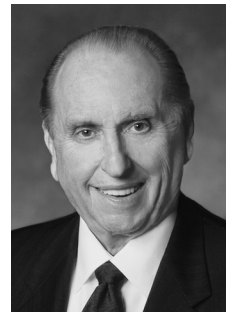


Sel Prestuhn  
Thomas S. Monson



# “Oana Ke Nga Lungse Kowos”

**K**uhtuh yac somlah ah sie kawuck inel pa Louis el sruhmuhn nuh sihk sie sramsram ke ninac wowo, kuhlwaeng se kiyac ah. Ke el misac ah, wacngihn mwe kahsruhp luhn mani el fihliyac nuh sin tuhlihk mukul ac muhtwacn nahtuhl an sahyacn usru ke mwe kahsruhp ke srihkasrak, ke kihackuhlah, ke ahkostwen.

Tukun sramsram kac ke mas ah sruhmuhyuck tari ac fahs loeloes suhpwacr nuh ke kuclyuck ah oreklac, sucu mahtuhyak sacn aforwacni nuh ke kihtin ma luhn ninac sacn fihliyac ah. Inmahsrlolos, Louis el sokwack pwepuh se ac ki se. Pwepuh sac fahk: “Ke insroasrihk ke infuckihl ac, ke kapuht se e ten ke pohk in nuknuk se luhk ah, pa sie pohk srihsrihk. Nein mwe kahsruhp ke insiyuck. Ki se inge fah ikucslah pohk sacn.”

Elos nohfohn nuhnkuh lah meac na yohk srihpac ninac kiyaclos ah fihliyac in lak ac ki uh.

Pohk sac itucklac liki acn oan we ah ac kahkhsrihk ikacklah ke kahsruh luhn ki sac. Ke Louis ac mwet sahyac ah liye koanon pohk sac, elos sokwack kais sie petsac ke kais sie tuhlihk, wi inen tuhlihk ac lwen elos isuslac ah. Na Louis el ollah sie valentine ma oreklac sifacna lohm ah. Ke muhtuhnpa, fihswacsr luhn tuhlihk, ma el akihlen muh ma lal sifacna, el riti kahs el tuh suhmuhsrah yac 60 met ah: “Pain kom Ninac, Nga lungse kom.”

Insiyac uh lungse, puhsra uh kahkhsrihk, ac muhta uh luhluhyak. Mwe kahsruhp luhn ninac sac pa sucu ma pahpaht lal uh. Kuh kac uh fihliyucki fin pwelucng fokoko ke “Nga lungse kom.”

Ke facluh mihsenge, wacngihn acn sahyacn pwelucng fokoko ke lungse sacn enenweyuck yohk likina lohm ah.

Ac wacngihn acn sahyac facluh kuh in sukogyak srihkasrak wowo ke pwelucng sacn likina in lohm sin Mwet Luhlahlfongi ke Lwen-sahflah suc oraclah lungse in yohk srihpac ke mouh in sucu lalos.

Nuh sesr suc fahkwack in mwet tuhma lutlut luhn Mwet Lahngo Jisus Kraist, El sang kolyuck yohk inge:

“Inge nga sot nu suwos sie ma sap sas: kowos in lungse sie sin sie. Oana ke nga lungse kowos, kowos in oayapa lungse sie sin sie.

“Kowos fin lungse sie sin sie, na mwet nu kewa ac fah etu lah kowos mwet tumuk lutlut.”<sup>1</sup>

Kuht fin kena in liyacng masap in lungse sie sin sie, kuht enenuh in ahksro sie sin sie ke lungse ac ahkfuhlwact, ahkkahlwemye lungse lasr nuh sin sie sin sie lwen nuh kwewa. Lungse uh sang sie kahs kuhlwaeng, sie top mongfihswacsr, sie mukwikwi wo, sie insroac kahlwem, sie inse nuhnak muhnahs. Ke mukwikwi nuh kwewa lasr, pa inge ohiyac ma kuh in kahsruh mwet sahyac in liye lungse luhn insiyacsr.

Prestuhn Gordon B. Hinckley (1910–2008) el tuh akihlen: “Luhngse . . . pa tuhp in kol se ke sahflahiyacn lwelahkweng uh. Tuhsruh el yohk likina sahflahiyacn lwelahkweng uh. Lungse el oasr ke muhtwacwacyac ah pac, ac kac pa tuhkuh luhn kahto ma ananlah lucng ke sie lwen pahkah. Lungse pa karihgihnyen ma tuhlihk uh tuhngi, kena luhn mwet fuhsr, ma ma oracni pahyuck uh, ac ma oruh in wacngihn fohs yohk in lohm uh; pa mihslac ke matwac mahtuh, kahlwem luhn finsrak tohlwack misac. Mwet ingacn arulacna kahsruhp ke wi lalos yurin sucu, kawuck, alu, ac mwet atuhlani uh.”<sup>2</sup>

Luhngse pa ma pwacye ke wosasuc uh, ohiyac fuhlwact ke nguinnin mwet uh. Luhngse pa ono nuh ke kweok luhn sucu, mura ma puhla koluk, ac muhtuhn-facl mas. Luhngse pa sie isrwacsr, sie pounset, sie fahk kuhlwacng, ac wo. Luhngse pa kihscac, kuhlwacnsap, ac etatwen.

