

Ka Moporesidente Dieter F. Utchtdorf

Mogakolodi wa Bobedi mo
Boporesidenteng jwa Ntlha



Go tlhoma sentle gareng ga Matsubutsubu

Maloba jaana nna le mosadi wame, Harriet, rele ko boemelong difofane re lebile difofane di tlhoma. Gone gole phefo tsatsi leo, phefo e e mashetla e fokela ko difofaneng tse di gorogang, go dira gore e nngwe ya tsone e lathegelwe ke taolo fa e goroga.

Fa re ntse re lebeletse kgotlhang e magareng ga lobopo le moshine, tlhaloganyo ya boela kwa ikatisong yame ya go kgweetsa difofane le melawana e ke e ithutileng teng—ka bo ka ruta bakgweetsi ba bangwe ba difofane.

“O seka wa lwantsha di diriswa fa o kgweetsa gole matsubutsubu” Ke ne ke tle ke ba reye jalo. “Wela makgwafo; o seka wa gomoga maikutlo.” Matlho a gago a remelele mo moleng oo fa gare fa di tlhomang teng. Fa o ka fapoga mo tseleng e o tla ratang go tsamaya mo go yone, dira tshwetso ya go boela mo tseleng gape. Tshepa bokgoni jwa sefofane sa gago. Kgabaganya matsubutsubu.”

Bakgoetsi ba difofane ba ba nang le kitso ba tlhaloganya gore ga ba kake ba laola diemo tse di ba diragalelang ka dinako tsotlhe. Ba ka seke ba emise matsubutsubu. Ba ka seke ba dira gore pula kgotsa dikgapetlatsa serame di nyelele. Ba ka seke ba emise phefo go foka kgotsa go fetola ko e fokelang teng.

Mme ba tlhaloganyo gore ke phoso go tshaba matsubutsubu kgotsa difefo tse di mashetla—bogolo jang go ba tse-nyang letshogo. Tsela ya go tlhoma e sireletsegile fa seemo se sa letle gore o ka nna mo tseleng e e siameng le go leka ka bo jotlhe jo o ka bo kgonang go nna mo tseleng.

Fa ke leba sefofane morago ga se sengwe di atamela ke gakologelwa thuto e ke e ithutileng dingwaga tsa ke fofisa difofane, kene ka ipotsa fa go sena thuto e re ka e ithutang mo malatsing a matshelo a rona.

Re ka kgona go laola matsubutsubu a botshelo bo a tsisang mo go rona. Nako tse dingwe dilo ga di tsamae ka fa o batlang di tsamaya ka teng. Re ka ikutlwa re kgatlhameditse kana re fokilwe ke matsubutsubu a go swaba, go ngosela, letshogo, go sa itumeleng kgotsa maikutlo aa kwa tlase.

Mo dipakeng tseo, go motlhofo go remelela mo go tsotlhe tse di sa tsamaeng sentle le go dira matshwenyego a rona boremelelo jwa dikakanyo tsa rona. Thaelo e ka nna go nitama mo dikgwetlhong tse re lebaganyeng natso bogolo go Mmoloki le bopaki jwa boammaaruri.

E ga se yone tsela ya go ralala dikgwetlho tsa botshelo.

Fela jaaka mokgweetsi wa difofane yo o nang le kitso a sa beye tlhaloganyo mo sefefong mme mo moleng o o fa gare wa fa difofane di tlhomang teng le fa a tla simololang go tlhoma teng, le jalo re tshwanetse ra remelela mo bogareng jwa tumelo ya rona—Mmoloki wa rona, lefoko la gagwe lo lo boitshepo, le lenaneo la ga Rara o ko Legodimong—le mo pitlhelelong ya rona e kgolo—go boele kwa legodimong ka pabalesego. Re tshwanetse ra tshepa Modimo re bo re dire go nna mo tseleng ya bodiredi boremelelo jwa maiteko a rona. Re tshwanetse ra baya matlho

a rona, dipelo le tlhologanyo, di tlhomame mo go tsheleng jaaka re itse re tshwanetse.

Go bontsha tumelo le tshepo mo go Rara yo o kwa Legodimong ka go obamela melawana ya gagwe ka boitumelo go tla re leretse boitumelo le kgalalelo Mme fa re nna mo tseleng, re tla fenyha matsubutsubu—go sa kgathalesege gore di lebege di le mashetla go le kae—mme ra boela ka pabalesego kwa legaeng la rona kwa legodimong

Le fa loaping lo lo re dikologileng lo tlhpile kgotsa lo tletse maru a a tshosang, jaaka barutwa ba ga Jeso Keresete, re batla pele bogosi jwa Modimo le tshiamo ya gagwe, re itse gore fa re dira jalo, sengwe le sengwe se re se tlhokang e tla re re go ntse go ya re se neelwe (bona Mataeyo 6:33).

