



# ORUH KARIHNGIHN IN ENGAN

*Kuhlwacnsap ke luhngse use engan nuh sin mwet sang ac mwet eis.*

Kuhtuh pacl sokwack lasr nuh ke engan kuh in Koacna kahrusrsr ke treadmill soko. Kuht kahrusrsr nuh ke kahrusrsr tuhsruhkuht kuh puhla oacna kuht tiacna som nuh ke acn sahyac. Nuh sin kuhtuh, nuhnak in karihngihn mwet sahyac puhla oacna oasr ma kuhtuh pac in oruh.

Tuhsruhkuht Pahpah tuhmasr Inkuhsrao El kena kuht in puhlakihn engan ac fahk nuh sesr “ac mwet uh in moul, tuh elos in kuh in engan” (2 Nephi 2:25). Ac Mwet Lahngo El luti lah karihngihnyuck nuh sin mwet sahyac pa ip yohk ke kuht use engan nuh ke moul lasr ac moulin mwet sahyac.

## **Meac Engan an?**

Kalmacn engan pa sruhmuhnyuck ke “sie puhlan engan yohk”<sup>1</sup> Mwet pahluh ke Lwen-sahflah sang kahr in kahlwem ke oyac engan tuhkuh ac ohiyac el koh-nwackyak. “Engan kuht puhla tiacna tuhkuh yohk ke ohiyac moul lasr ac tuhkuh pwacye ke oruh luhn moul lasr uh, “fahk Prestuhn Russell M. Nelson.” Engan

tuhkuh sin ac mweyen [Jisus Kraist]. El pa orwacalah engan nuh kwewa.”<sup>2</sup>

## **Karihngihn Use Engan**

Ke el Lehi el kanglah fahko ke sahk luhn moul soko, ac nguhn lal nwacklah “ke engan na yohk” (1 Nephi 8:12). Finsrak se met lal pa in akacsruih fahko yurin elos suc el luhngse.

Insece lasr in karihngihn mwet sahyac kuh in use kain in engan se inge nuh selos ac sesr. Mwet Lahngo El lotwelah mwet tuhma lutlut Lal lah fahko ma kuht use tuhkuh ke kuht kapsra Yohrohl kahruse engan fal nuh sesr (liye John 15:1–11). Oruh orekma Lal ke kuhlwacnsap ac sokwack in us tuhkuh mwet nuh Yohrohl kuh in sie puhlakihn engan (liye Luke 15:7; Alma 29:9; Doctrine and Covenants 18:16; 50:22). Kuht kuh in puhlakihn engan se inge finne kut tu yac muhtuhn ma lain ac ngal (liye 2 Corinthians 7:4; Colossians 1:11).

Mwet Lahngo El ahkkahlwemye nuh sesr srihka-srak suwos lah ma use wo emet ke engan pwacye fin moull in mahno uh pa konwacack ke kuhlwasnsap. Ke kuht karihngihn nuh sin tamuhlwel ac tahmtahel wiyacsr oacna Mwet Lahngo, wi pac luhngse pwacye ac luhngse ke insiyacsr, kuht kuh in puhlakihn engan sienna liki engan fihswacsr.

“Ke kuht [karihngihn] ke insiyac pwacye, kuht fah ahkfototoye in ekihn mwet Zion ac fah puhla engan yohk yurin elos suc kuht kahsrh ke inkacnek ke mwet tuhma lutlut,” Lotwelah Tahmtahel Jean B. Bingham, Prestuhn luhlah pa Rilif Sosaiti.<sup>3</sup>

### **Yac Kuht Kuh in Oruh Karihngihn in Engan?**

Oasr ohiyac pucs in oruh karihngihn lasr uh in enganwack. Oasr inge kuhtuh nuhnak:

1. **Kahlwem srihpac lom ke karihngihn.** Oasr srihpac pucspucs in karihngihn Yohklac, orekma lasr enenuh in suwos nuh ke srihpen God in use na pwacye moull tok ac moull ma pahptaht luhn mwet (liye Moses 1:39). Ke kuht eis suli lal Prestuhn Russell M. Nelson in kahsrh mwet sahyac in fahsr ke inkacnek olwelah, kuht kuh in konwacack engan in wi orekma luhn God.<sup>4</sup> (In riti kuhtuh pac ke srihpen karihngihn, liye “Ministering Principles: The Purpose That Will Change Our Ministering,” fin acn *Liahona* ke Jacnweri 2018).
2. **Oruh karihngihn ke mwet tiac ma in oruh.** Prestuhn Thomas S. Monson el luti kuht ohinge, “Tiac na lwelah mwe elyah ma ahkwoyeyuck in tuh yohk srihpac liki mwet se in luhngseyuck.”<sup>5</sup> Karihngihn pa luhngse mwet, ac tiacna ke ma in oruh. Ke kuht kapwack in luhngse oacna Mwet Lahngo, kuht ac ikacslah nuh ke engan ma tuhkuh sin kuhlwasnsap yurin mwet sahyac.
3. **Oruh karihngihn in fihswacsr.** Prestuhn M. Russell Ballard, Tuyak ke Prestuhn luhn U luhn Mwet Sap Singucul Luo, fahk nuh sesr, “Ma yohk tuhkuh sin ma fihswacsr ac srihsrihk. Oruh srihsrihk ac fihswacsr luhn luhngse ac kuhlwasnsap lasr fah oracni nuh ke moull nwaclah ke luhngse nuh sin Pahpah Inkuhsrao, orekma suwos ke orekma luhn Leum Jisus Kraist, ac sie puhla oacna mihs ac engan kais sie pacl kuht kuhlwasnsap sie sin sie.”<sup>6</sup>
4. **Eislah elyah liki karihngihn an.** Tiacna ma kunom in oraclah molwelah ke mwet se. Ma sacn pa ma inmahsrhon mwet sefanna ac Leum. Kunohkohn lasr pa in luhngse elos ac kahsrh elos in forlah nuh ke Jisus Kraist, suc pa Mwet Lahngo lalos.