Mukul tuhma, luhngse muhtwacn kiyowos an. Oruh nuh selos ahkfuhlwact ac ke srui. Tahmtahel, luhngse mukul tomowos. Oruh nuh selos suhnac ac ahkweye.

Pahpah ninac, luhngse tuhlihk nuhtuwos. Pruhe kaclos, lotwelos, ac fahkwack luhlhlfongi nuh selos. Tuhlihk, luhngse pahpah ninac kiowos an. Ahkkahlwemye nuh selos suhnac, tarilacna, ac ahkostwen.

Sahyacn luhngse nwacsnwacs luhn Kraist, Mormon el fahk, “[kuht] tiac acwac.”<sup>3</sup> Mwe pruhe luhk tuh kuht in ukwe kahs in kahsrub lal Mormon in “pruhe nuh sin Pahpah ke kuhiyacn insiyowos nohfohn, tuh [kuht] in kuh in sesseslah ke luhngse se inge, ma El sang nuh selos nuhkweya suc fahsr na pwacye tukun Wen nahtuhl, Jisus Kraist; tuh [kuht] in kuh in wen nuhtin God; tuh ke Elac fah sikme kuht fah oacna El.”<sup>4</sup>

#### MWE KAHSRUH

1. John 13:34–35.
2. Gordon B. Hinckley, “And the Greatest of These Is Love,” *Ensign*, Mahs 1984, 3.
3. Moroni 7:46; liye pac fuhs 44.
4. Moroni 7:48.

#### LUTI KE PWENG SE INGE

Prestuhn Monson el luti kuht yohk srihpaciayacn ahk-kahlwemye luhngse pwacye luhn Kraist uh, yohkna in lohmi ah. Nuhnkuh in siyuck sin mwet kom muhtwacta yohroh an in fahsrweni oacna sie sucu ac sramsram-kihn inkacnek elos kuh in ahkkahlwemye luhngse yohk nuh sin sie sin sie. Kom kuh in ahkweyaclos in sulac-lah sie sin nuhnac ingacn ac oraclah plwacn in ahkfah-sryelah ekihn sie sucu. Pa nuh ke, mwet ke sucu uh kuh in suk in sang sie mukwikwi lukmac ke kuhlwacnsap nuh sin mwet ke sucu sahyac uh ke kais sie wik. Kom ac kuh in siyuck selos tok in fahk lah ohiyac in kampa-re in sun finsrak lalos uh ahkyohkye luhngse in lohmi selos uh fuhkah.

## MWET FUHSR

### Pruhe nuh ke Mihslac

Sel Sarah T.

**P**ahpah ninac kiyuck ah kwacna wi miting tukun alu ac, ac nga ac liyacacng tamuhlwel fuhsr tolu wiyuck ah ac kahsrwelos oraclah mongo infulwacn lwen lalos—finne elos kwacna sa foloyac ac masinsrwacl. Inkaiyacn pacl uh fin elos muhtwacwacack acnwuck, nga kuh in sana ahkwoyelah elyah srihsrihk uh. Tuhsruhkuhtuh pacl uh ac upac in oraclah mihslac ke sie acnwuck ac muhtwacwacack uh ke srihpen kihrustructwack luhk.

Sie ekuh ah, tamuhlwel wiyuck ah upac na pwacye nuh selos in tuhkweni. Nga sokwack lah kuhiyuck in oraclah mihslac uh oraclah muhkweni ma uh upaclah ke srihpen nga foloyac ah. Na oruh nga sifacna oraclah lunch se luhk ac tui tilac sramsram. Sahflahiyac, nga ahkkahlwemye, “Nga ac pruhe. Kuh kuht kuh in nuhnac muhnacs mihslac kihtin pacl?” Ke pacl se elos ami ac, nga siyuck ke sie mwe insewowo nuh ke mongo uh. Met liki ngwac kaliyac pruhe uh, nga sang pac, “Ac nuhnac muhnacs kahsrwe kuht in mwet oraclah mihs.”

Met na, oacna elos in tiac lohng ac muhtwacwacack in sifil acnwuck. Nga kasrkuhsrakwack tuhsruhkuhtuh nga etuh lah nga enenuh in luhngse ac mihs ke kuhiyuck ke srihpen nga tuhfehna pruhe siyuck ke mihs. Tukun minit se, nga puhla na pwacye mihs. Nga mongo tena fahk kuhtweni ma, ac tuhlihk mukul ac sahflahiyac tui tilac acnwuck. Nga akihlen mihs nga puhla ah pa oacna sie top nuh ke sie pruhe fihsrwacsr. Nga pruhe in sie mwet oraclah mihs, ac Pahpah tuhmuhk Inkuhsrao kahsrweyuc in puhla mihs ke srihfeyuck nga in sasa. Nga etuh lah El kuh in use mihs na pwacye nuh sesr.

