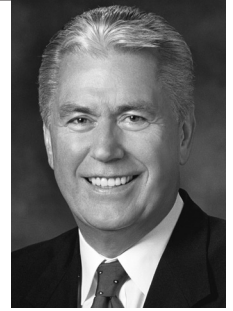


**Ikam long Presiden
Dieter F. Uchtdorf**

Nambawan Kaunsela insait
long Nambawan Presidensi



Tos bilong Yu imas lait yet taim Yu Pinisim Ron bilong Yu

Long taim bipo long Greece, ol man isave resis long wanpela resis ol i kolim *lampadedromia*¹ Long dispela resis, ol man isave holim wanpela tos long han bilong ol na ron igo na givim igo long narapela man gen inap laspela man long tim bilong ol ibai pinisim resis.

Ol i no save givim prais bilong resis long tim we i ron fast moa yet — tasol ol i save givim long dispela tim we ol i pinis resis na tos bilong ol i lait istap yet.

Igat wanpela strongpela skul long hia, we ol propet long taim bipo na tu ol propet bilong nau isave tisim dispela lesen: emi impoten long statim resis, tasol emi impoten moa olsem tos bilong yu imas lait yet taim yu pinisim resis.

Solomon ibin Strong Taim emi Stat

Bikpela man King Solomon em wanpela eksampol long wanpela husat ibin statim resis bilong em olsem wanpela strongpela man. Taim em ibin yangpela man, em ibin “lavim tumas Lod, em ibin save wokabaut insait long ol lo bilong papa bilong em David” (1 Kings 3:3). God ibin hamamas long em na ibin tok, “Askim mi long wanem samting bai mi givim yu” (1 Kings 3:5).

Tasol em ino askim long planti samting long mekim em rits na em ino askim long longpela laip, Solomon i askim olsem “lewa bilong em ibai andastendim ol pipol taim em iwok long judgim ol, olsem bai em yet iken luk save long husat i gutpela man na husat i nogut man” (1 Kings 3:9).

Dispela emi mekim Lod i hamamas tumas olsem na Em i blessim Solomon ino long wisdom tasol, tasol tu Em i blessim em wantaim planti samting tru na tu olsem bai em igat longpela laip.

Em tru olsem Solomon ibin wais tru na em ibin mekim kapam planti bikpela samting, tasol em ino bin pinisim laip bilong em olsem strongpela man. Sori tru long em, olsem bihain tru long laip bilong em, “Solomon wokim samting nogut insait long ai bilong Lod, na em ino bin bihanim pasin bilong Lod” (1 Kings 11:6).

Pinisim Resis Bilong Yumi Yet

Hamaspela taim yumi tu i statim samting na ino pinisim? Pasin bilong kaikai gut? Ol ekksesais progrem? Comitmen long ridim ol skripsa olgeta dei? Wokim disisen olsem bai yumi kamap olsem ol gutpela disapol bilong Jisas Kraist?

Hamaspela taim yumi tokim yumi yet olsem long mun Januari bai mi mekim ol dispela samting na yumi statim wantaim olgeta bel bilong yumi long sampela dei, wik na tu sampela mun tasol taim olsem mun Oktoba ikam, dispela strongpela komitmen i kamap olsem si bilong paia idai pinis?

Wanpela dei mi bin lukim wanpela pani piksa long wanpela dog we i silip klostu long wanpela hap pepa we em ibin brukim igo long ol liklik hap. Dispela hap pepa em ibin tok olsem, “Setifiket bilong Treining bilong Dog long Harim Tok.”

Yumi olgeta olsem tu sampela taim.

Yumi save igat gutpela tingting olsem; yumi save stat strong; yumi laik kamap olsem ol gutpela lain stret. Tasol long pinis bilong em yumi save lusim gen ol dispela samting i bruk bruk, yumi save troim ol dispela samting igo, na yumi save lus tingting olgeta long ol.

