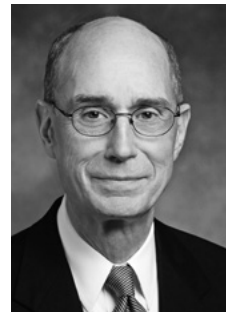


Ikam long Presiden Henry B. Eyring

Nambawan Kaunsela insait long Nambawan Presidensi



Holim Em Long Tingting Olgeta Taim

Inap yu tingim tasol olsem profet Moroni wok long stap wantaim mi na wok long raitim ol laspela tok bilong Buk Momon antap long ol golden plet? Em bin stap em yet. Em i bin lukim nesen bilong em, ol pipol bilong em, na famili bilong em pundaun. Ples graun bin wok long lukim pait “kamap klostu klostu na nogat pinis bilong en” (Mormon 8:8). Tasol em i bin gat hop, long wanem em i bin lukim taim bilong yumi! Na long olgeta samting em i bin inap long raitim, em i askim yumi long *holim long tingting* (lukim Moroni 10:3).

Presiden Spencer W. Kimball (1895–1985) bin save laik stret long tis olsem impotent tok stret insait long dikseneri ating em long *holim long tingting*. Long wanem yumi bin mekim kavanen wantaim God, em i tok, “bikpela moa nid bilong yumi em long holim long tingting” ol dispela kavanen.¹

Yu inap painim dispela tok *holim long tingting* long olgeta hap long skripsa. Taim Nehpi i krosim ol brata bilong em, planti taim em i save askim ol long holim tok bilong Bikpela long tingting bilong ol na long holim long tingting hau God i bin sevim ol tubuna papa bilong ol (lukim 1 Nephi 15:11, 25; 17:40).

Long bikpela gutbai toktok bilong em, King Benjamin bin yusim tok *holim long tingting* sevenpla taim. Em bin hop olsem ol pipol bilong em bai holim long tingting “dispela bikpela moa bilong God . . . na gutpela pasin

bilong em na pasin bilong weit isi isi bilong em” i go long ol (Mosiah 4:11; lukim tu 2:41; 4:28, 30; 5:11–12).

Taim Sevia bin kamapim sakramen, Em i bin askim ol disaipol bilong Em long kisim ol mak “long holim long tingting” sakripais bilong Em (Luke 22:19). Long olgeta sakramen preya yu na mi save harim, dispela tok *olgeta taim* go pas long dispela tok *holim long tingting* (lukim D&C 20:77, 79).

Toktok bilong mi em wanpela singaut, moa yet wanpela krai, long holim long tingting. Long hia em tripela tingting long wanem yu inap holim long tingting wanwan wik taim yu kisim ol sekret mak bilong sakramen. Mi hop olsem ol inap halivim yu, olsem ol i bin halivim mi.

Holim Jisas Krai long tingting

Nambawan samting, holim Sevia long tingting. Holim ol dispela samting long tingting Em i bin husat taim em i bin stap long ples graun, hau Em bin save toktok long ol narapela lain, na hau Em i bin soim gutpela pasin long ol pasin bilong Em long ol narapela lain. Holim long tingting husat Em bin save stap wantaim na husat Em i save tisim. Sevia bin “raun na wokim ol gutpela samting” (Acts 10:38). Em i bin go lukim ol sik lain. Em i bin mekim promis long wokim laik bilong Papa bilong Em.

Bikpela moa yet, yumi i ken holim long tingting dispela bikpela prais Em bin baim, long lav bilong Em

long yumi, long rausim ol makmak bilong sin bilong yumi. Taim yumi wok long holim Em long tingting bilong yumi, laik bilong yumi long bihainim Em bai gro. Yumi bai laik long kamap gutpela moa long soim gutpela pasin, kamap gutpela moa long fogivim narapela, na kamap gutpela moa long laik long painim laik bilong God na long wokim dispela laik bilong God.

Holim long tingting Wanem Yu Nid long Wokim Gutpela Moa Yet

Em i hat long tingting long Sevia—long klinpela na nambawan tru pasin bilong Em—na i no ting tu long hau taim yumi skelim yumi yet long Em yumi ol rabis na bagarap manmeri. Yumi bin mekim ol kavanen long harim tok long ol komanmen bilong Em, tasol yumi save planti taim no inap long winim dispela standad we i antap tru. Tasol Sevia bin save olsem dispela bai kamap, olsem na Em i givim yumi dispela odinens bilong sakramen.

