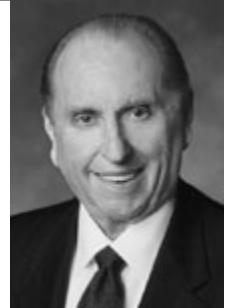


Presiden  
Thomas S. Monson



# “Em I Kirap”

## TESTIMONI BILONG PROFET

“Klia singaut bilong ol Lotu manmeri long graun,” Presiden Thomas S. Monson i tok aut, “Olsem Jisas bilong Nasaret i kirap long dai. “Trupela samting bilong Resareksen i karim ikam long wanpela na olgeta bel isi we i aburusim save” (lukim Philipians 4:7).<sup>1</sup>

Insait long dispela hap stori, President Monson i serim testimoni bilong em na tenkyu long kirap bek bilong seivia na tok aut olsem bikos Pikinini man i winim dai, olgeta pikinini bilong Papa husait ikam long graun bai istap laip gen.

### Laip behain long Dai

“Mi bilip olsem nogat wanpela bilong yumi iken tingim na piksarim wanem samting Krais i mekim long yumi insait long Getsemeni, tasol Mi tenkyu tumas olgeta dei long laip bilong mi long atoning sekrifais Em i mekim long yumi.

“Long laspela taim, Em inap long tanim bek. Tasol em i no mekim. Em i aburusim olgeta samting aninit long Em bai seivim olgeta samting. Long mekim dispela, Emi givim yumi laip behain long dai bilong dispela graun. Emi kisim yumi bek long Pudaun bilong Adam.

“Igo insait long sol bilong mi, Mi tenkyu tumas long Em. Em i lainim yumi hao long stap laip. Em i lainim yumi hao long dai. Emi mekim seif salvesen bilong yumi.”<sup>2</sup>

### Rausim Tudak bilong Dai

“Insait long sampela situesen, olsem long bikpela safaring na sik, dai i save kam olsem ensel bilong marimari. Tasol long planti hap, yumi save tingim em olsem birua bilong bagarapim hamamas.

“Tudak bilong dai still i ken raus taim yu soim lait bilong trut. ‘Mi em resareksen, na laip’, Masta i tok. ‘Husait i bilip long mi, em i dai pinis, tasol em bai i stap laip: Na husait i stap na bilip long mi bai ino inap long dai.’

“Dispela sapot—yes, stil holi konfemesen—bilong laip i aburusim matmat iken givim dispela bel isi we promis seivia i givim long taim Em i sapotim disaipel bilong Em: ‘Bel isi mi lusim wantaim yu, bel isi bilong mi Mi givim igo long yu: ino olsem wol i givim, Mi givim igo long yu. Noken larim bel hevi long lewa bilong yu, o noken mekim em poret.’”<sup>3</sup>

### Em Ino Stap long Hia

“Seivia bilong yumi istap laip gen. Wanpela bigpela gutpela, hamamas, na promis bilong olgeta samting i kamap long histori bilong manmeri i bin kamap pinis—viktori antap long dai. Pen na bigpela pen tru bilong het na bodi we Jisas i mekim long Getsemeni na Kalvari i bin waipim igo. Salvesen bilong ol manmeri Em i bin mekim seif. Pudaun bilong Adam i bin kisim ikam bek gen.

“Emti matmat long Fest Ista moning emi bin ansa long askim bilong Job, ‘Sapos man i dai, em inap stap laip

gen?" Igo long olgeta insait long vois bilong mi, Mi tok aut, Sapos wanelpa man i dai, em bai istap laip gen. Yumi save, bilong wanem yumi gat lait bilong rivilim trut. . . .

"Mi lavim yupela ol brata na susa, long disepla aua bilong bikpela sore, yumi ken kisim bikpela bel isi long totok bilong ensel long Nambawan Ista moning: 'Em ino stap long hia: bilong wanem em i kirap pinis.'"<sup>4</sup>

### Olgeta Bai stap Laip Gen

"Yumi lap, yumi krai, yumi wok, yumi pilai, yumi lavim, yumi stap. Nabihain yumi dai. . . .

"Na dai yumi bai stap yet tasol long wanelpa Man na missin bilong Em, Jisas bilong Nasaret. . . .