Em pasin bilong yumi ol man long pundaun, ino kam gut, na sampela taim yumi save laik long kamaut long dispela resis long laif. Tasol olsem ol disaipol bilong Jisas Kraist, yumi komitim yumi yet, ino long statim resis tasol, tasol tu long pinisim dispela resis — na tu long pinisim wantaim tos bilong yumi i lait moa yet. Sevia is promisim ol disaipol bilong Em olsem, “Husat i strong igo inap long pinis bilong resis bilong em, dispela man em bai mi sevim em” (Matthew 24:13).

Nau mi tanim toktok liklik na putim gen igo long yupela dispela promis bilong Sevia long dispela taim bilong yumi: Sapos yumi i holim pas ol comanmen bilong Em na pinisim dispela resis wantaim tos bilong yumi i lait yet, yumi bai igat laif oltaim oltaim, we dispela em bikpela samting moa long olgeta samting God ilaik givim yumi (lukim D&C 14:7; lukim tu 2 Nephi 31:20).

Lait We Ino Save Dai

Sampela taim bihain long yumi pundaun, na bihain long yumi ino kam gut o taim yumi ilaik givap, yumi save pilim hoples na yumi save bilip olsem lait bilong yumi em idai pinis na yumi lus pinis long resis bilong yumi. Tasol mi testifai olsem Lait bilong Kraist em ino inap long pinis. Em i save shain long nait we emi tudak olgeta na ibai laitim gen lewa bilong yumi sapos yumi yet tanim lewa bilong yumi igo long Em (lukim 1 Kings 8:58).

Taim yumi pundaun klostu klostu o taim yumi pundaun igo daun long we tru, Lait bilong Kraist iwok long lait yet istap. Na tu long nait we i tudak tru, sapos yumi wokabaut igo long Em, light bilong Em ibai daunim tudak na givim lait gen long sol bilong yumi.

Dispela resis bilong ol disaipol bilong em ino wanpela sotpela resis ol i save kolim sprint; em wanpela resis bilong longpela rot ol i kolim maraton. Olsem na igat sampela we long hao bai yumi ron. Em i tru olsem, igat wanpela wei tasol long yumi lus long dispela resis, em sapos yumi givap olgeta.

Taim tasol we yumi wok yet long kirap na igo long Sevia bilong yumi, bai yumi iken winim dispela

resis wantaim tos bilong yumi is lait moa yet.

Bikos dispela tos ino bilong soim aut yumi o bilong soim aut wanem samting yumi iken wokim.

Em bilong soim aut Sevia bilong dispela graun.

Na dispela Lait nogat man inap long tanim igo daun. Em Lait we ibai daunim tudak, em bai mekim olrait ol sik bilong yumi, na bai lait moa yet insait tu long namel long bikpela sori na bikpela tudak.

Dispela Lait em ibai abrusim olgeta save na hat long yumi long andastendim.

Gutpela long yumi wanwan long pinisim gut rot yumi ibin statim. Na wantaim halivim bilong Sevia na Ridima, Jisas Kraist, yumi bai pinisim wantaim hamamas na ol tos bilong yumi bai lait istap.

NOUT

1. *Yumi lukluk insait long dispela diksinari ol i kolim, Harpers Dictionary of Classical Antiquities* (1898), na lukluk long dispela wed “Lampadedromia,” we yu iken painim tu long dispela wep sait; www.perseus.tufts.edu/hopper. Pausanias i toktok long narapela resis we ol i save karim tos tu na we ol dispela lain isave karim tos ol i kolim ol tosbera, ating long wanwan man ikam long wanwan traib, ino bin givim ol narapela long tos bilong ol. Tasol olsem long dispela *lampadedromia*, man husat i win em man we nambawan man long kamap long pinis bilong resis wantaim tos bilong em i lait yet.