*Mwet sihm sac muhta fin acn Arizona, USA.*

## TUHLIHK SRIHSRIHK

### Mwe Kahsruh Pwacye

**P**restuhn Monson el sruhmuht sie sramsram ke sie ninac suc oasr sie pohk in mwe kahsruh sacohk la. Ke tuhlihk nahtuhl ah ikucslah pohk sac, elos sokwack petsac kaclos sifacna. Mwe kahsruh luhn ninac sac pa sucu lal ah!

Mwe kahsruh na pwacye uh tiac pa kol kuh ma sahromrom uh—pa mwet kom luhngse uh. Suc kom luhngse uh? Srolwacnah sie pohk in mwe kahsruh an ke sie petsac an kac kuh inelos lun pohk sacn.



# Iwaclah luhn Kraist Pa Ma Sikyak ke Luhngse luhn God

*Pruhe in luthutkihñ kuhfa inge ac suk kolyuck in etuh ma in akacsruhi kac.*

Luhlahlfongi, Sucu, Kahsruh

In kahlwem lah Pahpah tuhmasr Inkuhsrao El use Wen Kuloh Sefanna tuh kuht in eis moul kawihl ac kuh nuh ke moul ma pahtpaht ac kahsrwe kuht puhla luhngse wacngihn sahflahiyac ac koflah motkweyuck nuh sesr. Mwet Lahngo lasr El luhngse kuht pac.

“Na su ku in srikutla liki lungse lun Christ? . . .

“Tuh nga etu na pwaye lah wangin ma ku in srikutla liki lungse lal: tia misa ku moul, tia lipufan ku kutena ku inkusrao, tia ma oasr inge ku ma ac fah tuku,

“Tia ma oan lucng liki faclu, ku ma oan ten liki faclu-wangin sin orekla nukewa su ac fah ku in srikutla liki lungse lun God, su ma lasr ke Christ Jesus Leum lasr” (Rome 8:35, 38–39).

Ke Iwaclah luhn Jisus Kraist, Elder D. Todd Christofferson ke U luhn Mwet Singucul Luo ah fahk: “Kweok luhn Mwet Lahngo

Gethsemene ac ngal Lal fin sahksin moli kuhtlac liki ma koluk ke ahkfalye sap ma nuhnuhñkuh fihliyac facsr uh. El tahfwelah pahkomuhta ac nuhñak muhñahs nuh sin mwet suc auliyac uh. Iwaclah luhn Jisus Kraist oacyacpac ahkfalyelah molin nuhnuhñkuh nuh sesr ke onwelah ac moli kuhtlac liki kuhtwena kweok kuht kampare in muhtwacnglah uh. “Tuh liye, El kweokkihñ kweok luhn mwet nuhkwewa, ahok, mwe kweok luhn ma moul nuhkwewa, kwewana mukul, muhtwacn, ac tuhlihñ, suc ma ke sucu lal Adam’ (2 Nephi 9:21; liye pac Alma 7:11–12).”<sup>1</sup>

Kraist El “simusla ine [lasr] uh lun pahol” (Isaiah 49:16). Linda K. Burton, Prestuhn Luhlahp luhn Rilif Sosaiti, el fahk, “Mukwikwi yohk ke luhngse enenuh in suhpwacnah kais sie sesr ke intwesr in puhsisacñ in pruhe in kuloh nuh sin Pahpah tuhmwacsr Lucng ke el luhngse

kuht fal in oruh El suhpwacma Wen Kuloh ac suwohs Sefanna Nahtuhl in kweok ke ma koluk lasr, kweok luhn insiyacsr, ac ma nuh kwewa ma oacna in tiac fal ke moul lasr sifacna uh.”<sup>2</sup>

## **Ma Suhmuhslah ac Koano in Weacng**

John 3:16; 2 Nephi 2:6–7, 9; [reliefsociety.lds.org](http://reliefsociety.lds.org)

### **MWE KAHSRUH**

1. D. Todd Christofferson, “Redemption,” *Liahona*, Mei 2013, 110.
2. Linda K. Burton, “Is Faith in the Atonement of Jesus Christ Written in Our Hearts?” *Liahona*, Nohfuhmpuh 2012, 114.

## **Nuhñkuh Ma Se Inge**

Kuht ac ahkkahlwemye fuhkah tarilacna ac luhngse lasr nuh sin God ac nuh sin Jisus Kraist ke mwe sang ke Iwaclah luhn Mwet Lahngo lasr uh?