"Wantaim olgeta lewa bilong mi na bikpela laik bilong sol bilong mi, Mi liftimapim vois bilong mi insait long testimoni olsem wanelpa spesol witnes na autim olsem God i stap laip. Jisas em Pikinini man bilong Em, Wanpela Pikinini man tasol bilong Papa insait long bodi. Em Ridima bilong yumi; Em i Namel man bilong yumi wantaim Papa. Em husait i dai antap long kros long aton long pasin nogut bilong yumi. Em i bin kamap nambawan prut bilong Resareksen. Bikos Em i dai, olgeta bai i stap laip gen."<sup>5</sup>

### Witness bilong Mi yet

"Mi autim witness bilong mi yet olsem em i bin winim dai, viktori ova long matmat em i bin winim. Ol toktok i mas mekim holi bai Em husait i fulfilim ol bai kamap trupela na save igo long olgeta. Tingim ol. Lavim na protectim ol. Honarim ol. *Em i kirap.*"<sup>6</sup>

#### OL HAP TOKTOK

1. "Em i kirap," *Liahona*, Apr. 2003, 7.
2. "Long Lusim," *Liahona*, Mei 2011, 114.
3. "Nau Em Taim," *Liahona*, Jen. 2002, 68; lukim tu John 11:25–26; 14:27.
4. "Em I Kirap Bek," *Liahona*, Mei 2010, 89, 90; lukim tu Job 14:14; Matyu 28:6.
5. "Mi Save Olsem Ridima bilong Mi Istap!" *Liahona*, Mei 2007, 24, 25.
6. *Liahona*, Apr. 2003, 7.

### TISING LONG DISPELA TOKTOK

Bihain long sharim hap tok bilong Presiden Monson, luksave long testimoni we em i autim long trupela as bilong Ista. Yu ken askim ol famili memba ol dispela askim: "Em i minim wanem samting long yu olsem living profet i testifai long dispela ol trut tete? Hao bai yu putim insait long laip bilong yu?" Tingting long edim testimoni bilong yu.

## YUT

### Mi Bai Lukim Em Gen

Bai Morgan Webecke

Papa i mekim mipela wanwan pikinini pilim spesol. Em lavim yumi na i ken forgivim isi tasol. Em i mekim best bilong em long mekim save olsem mipela wanwan i mas hammas, na em i mekim klia olsem em i bin laikim best long mipela. Mi lavim em tumas.

Taim mi stap long greid six, papa bilong mi idai insait long kar eksident. Famili bilong mi na Mi yet i kisim bikpela bagarap. Ibin gat bikpela hol insait long famili. Papa em wanelpa Mi pas long em, wanelpa we Mi save go long em taim Mi gat heve. Insted long painim halivim, Mi larim belhat na pen istap. Mi tingting igo na mi tingim olsem em rong bilong God. Mi stop long ridim skripsi bilong mi na tok ol prea. Mi go long sios bikos long laik bilong Mama bilong mi. Mi traime long stap longwe long Papa bilong mi long Heven.

Behain Mi go long kemp bilong ol Yangpela Meri long nambawan taim. Mi laik long bungim niupela poroman, tasol Mi stil ino ridim skripsi bilong mi. Long laspela nait, mipela ibin gat testimoni miting. Mi pilim sampela samting we mi no pilim longpela taim: Spirit. Mi mangalim ol meri husait i kirap na givim testimoni bilong ol, tasol Mi sindaun yet bikos Mi ting Mi nogat wanelpa. Ino longpela taim liklik Mi pilim Mi mas kirap. Mi opim maus bilong mi, na tingim wanem samting bai mi tok. So Mi tok Mi hamamas long kemp bilong ol Yangpela Meri. Behain Mi painim mi yet tok olsem Mi save olsem Jisas Krais i dai long mi na olsem Papa bilong mi Long Heven i lavim mi na olsem sios em i tru.

Mi pulap wantaim bikpela bel isi tru. Tenks long dispela expiriens Mi ken tok olsem Mi save Mi bai lukim papa bilong mi gen bikos long Atonmen na Resareksen bilong Seivia.