### **Tiac Eislah Engan luhn Kuhlwasnsap**

Kuhtuh pacl mwet uh sahwengweng in siyuck ke kahsrh enenuh, na in siyuck in kahsrh kuh in ma elos enenuh. Tuhsruh kai kuh sifacna fin mwet tiacna top se, pac. Siyuck in insese nuh ke karihngihn pa nuhnak yohk srihpac.

Elder Dieter F. Uchtdorf ke U luhn Mwet Sap Singucul Luo sramsram ke sie ninac mwesahs suc maswack ke chicken pox—ac na tuhlihk nahtuhl maswack pac. Lohm sel ah nwasnswacs pacl nohfohn na okahrkahr ingacna. Dish ac nuknuk fohkfohk.

Ke pacl se na el puhla toasr nuh pwacye ke, Tahmtahel ke Rilif Sosaiti tong ke sruhngucl. Elos tiacna fahk, “Lwelah kuht in etuh finne kuht kuh in kahsrh.” Ke elos liye ma enenuh, elos kahsrh in kahsrh.

“Elos ahknwasnswacsye ma okahrkahr, use kahlwem ac suwos nuh ke lohm ah, ac pahng sie kawuck in use tuhkuh mongo ma enenuh. Ke elos ahkfalye orekma lalos ac fahk fah ohsun lalos, elos fahlac liki ninac fuhsr se in tong—tong ke kuloh ac luhngse.”<sup>7</sup>

Mwet sang ac mwet eis kwewana puhla engan fohl.

### **Karihngihn Engan ke Moull Lom**

Yohklac engan, mihs, and puhlan wo kuh in kapwack ke moull lasr, kuht kuh in ahkyohkye ma kuht akacsruhi nuh sin mwet sahyac ke kuht karihngihn. Engan tuhkuh sin Nguhn Muhtahl (liye Galatians 5:22 ac Doctrine and Covenants 11:13). El pa ma se kuht kuh in pruhe ke (liye Doctrine and Covenants 136:29) ac suli nuh ke moull lasr uh. Oasr inge kuhtuh nuhnak in ahkweye engan fin moull lasr sifacna:

1. **Oek Mwe Insewowo Lom** Ke kom kahlwem ke moull lom, sihm ke journal lom ma God el use nuh sum.<sup>8</sup> Liyeyak ma wo nuhkwea siskom.<sup>9</sup> Liyacng ma in oruh kom in puhla liki engan ac sihm ohiyacn in ahkwoye ac ahkkahlwemye ma ingacn. Ke pacl luhn Istuh, eis pacl in sokwack kuhpahsr wo yurin Mwet Lahngo (liye Doctrine and Covenants 101:36).
2. **Srihke nuhnak wo.** Engan kuh in konwacack kom ke pacl in motko mihs.<sup>10</sup> Lohacng wo nuh ke ma use nuh sum engan (liye Sie Chronicles 16:15). Eislah pacl liki media kuh in kahsrwekom in srihke nuhnak wo kuhtuh pacl.<sup>10</sup>
3. **Tilac kapsra kom sifacna.** Oasr ma in fahk lah kapsra el pihsrapasr liki engan. Paul el sensenkihn lah elos “lumwekut sifacna oana elos su oakalos mu elos mwet fulat. Elos arulana lalfon” (Luo Corinth 10:12).

4. **Sokwack fwackyuck sifacna.** Mwet Lahngo El luti kom fin siyuck, kom fah eis fwackyuck liki fwackyuck, etweyak liki etweyak, lah kom kuh in etuh ma in etuh ac ma mihs ma use engan, lah use moul ma pahtpaht (liye Doctrine and Covenants 42:61).

#### **Suli in Oruh**

Yac kom kuh in yohkwelikh engan kom konwacack kom moul lom ke karihngihn?

Ip yohk ke mwe sihm se inge kuh in moulkihn ke lwen nuhkewewa tuhsruhk oasr in kahsruh tamuh-lwel ac tahmtahel in karihngihn ke oruh lalos in ahkinsewowoye mwet ac sucu elos karihngihn kac.

#### **MWE AHKKAHLWEMYE**

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7. Liye Dieter F. Uchtdorf, "Living the Gospel Joyful," *Liahona*, Nov. 2014, 120–123.
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