

# *Lo bilong Helt*





**B**ikos pasin bilong bodi i save afektim yumi spirituali, Papa bilong yumi Long Heven i givim yumi ol lo we ol i mekim long kamapim helti pasin bilong bodi na spirit bilong yumi. Olsem hap bilong ristoreshen bilong gospel bilong Jisas Krai, God i soim igo long profet Josep Smit hao yumi iken lukautim bodi bilong yumi so bai spirit bilong Bikpela iken stap wantaim yumi. Dispela revelesen i luksave olsem Lo bilong Helt. Harem na foloim dispela lo em wanpela samting yu mas mekim bipo yu baptais ikam insait long Sios bilong Jisas Krai bilong ol Seint long Las de. Ol Bigpela blesing we bigpela i promisim istap na em bai i givim igo long husait i soim bilip bilong em taim emi harem na foloim dispela lo.

### *Wanem em Lo bilong Helt?*

Bikpela i soim ikam Lo bilong Helt long Profet Josep Smit. Insait long dispela revelesen bikpela i tambuim yumi olsem yumi i noken kisim alkahol, simok tobako, na ol hotpela drink, em i minim olsem kofi na ti. Behain ol profet i bin tisim olsem yumi i mas noken usim ol sampela ol samting we ol i gat ol drag we lo i tambuim o samting we bai i bagarapim yumi na ol samting nogut we bai yumi panim hard long lusim. Lo bilong Helt tu i save

*Bilong spirit na pisikal gutpela bilong yu, Bikpela i askim yu long istap long wei long:*

- *Alkahol.*
- *Tobako.*
- *Kofi na ti.*
- *Ol drag we lo i tambuim.*
- *Ol narapela samting we bai i bagarapim yumi o ol samting nogut we bai yumi panim hard long lusim.*

tisim yumi olsem yumi mas kaikai liklik abus sampela taim tasol na olsem yumi mas kaikai ol liklik ol sid, frut, na ol gaden kaikai.

### *Ol Blesing bilong Lo bilong Helt*

Lukautim Lo bilong Helt bai i mekim gudpela pisikal na spiritol laip bilong yu. Stil yu bai lukim ol nomal helt salens, harem na foloim dispela lo bai i halivim yu long gat helti bodi na maind.

Insait long Niupela Testamen Aposel Paul i lukim bodi olsem tempol:” Save olsem yu em tempol bilong God, na olsem spirit bilong God istap insait long yu? Sapos wanpela man i bagarapim tempol bilong God, em bai God i distroim; tempol bilong God em holi, yu em tempol bilong em” 1 Corinthians 3:16–17).

Taim yu lukautim Lo bilong Helt, dispela deliket, sensitif, spirit said bilong yu bai i rere long kisim gaidens long God. Lainim long harem spiritol pilim bilong spirit. Yu bai i kisim advais long ol samting we i laik bagarapim yu na Holi Spirit bai i gaidim yu. Wisdom na save bilong yu bai i go antap moa. Yu bai i gat bikpela bel isi long tingting, kontrolim yu yet moa, na konfident pasin igo long laip na taim long kam yet.





## *Lo bilong Helt*

*Dispela revelesen, we Profet Josep Smit i kisim long 1833, em daireksen long Papa bilong yumi long Heven igo long ol pikinini bilong Em tudei. Dispela ol sampela hap stori long dispela revelesen, we yu ken painim insait long Doktrin na Kavanens, seksen 89:*

*“Lo bilong Helt, long benefit bilong . . . sios, na tu ol seint insait long Zaion . . .*

*“Givim i go bilong principol wantaim promis, senisim i go long strong bilong ol lain we i no strong na ol seint we inogat strong tru. . . .*

*“Lukim, tru tumas, olsem Bikpela i tok i kam long yu: Insait long resalt bilong ol nogut na plan we i mekim na bai isatp insait long lewa bilong ol man i wok hait insait long ol las de, Mi. . . tokim yu pas, we mi givim yu dispela lo bilong helt em ikam long revelesen—*

*“Tasol still ol man i kisim wain o strongpela drink namel long yu, lukim em ino gudpela. . . .*

*“Na i tok gen, tobako em i no bilong bodi, or bilong bel, na ino gudpela bilong man. . . .*

*“Na i tok gen, hotpela ol drink [ti na kofi] ino bilong ol bodi or bel.*

*“. . . Olgeta helti plants God i odenim bilong general helt, samting istap long graun, na bilong man long usim . . .*

*“Yea, mit tu bilong ol traipela animal na ol pisin long skai, Mi, Bikpela, i bin odenim bilong ol man long usim wantaim givim tok tenkyu; yet ol i mas usim ol sampela taim tasol. . . .*

*“Olgeta ol liklik ol sid ol gutpela long ol manmeri; tu ol frut bilong ol diwai; ol dispela we ol i save karim prut, sapos em istap insait long graun o antap long graun. . . .*

*“Na olgeta ol seint husait i tingim long kipim na mekim ol dispela toktok . . . bai i kisim helt insait long belibaten bilong ol na mit insait long bon bilong ol:*

*“Na iken painim save na bikpela ol tresa bilong save, inapim ol hait ol tresa bilong save tu;*

*“Na iken ran na i no inap long sotwin, na iken wokabaut na i no inap ai raun na pudaon.*

*“Na Mi, Bikpela, i givim igo long ol wanpela promis, olsem ol ensel we isave burukim na bagarapim ol samting bai igo pass long ol, olsem ol pikinini bilong Israel, na ino inap kilim ol. Amen” (Doktrin na Kavanens 89:1, 3–5, 8–10, 12, 16, 18–21).*