Bilip, Famili, Rilif

# Lav, Lukautim, na Strongim

*Prea bipo long sadim dispela infomesen na, sapos em i gutpela, diskasim wantaim ol sistas yu visitim. Usim ol askim long halivim yu long strongim ol sista bilong yu na tu long mekim Rilif Sosaiti i kamap strongpela pat long laip bilong yu.*

**O**lsem Seivia, ol visiting tisa i save ministra wan bai wan (lukim 3 Nifai 11:15). Yumi save yumi saksesful insait long ministarin olsem ol visiting tisa taim ol sistas bilong yumi iken tok: (1) visiting tisa bilong mi isave halivim mi grou insait long spirit; (2) Mi save visiting tisa bilong mi isave lukautim mi na famili bilong mi; na (3) sapos Mi gat wari, Mi save visiting tisa bilong mi i save mekim eksen na ino inap long wetim askim bilong mi.<sup>1</sup>

Hao bai yumi olsem visiting tisa i lavim, lukautim, na strongim wanpela sista? Foloing em nainpela aidia yu ken painim insait long sapta 7 bilong *Ol Pikinini meri insait long Kingdom bilong Mi: Histori na Wok bilong Rilif Sosaiti* long halivim ol visiting tisa long ministra igo long ol sista bilong ol:

- Prea olgeta dei long em na famili bilong em.
- Painim insparesen long save long em na famili bilong em.
- Visitim em olgeta taim long lainim hao em istap na long kamfotim na strongim em.
- Stap kontek wantaim em klostu klostu long ol visits, ol fon kol, ol pas, e-mail, teks meseig, na isi eks bilong gutpela pasin.
- Gritim em long olgeta ol Sios miting.
- Halivim em taim em igat bigpela hevi, sik, o ol narapela

- nid we i mas kamap hariap.
- Lainim em long gospol long skripsi na ol Visiting Tising Toktok.
- Kirapim tingting bilong em taim yu setim gutpela eksampol.
- Ripot igo long Rilif Sosaiti lida long sevis bilong ol na pasin spirit bilong sista na sindaun bilong em long nau.

## *Ikam long Histori bilong Yumi*

“Visiting tising i kamap olsem kar bilong ol Las de Seint meri long olgeta kauntri long lavim, lukautim gut, na sev—long ‘ekt long ol marimari we God i planim insait long lewa bilong [yumi],’ wankain olsem Josep Smit i tisim.”<sup>2</sup>

Susa husait i bin kamap wido nau tasol i tok long ol visiting tisa bilong em: “Ol i harim. Ol i kamfotim mi. Ol i karai wantaim mi. Na ol i hagim mi. . . [Ol] i halivim mi ikam aut long bikpela hope mi lusim na sore na wari long dispela fest sampela mun bilong stap wan yet.”<sup>3</sup>

Halivim wantaim wok bilong nau em wankain olsem long ministra. Long Oktoba 1856 jeneral konfrens, Presiden Brigham Young tokaut olsem hankat painiar ol ino bin gat halivim na stak insait long bikpela snow 270–370 mael (435–595 km) long we. Em singaut long olgeta Las-de Seints insait long Solt Leik Siti long seivim ol na “lukluk strong long ol samting we yumi kolim temporol.”<sup>4</sup>

Lucy Meserve Smit rekodim olsem

ol meri i rausim wom sket bilong ol na ol stokin insait long tabanakel na bugim ol insait long ol wagon long salim igo long ol painiar istap long kol. Behain ol i bungim ol beding na ol kolos bilong husait bai ikam wantaim liklik samting bilong ol. Taim ol hankat kampani i kamap, wanpela haus insait long taun i “pulap wantaim planti samting bilong halivim ol.”<sup>5</sup>

## **OL HAP TOKTOK**

1. Lukim Julie B. Beck, “Wanem samtin Mi Hope of Tumbuna meri (na ol Tumbuna man) Bai andastand long Rilif Sosaiti,” *Liahona*, Nov. 2011, 113.
2. *Ol Pikinini meri insait long Kingdom bilong Mi: Histori na Wok bilong Rilif Sosaiti* (2011), 112.
3. *Ol Pikinini meri insait long Kingdom bilong Mi*, 119–20.
4. Brigham Young, “Toktok,” *Deseret Nius*, Oct. 15, 1856, 252.
5. Lukim *Ol Pikinini meri insait long Kingdom bilong Mi*, 36–37.

## *Ikam long ol Skripsi*

Luk 10:38–39;3 Nifai 11:23–26; 27:21

### ***Wanem samting bai mi mekim?***

1. Hao bai mi save wanem samting ol sista bilong mi i nidim?
2. Hao bai ol sista bilong mi i save olsem Mi tingting tumas long ol?

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