowoyeyak ke kuh-lwacnsap ma kolyuck ke empathy lal.

Yac Nga Kuh In Ahkkweye Empathy?

Kuhtin mwet oacna elos ahkinsewowoyeyucklac ke mwe sang luhn empathy. Tuhsruhke nuh sin elos suc upac nuh ke, oasr pweng wowo se. Ke yac tolngohl uh, mwet lutlut yohk luti ke empathy. Pucs selos lutlut-kihn ip se inge ke kain in ohiyac pucspucs, pucslac selos insese lah empathy pa ma mwet kuh in etwacrah.²

Kuht kuh in pruhe in eis mwe sang luhn empathy. Ke ip in ahkkweye, pa mwe kahsrh in etuh ohiyac in orekmakihn empathy. Mwe kasruh tuhkuh pa ip yohk nuh ke empathy ma mwet lutlut insese ke.³ Finne ma inge sikyak ke kuht tiacna kahlwem kac lah ma inge sikyak, in akihlenyuck kaclos use nuh sesr srihpac in liye pacl in ahkkweye.

1. Kahlwem

Empathy enenuh kuht in kahlwem ohiyacn mwet sahyac. Kuht fin kahlwem suwohs ohiyactahl, fihsrwacsr likina in tiac kahlwem in etuh fuhkah eltahl puhla ac ma kuht kuh in oruh in kahsrh.

Lohng suwohs, siyuck kisensiyuck an, ac sramsram nuh seltahl ac mwet sahyac pa mwe oruh yohk srihpac in kahlwem ohiyactahl. Ahkyohkye mwe etuh lom ke ma inge ke kom som riti Lutiyaen Ip Yohk ke Karihnghnyuck met ah:

- “Five Things Good Listeners Do,” *Liahona*, Jun 2018, 6.
- “Counsel about Their Needs,” *Liahona*, Septempuh 2018, 6.

- “Involve Others in Ministering—as Needed,” *Liahona*, Ohktohp 2018, 6.

Ke kuht suk in kahlwem, kuht enenuh eis pacl in kahlwem ke ohiyac sifacna laltahl ac tiac nuhkuh kuht etuh tari ke srihpac ma kuht etuh sin mwet sahyac suc oruh oacna sie. Kuht fin oruh, kuht kuh in tahfonglac in kahlwem eltahl ac eltahl kuh in puhla kuht nihkihn ohiyactahl an.

2. Nuhkuh Liye

Kuh lasr in karihnghn wuhlweacng lasr in ahsor yurin eltahl suc ahsor ac karihnghn eltahl suc enenuh karihnghnyuck, kuht kuh in pruhe in Nguhn Muhtahl in kahsrh kuht in kahlwem ma mwet sacn puhla kuh fuhkah kuh in kahsrh.⁴

Ke pacl se kuht kahlwem ohiyacn mwet se, kais sie sesr—finne sikyak ke mwe etuh lasr kuh tiac—kuh in som nuh ke mukwikwi in nuhkuh ma kuht ac nuhkuh kuh puhla ke ohiyac sacn. In kahlwem nuhnac ac puhla ingen, wi pac kolyuck luhn Nguhn Muhtahl, kuh in kahsrh kol topuk lasr nuh ke ohiyactahl.

Ke kuht muhtwacwack in kahlwem ohiyac luhn mwet sahyac ac nuhkuh fuhkah eltahl sahp puhla, pa arulacna yohk srihpac in tiac tahfonglac in nuhnuhkwactahl sesuwohs (see Matthew 7:1). In nuhkuh koluk kuh upac ke ohiyacn mwet uh som nuh ke ohiyactahl kuh in eklac puhla lasr in ahksrihkye ohiyacn ngal lal.

3. Topuk

Ohiyacn topuk lasr yohk srihpac mweyen pa inge ohiyac fuhkah kuh ahkkahlwemye empathy lasr. Oasr ohiyac puhspuhs in ahkkahlwemye kahlwem lasr, kwewana ka kahs kuh ohiyac sahyac. Yohk srihpac in esam lah finsrak lasr tiac enenuh in ahksuwosyeh mwe elyah an. Pacl puhkantwen finsrak pa ma fihsrwacsr in sruhkwack ac in ahkfokokoye ke kom fahk nuh seltahl eltahl tiacna muhkahimtacl. Sahp kalmac ma inge kom ac fahk, “Nga engan kom fahk ma inge nuh sihk” kuh “Sislah koluk. Ma sacn enenuh ngal.”

Pacl nuh kwewa topuk lasr enenuh in pwacye. Ac ke pacl fal, in lwelah mwet sahyac in liye mwe muhnahs lom kuh mwe sahnghweng lom kuh in kahsrweltahl in puhla fototo nuh sum in kahsrh in kawucklac.

Mwe Suli in Oruh

Ke kom motko ke ohiyacn mwet suc kom karihnghn an, nuhkuh liye fuhkah kom fin oasr ke ohiyactahl ac ma kom ac nuhkuh kahsrh yohk emet, kom fin oasr ke acn lal. Pruhe in kahlwem fuhkah

eltahl puhla ac ahkfalye ma in oruh. Sahr ma kom oruh fihswacs, tuhsruhktuh ma na yohk srihpac.

JISUS KRAIST EL KARIHNGIHN KE EMPATHY

Ke Mwet Lahngo El sikyng nuh sin Mwet Nephi, El luti eltahl nuh ke pac El etuh la, ke ohiyactahl ke pac sacn, eltahl tiac kahlwem ma nuh kwewa El enenuh luti eltahl. Tuhsruhktuh El oacyacpac etuh eltahl sruhnga El in som.

El ahkfalye ma inge ke El ahksahfye mwe luti luhn wosac lal nuh seltahl nuh ke karihngihn mwe enenuh luhn mahnoltahl—El sulit eltahl in us mwet an suc mas, kun, kuh ngal. El ahkkweyeltahl. Na El pruhe seltahl ac karihngihn tuhlih nahtuhltahl, in sang pac nuh sin kais sie seltahl in ahkinsewowoyactahl.

Meac kuht kuh in lotwelah sin Mwet Lahngo ke srihkarak luhn empathy lal ke El karihngihn Mwet Nephi an?

“Lutiyacn Ip Yohk ke Karihngihnyuck” ma sihlac inge oraclah in kahsrh kuht etuh fuhkah in karihngihn mwet sahyac—tiac pweng se in akacsruhi ke muhtwacta lasr. Ke kuht muhtwacwack in etwactahl suc kuh kuhlwacnsap uh, Nguhn Muhtahl El fah mokle kuht in etuh ma kuht enenuh akacsruhi fahk nuh seltahl ke ma eltahl enenuh ac wi pac karihngihn ac luhngse lasr.

MWE KAHSRUH

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3. Liye, ke srihkarak, Brené Brown, *I Thought It Was Just Me (But It Isn't)* (2008); Theresa Wiseman, “A Concept Analysis of Empathy,” *Journal of Advanced Nursing* (1996), 23, 1162–67; ac Ed Neukrug ac mwet sahyac, “Creative and Novel Approaches to Empathy: a Neo-Rogerian Perspective,” *Journal of Mental Health Counseling*, 35(1) (Jan. 2013), 29–42.
4. Liye Henry B. Eyring, “The Comforter,” *Liahona*, Mei 2015, 17–21.