TISING IKAM LONG DISPELA TOKTOK

Tingim long enkarigim ol lain we yu wok long tisim ol long lukluk bek long we ol istap nau long ‘resis’ long laif bilong ol wanwan. Ol tos bilong ol i lait moa yet o nogat? Yu iken ridim dispela hap toktok we itok olsem Lait bilong Kraist emi “Lait bilong daunim tudak, em bai mekim olrait ol sik bilong yumi, na bai lait moa yet insait tu long namel long bikpela sori na bikpela tudak.” Na tingim long diskasim wantaim ol lain we yu wok long tisim olsem hao Lait bilong Kraist ibin wok pinis insait long laif bilong ol long bipo na hao em ibai wok gen insait long laif bilong ol.

YUT

Putim Fiul Igo Insait Long Tos Bilong Yu: Traim long Tripela Ten Dei

Long ol dispela yut insait long Sios we laip bilong yupela isave bisi, em iken isi tru long yupela long pas insait long ol samting yu save wokim long wanwan dei, olsem stret tu long ol spiritual samting. Yumi iken ridim ol skripsa bilong yumi, yumi iken prei, na yumi iken lotu

wankain tasol olgeta dei na bihain bai yumi tingting gen wai na iluk olsem yumi istap insait long wanpela spiritual hol na hat long kamaut.

Wanpela gutpela wei long mekim dispela spiritual tos long lait moa yet em long yumi imas olgeta taim igat ol spiritual ekspriens we igat minin bilong em. Tasol dispela emi isi long tok tasol long wokim bai emi hat, olsem na mi givim yu wanpela samting long halivim yu long spiritual sait bilong yu olsem bai i gro:Tingting long wanpela ektiviti we igat ol gospel toktok insait we yu ino bin wokim bipo na comitim yu yet long wokim dispela long olgeta dei long wanpela mun. Yu iken statim liklik ektiviti bikos olsem bai yu painim isi long tanim ol liklik senis igo long senis we ibai stap longpela taim. Taim yumi wokim ol spiritual samting we yumi ino save wokim bipo bai nidim moa feit na wok hat long yumi yet, tasol taim yumi wokim ol, yumi wok long invaitim Holi Gos long ikam stap wantaim yumi, na long dispela wei yumi soim bikipela feit moa long Papa God na soim olsem yumi ilaik long stap klostu moa wantaim Em. Mi givim yu sampela aidia long halivim yu long bai yu iken stat:

- Putim wanpela gol long mekim preiya bilong yu long monin na long nait. Traim tu long prei bikipela.
- Kirap olsem wanpela ten faiv minit pastaim long yu save kirap nau na ridim skripsa bilong yu bipo yu igo long skul.
- Ridim ol toktok bilong general konferens
- Putim wanpela skripsa ikam long Buk bilong Momon long sosol midia.
- Harim ol singsing lotu na narapela Sios musik na lusim ol narapela kain musik.

OL PIKININI

Mekim Tos Bilong Yu i Lait Moa Yet

Long taim bipo tru long Greece, ibin igat wanpela resis we ol lain ol i resis isave laitim tos na ron wantaim. Husat man we i pinisim gut resis na we tos bilong em istap lait yet long pinis bilong resis isave win. Presiden Uchtdorf itok olsem laif bilong yumi em olsem dispela resis. Dispela tos yumi holim em dispela em Lait bilong Kraist. Taim yumi traime long kamap olsem Jisas Kraist, yumi mekm tos bilong yumi lait moa yet.

Wanem ol samting yu ting yu iken wokim long kamap olsem Jisas na mekim tos bilong yu kamap lait moa? Pikim long lis tamblo:

Smail na tok halo long wanpela husat i lukluk olsem
ol i nogat lain toktok wantaim ol
Kros wantaim narapela
Lukautim bodi bilong yu
Mekim pani long brada na susa bilong yu
Bihainim toktok bilong propet
Givap taim yu mekim wanpela rong
Halivim narapela



Feit, Famili, Rilif

Ol Holi na Gutpela Pasin bilong Jisas Kraist: Pulap long Siariti na Lav

Prei na ritim gud dispela samting na tingim wei bai yu tokim ol narapela Hao bai save bilong yu long ol gudpela pasin bilong Sevia mekim feit bilong yu igo bigpela insait long Em na blesim olgeta lain husait yu save lukim long taim bilong visiting tising? Long moa infomesen, go long reliefsociety.lds.org.