Sakramen i gat as bilong em long dispela wei bilong ofaim ol sakripais long Olpela Testamen, we i stap insait long en tu em long autim ol sin (lukim Leviticus 5:5). Yumi no save mekim sakripais long ol abus moa, tasol yumi i ken lusim ol sin bilong yumi. Ol skripsa save kolim dispela sakripais “bel i bruk na spirit i gat bikpela sori tru” (3 Nephi 9:20). Kam long sakramen wantaim bel bilong tanim bel (lukim D&C 59:12; Moroni 6:2). Taim yu wokim dispela, yu bai kisim fogivnes long ol sin bilong yu na yu bai no inap long wokabaut i go aut long rot long lidim yu i go bek long God.

Holim Gohet Yu Wok Long Mekim Long Tingting

Taim yu wok long lukluk gut long laip bilong yu long taim bilong odinens bilong sakramen, mi hop olsem tingting bilong yu i no stap tasol long ol samting yu bin mekim we i rong tasol tu long ol samting yu bin mekim we i rait—ol liklik taim yu bin pilim olsem Papa long Heven na Sevia bin hamamas long yu. Yu inap tu long kisim liklik taim insait long sakramen long askim God long halivim yu long lukim ol dispela samting. Sapos yu wokim dispela, mi promisim yu olsem bai yu pilim samting. Bai yu pilim hop.

Taim mi bin wokim dispela, Spirit bin givim mi gutpela tingting olsem taim mi wok long stap longwe long kamap nambawan tru, mi kamap gutpela tede moa long aste. Na dispela i givim mi bilip long gat tras olsem, bikos long Sevia, mi inap long kamap moa gutpela tumora.

Olgeta taim em i longpela taim, na em i min olsem bai yumi i mas givim planti lukluk klostu long en. Long save bilong yu yu save olsem em i hat long tingting tasol long wanpela samting olgeta taim. Tasol maski long hau yu save holim pas promis bilong yu long holim Em long tingting olgeta taim, Em bai olgeta taim holim yu long tingting bilong Em.

Sevia i save long ol salens bilong yu. Em i save hau yu bai pilim long gat olgeta wari bilong dispela laip i hevi antap long yu. Em i save hau yu bai kwiktaim nidim blesing we bai kam long olgeta taim yu holim Em long tingting bilong yu na harim tok bilong Em—“olsem [yu] inap *olgeta taim* i gat Spirit bilong em stap wantaim [yu]” (D&C 20:77; strongpela tok i stap).

Olsem na, Em i hamamas olsem yu inap kambek long sakramen tebol long wanwan wik, wanpela taim moa long ofaim yu dispela sans long witnes long ai bilong Em olsem yu bai olgeta taim holim Em long tingting bilong yu.

NOUT

1. Spencer W. Kimball, “Circles of Exaltation” (address to the Church Educational System religious educators, June 28, 1968), 5.

TISING I KAM LONG DISPELA TOKTOK

Laip i ken kamap bisi tumas na mekim i hat long yumi long olgeta taim holim Sevia bilong yumi Jisas Krais long tingting bilong yumi. Tasol, Sakramen, em i givim dispela spesol taim long wanwan wik taim yumi i ken tingim gut laip na ol tising bilong Em. Wantaim ol dispela lain yu save tisim ol long hom, tingim long hau yu bai yusim ol liklik stap isi taim, na diskasim hau yu inap antapim lukluk klostu bilong yu long Sevia. Hau bai yu inap long yusim ol dispela liklik taim long tingim gut ol samting long yu yet we yu inap long mekim kamap gut moa yet? Wanem em gutpela [bilong dispela] long holim long tingting dispela gohet yu wok long mekim long wanwan wik?

YUT

Tripela Samting long Holim Long Tingting

Dispela tok *holim long tingting* em i kamap planti taim insait long Buk Momon. Nephi strongim bel bilong ol brata bilong em long holim long tingting bilong ol long hau God i bin seivim ol tumbuma bilong

ol. King Benjamin bin askim ol pipol bilong em long holim long tingting olsem God em i bikpela na impoten moa yet. Na Moroni i tokim ol lain ol i wok long ridim raiting bilong em long holim long tingting olsem Bikpela em save soim bikpela marimari.

Long holim Sevia long tingting bilong yumi em i nambawan samting—yumi mekim kavanen wantaim em tu long holim Em long tingting bilong yumi wanwan taim yumi save kisim sakramen. Presiden Eyring askim yumi long holim ol dispela tripela samting long tingting bilong yumi long taim bilong sakramen:

- 1. Holim Jisas Krais long tingting bilong yumi:** Ridim ol skripsa long hau Sevia sevim na soim lav bilong Em long ol narapela. Yu save pilim lav bilong Em olsem wanem? Hau bai yu inap long sevim na soim lav bilong yu long ol narapela olsem Sevia i bin wokim?
- 2. Tingim wanem samting yu nid long wokim gut moa:** Tingim gut ol samting yu wokim long wik i go pinis wantaim tanim bel pasin long bel bilong yu. Kisim wanpela samting yu inap long senisim, na raitim i go daun hau bai yu mekim dispela samting soim moa gut. Putim dispela gol bilong yu long wanpela hap we yu bai inap long lukim planti taim.
- 3. Tingim gohet yu wok long mekim kamap:** Askim God long halivim yu long lukim dispela gutpela gohet yu wok long mekim kamap. Raitim go daun yu pilim olsem wanem.