## *Inap long kisim ol samting we i save bagarapim*

Sapos yu usim tobako, alkohol, kofi, ti, ol drag we lo i tambuim, o ol narapela ol samting we i nogut na ol samting nogut we yu had long lusim, stopim nau. Yu bai kisim blesing wantaim helti bodi na spirit. Sampela ol manmeri i bin kamapim ol pasin i go long ol samting we i save mekim hard long stop long usim ol. Sapos yu painim hard long larem igo dispela pasin-kamapim ol samting, askim God long prea long halivim yu long senisim nogut tingting, ol wok, na temtesen wantaim gutpela toktok, gutpela ol pasin. Taim yu pulumapim laip bilong yu wantaim ol strongpela na gutpela samting, bai igat liklik rum bilong ol samting nogut na negetif. Dispela foloing samting bai i halivim yu:

- Mekim up tingting bilong yu long lusim. Prea na fas wantaim konfidens olsem Bikpela bai i halivim yu long winim ol nogut pasin we yu isave painim had long lusim.
- Stadim ol skripsa. Lainim ol toktok wantaim lewa bilong yu olsem em bai istap insait long tingting bilong yu na tokautim olgeta taim. Ol bai i kisim ikam long yu pawa bilong spirit.
- Askim blesing long ol prishud long halivim yu pusim bek temtesen.

*T*raim olgeta taim! Taim yu aplaim Atonmen insait long laip bilong yu, Bikpela bai halivim yu, sapos progres bilong yu isi isi yet.

- Rausim ol samting i save bagarapim yu, na noken kisim moa.
- Putim daun ol taim, ples, na taim na ples we yu save kisim traim long burukim Lo bilong Helt. Toktok long papa na mama bilong yu, meri o man bilong yu, ol misinari, na ol narapela poroman yu save trastim long hao yu ken stap long wei long lusim ol samting long list bilong yu. Eksampol, painim ol niupela bipo taim o ol samting yu save like long mekim long we temtesen bai i no kisim yu. Harim ol gutpela miusik, halivim ol narapela, ridim ol gudpela buk, o eksasais taim temtesen i kisim yu.
- Kam bung wantaim long ol Sios ektiviti. Yu bai i go klostu long God na bai i gat bikpela strong long ovakam ol disaea bilong yu long ol nogut samting.
- Kam long raitpela sapot grup o kisim profesinal halivim.
- Noken lus tingting olsem Bikpela bai i halivim yu taim yu rilai long Em. Lusim ol dispela samting bai had tru, na sampela ol manmeri i ken go bek long ol olupela pasin bilong ol moa bipo ol i lusim olgeta. Traim olgeta taim, na noken lusim houp.

Taim yu gat pasin bilong daunim yu yet na tok tru na singaut antap long God na ol narapela long halivim, yu ken winim ol pasin nogut tru long Atonmen bilong Jisas Krai.

Taim yu foloim Lo bilong Helt, ol blesing we Bikpela i promisim em bai ikam long yu.





## EKSTRA STADI

Dispela foloing askim na skripsa bai i halivim yu long lainim moa long ol tok tru insait long dispela pamphlet. Ol nout long tambolo na kros-refrens insait long skripsa bai i kisim yu i go long ol ekstra stori na risos long dispela tok tru.

### **Bilong wanem na mi mas lukaut long wanem samting isave go insait long bodi bilong mi?**

Proverbs 20:1 (Baibel, Olpela Testamen)

1 Corinthians 3:16–17 (Baibel, Niupela Testamen)

1 Corinthians 6:19–20 (Baibel, Niupela Testamen)

Doktrin na Kavanen 89 (Ol misinari o wanpela memba bilong Sios i ken halivim yu long kisim wanpela kopi bilong Doktrin na Kavanen. Yu tu iken go long [www.mormon.org](http://www.mormon.org) long painim lo intanet.)

”Lo bilong Helt,” *Tru long ol Bilip* (Ol misinari o wanpela memba bilong Sios iken halivim yu long kisim wanpela kopi bilong dispela buk. Yu tu iken painim long intanet long [www.mormon.org](http://www.mormon.org).)

### **Wanem ol blesing bilong spirit na bodi iken kam long bihainim komanmen bilong God long helt bilong mi?**

Daniel 1:3–20 (Baibel, Olpela Testamen)

### **Hao bai Bikpela i strongim mi taim temtesen i kam long mi?**

Mosaia 5:2 (Buk bilong Momon, peig 184)

Mosaia 7:33 (Buk bilong Momon, peig 190)

Alma 13:27–29 (Buk bilong Momon, peig 289)

Ita 12:27 (Buk bilong Momon, peig 622)

# Wanem samting mi mas mekim?



- Kontiniu long ridim Buk bilong Momon.  
Ol sampela riding: \_\_\_\_\_  
\_\_\_\_\_
- Lukautim Lo bilong Helt. Prea long halivoim yu long lukautim dispela lo. Putim ol gol bilong yu long mekim gudpela pisikal na spiritol helt bai i stap long we long ol nogut samting we bai bagarapim yu na bai tingting strong long ol gudpela kaikai na narapela ol wok bilong stap helti.
- Kam long sios dispela Sande.
- Kontiniu long redi long baptais.  
Baptais deit: \_\_\_\_\_
- Kam lukim [www.mormon.org](http://www.mormon.org) long lainim moa long Sios bilong Jisas Krai bilong ol Seint long Las de.
- Kontiniu long lukim ol misinari long lainim moa long hao komanmen bilong God iken blesim laip bilong yu.

Narapela apoinmen: \_\_\_\_\_

Nem bilong ol Misinari na fon namba bilong ol

\_\_\_\_\_  
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SIOS BILONG  
**JISAS KRAIS**  
BILONG  
OL SEINT LONG LAS DE

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