Em hap bilong toktok bilong Visiting Tising Mesis isave lukluk long ol gutpela samting bilong Sevia.

Toktok long Skripsa i kolim siariti olsem “lav we emi antap, igat ona, na strongpela moa yet” (“Siariti”). Em i pua lav bilong Jisas Kraist. Taim yumi wok long lainim ol samting long Jisas Kraist na wok har long kamap olsem Em, yumi bai stat long pilim dispela pua lav bilong Em insait long laip bilong yumi na bai yumi kisim laik long lavim na sevim ol narapela olsem Em. “Siariti em long igat bel isi wantaim narapela husat ino wanbel wantaim yumi,” Presiden Thomas S. Monson ibin tok. “Em long holim bek kros bilong yu taim yu ino hamamas. Em long save olsem yumi iken igat sait bilong ino igat strong. Em long save olsem yumi iken laikim ol narapela lain olsem tasol. Em long lukluk igo insait long ol narapela na lukim ol gutpela samting we istap insait we sampela taim yumi aipas long lukim. Em long holim bek tingting long bungim bungim ol narapela.”¹

Long Buk bilong Momon, yumi lainim wanpela bikpela trut olsem yumi “prei long Papa God wantaim olgeta strong bilong lewa bilong yumi, olsem yumi iken pulap wantaim dispela lav, we emi bin givim yumi ol husat bihainum

Pikinini Man bilong Em, Jisas Kraist; olsem na yumi iken kamap olsem ol pikinini man na meri bilong God; olsem na taim emi bai soim em yet gen yumi iken kamap olsem em, bikos yumi bai lukim em olsem emi stap; olsem na yumi iken igat dispela hoep; olsem na yumi iken kamap puia olsem em i puia” (Moroni 7:48).

Ol narapela Skripsa

John 13:34–35; 1 Corinthians 13:1–13; 1 Nephi 11:21–23; Ether 12:33–34

Long Histori bilong Yumi

Wanpela sista husat man bilong em ibin dai ino long taim igo pinis, ibin hamamas tru long ol visitin tisas husat ibin krai wantaim em na sapotim em long dispela taim. Emi bin raitim olsem: ‘Mi bin wari stret na nidim stret wanpela long kam we mi iken kisim halivim long em; wanpela husat iken harim toktok bilong mi . . . Na ol i harim mi. Ol i kamfotim mi. Ol i karai wantaim mi. Na ol i holim pasim mi . . . [na] halivim mi kamaut long dispela bikpela sori long ol dispela nambawan mun taim mi istap mi yet.’

Narapela meri ibin tok olsem em yet tu em ibin kisim dispela kain halivim o siariti long wanpela visitin tisa: “Mi bin save olsem mi

ino namba nating insait long ol rekot buk bilong em taim em i visitim mi. Mi bin save olsem em i konsen stret long mi.”²

Olsem ol dispela sista, planti Lata Dei Seint long olgeta hap long graun iken soim olsem dispela em i trupela toktok we Presiden Boyd K. Packer (1924–2015), Presiden bilong Kwaram bilong ol Twelpla Aposol ibin mekim: “Hao ol lain bai pilim gut long save olsem[we ol femili] igo, wanpela narapela famili insait long Sios i wet tasol long halivim ol. Long taim ol i kamap, Papa bilong femili ibai go long Kwaram bilong ol prishud na Mama bilong femili ibai go long Rilif Sosaiti.”³

OL NOUT

1. Thomas S. Monson, “Siariti Ino Save Feil” *Liahona*, Nov. 2010, 124
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.

Tingim Dispela Samting

Hao na Kraist i stretpela eksampol bilong lav na siariti?