Yumi i no nambawan tumas, tasol Sevia i save long dispela. Olsem na Em i askim yumi long holim Em long tingting bilong yumi. Taim yumi holim Em long tingting bilong yumi dispela i givim yumi hop na halivim yumi long kamap gut moa yet. Na tu long ol dispela taim, taim yumi i no holim Em long tingting bilong yumi, Presiden Eyring i tok, “Em bai olgeta taim holim yumi long tingting bilong Em.”

“Holim long tingting bilong yu hau Bikpela i bin soim marimari bilong Em” (Moroni 10:3).

OL PIKININI

Long Holim Jisas long Tingting

Ol skripsa i tis olsem yumi i mas olgeta taim holim Jisas Krais long tingting bilong yumi. Dispela i min olsem yumi i mas tingting long Em *planti taim* na bihainim eksampol bilong Em!

Putim wanpela piksa bilong Jisas long wanpela hap yu bai lukim planti taim.

“Na sapos yu bai olgeta taim holim mi long tingting bilong yu, yu bai gat Spirit bilong mi wantaim yu” (3 Nephi 18:17).

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Feit, Famili, Rilif

Wok long Save Long Em na Famili Bilong Em

Visiting tising em long wantaim olgeta bel bilong yumi long wok long save na lavim wanwan sista olsem yumi inap long halivim long strongim feit bilong em na givim sevis.

Rita Jeppeson na visiting tisa bilong em bin kamap gutpela poroman taim ol wok long visit na sherim ol as tingting bilong gospel. Tasol ol visit bilong tupela bin gat taim bilong pilai wantaim tu. Em i wanpela samting Rita bin save laikim long visiting tisa bilong em long wanem em i save olsem tupela ol poroman na visit bilong em i no bin long makim 'sek' lis bilong em tasol. I gat planti moa samting ol sista inap wokim long taim bilong visit, olsem go raun liklik wantaim o long kamautim sampela pipia long gaden taim ol pikinini wok long pilai i stap.

Elda Jeffrey R. Holland bilong ol Kwarom bilong ol Twelpela Aposol i tok, "Lukim yupela yet olsem ol wokman bilong Bikpela long ol pikinini bilong Em. . . . Yumi inap hop . . . olsem yupela bai kamapim wanpela taim bilong trupela lain, wari long hau ol memba putim gospel long laip bilong ol, was na lukaut long wanpela narapela, lukluk long ol nid bilong spirit

na bodi long ol wei yupela inap halivim."¹

Bikpela thru long Moses i bin tokim ol pikinini bilong Israel olsem "dispela meri yupela i no save long em we i stap wantaim yupela bai kam long yu olsem wanpela husat i bon namel long yupela, na yupela bai lavim [em] olsem yupela yet" (Leviticus 19:34). Ol dispela sista yumi save visit na tisim ol i ken stap olsem ol "meri yumi no save long ol" taim yumi statim sevis bilong yumi, tasol taim yumi wok long save moa long em na famili bilong em, laik bilong yumi bai go bikpela long "karim hevi bilong wanpela narapela, olsem bai ol dispela hevi inap kamap isi" na kamapim ol "lewa bilong yumi long kam bung wantaim na soim lav long wanpela narapela" (Mosiah 18:8, 21).

Reyna I. Aburto, Nambatu Kaunsela insait long Rilif Sosaiti Jenerol Presidensi, tingim bek taim em i bin lusim man bilong em na kamap wanpela nupela memba

bilong Sios. "Ol visiting tisa bilong mi bin kam long hom bilong mi," em i tok, "na ol i bin bringim wanpela gutpela filing olsem mi bilong ol na lav long bel bilong mi."²

Tingim Dispela

Long ol famili bilong ol sista yu save visitim na tisim, wanem ol samting wok long kamap klostu em yu nid long save na holim long tingting?

OL NOUT

1. Jeffrey R. Holland, "Emissaries to the Church," *Liahona*, Nov. 2016, 62.
2. Reyna I. Aburto, "What Has Relief Society Been for Me?" Brigham Young University Women's Conference, May 5, 2017, LDS.org.

Long Minsiterim

Taim yumi wok long save na lavim wanwan sista yumi save visitim na tisim em na famili bilong em, yumi bai kisim insperesin bilong yumi yet long save long hau long bekim ol nid bilong spirit na nid bilong bodi bilong wanwan ol dispela sista.