A molaetsa wa botlhokwa wa botshelo!

Fa re rata thata mathata a rona, dikgwetlho tsa rona, go ngosela, le letshogo la rona, ke gone dilo di tla thatafalang thata. Mme fa re remelela mo felong la rona la bofelo la legodimo le boitumelo jwa go sala morago tsela ya barutwa—go rata Modimo, go direla moagisanyi—kgonagalo ya go fenyha fa re tsamaya mo gare ga mathata le matsubutsubu e kwa godimo.

Baratwa, gosa kgathalesege gore diphefo tsa matshelo a rona a senama di mashetla gole kae, efangedi ya ga Jeso Keresete e tlaa nna ere fa tsela e e babalesegileng ya go goroga ko bonnong jwa Rara yo o ko Legodimong.

DITHUTO GO TSWA MOLAETSENG O

Moporesident Uchtdorf o re gakolola go “tshema Modimo le go dira go nna mo tseleng ya bodiredi boremelelo jwa thata ya rona.” Akanya ka go botsa ba o ba rutang kafa se ba se dirang go nna ba nitame “mo go fitlheleng loeto lwa bofelo lwa legodimo le boitumelo jwa go sala tsela ya barutwa morago” nako tse dingwe fa ba lebagane le mathata. “O ka nna wa ba laletsa go akanaya ka ditsela tse ba ka di dirisang

go remelela mo bopaking jwa bone le mo go Keresete mo dipakeng tse di thata le go dirisa thapelo go athlola go re ba ka tsena jang mo tirisong mogopolo o le mongwe kgotsa go feta mo matshelong a bone.

BANANA

Motheo wa Bopaki jwame

Ka Jennifer Weaver

Fa kele dingwaga di le 16, tsala nngwe yame ene ya tla ko lwapeng le baanamisa efangedi. Morago ga kgwedi re rutwa, dipotso tsame tsotlhe dine di arabilwe. Kene ka utlwa bopaki jwa Moya o o Boitshepo ka molaetsa wa Puseletso. Gone gosa tshwane le sepe se nkileng ka se utlwe, kea itse gore tsotlhe ke nnete.

Mme, Kene ka itemogela go ka kgethololwa go fetisa pele. Kene ka ikutlwa kele esi, ke lapile, gape ke tsietsega. Fa kene ke dira se se siameng, ke eng kene ke tla kगतलhanong le mmaba? Kene ke sa tlhologanye gore dikgwetlho dine di ka ntshiamela jang. Baanamisa efangedi ba nthutle go ka itima dijo le go rapela, le fa re le fa gare ga malatsi a sekolo. Fa dilo disa tlhole di ka kgonagala Kene ke neela pelo yame mme ke ikutlwe ke gomodiwa ke Moya o o Boitshepo.

Beke ye ke neng ke kolobediwa ka yone ene e tletse dikgwetlho. Mogolwane wame o ne a solofetsa go nketsha mo tirong fa kesa tlhole kolobetso go emela mongwe ko tirong, kene ka felela kele kwa kokelong bakeng la bolwetse jwa diphilo, mme le batsadi bame bane bare ketswe mo lwapeng. Ka dilo ka bontsi dine di dule mo taolong yame, selo se ke neng ke ka se dira ke go leba ko Moreneng.

Nngwe le ngwe ya dikgwetlho tseo *dine* tsa fetoga go mperekela. Dine tsa nthuta dithuto tsa efangedi, tse di agileng bopaki jwame.

Mokwadi o nna kwa Idaho, USA.



Tumelo, Lelwapa, Thuso

Nyalo E Segofaditswe ke Modimo

Ka thapelo ithute tiriso e mme o senke go itse gore o ka abelana eng. Go tlhaloganya “The Family: A Proclamation to the World” go ka godisa tumelo yame mo Modimong jang le go segofatsa bao o ba tlhokometseng ka thuto ya ketelo? Go bona molaetsa yo montsi, ya ko reliefsociety.lds.org.

Baporofiti, baaposetolo, le bae-teledipele ba tswela go “ruta gore nyalo gareng ga monna le mosadi e segofaditswe ke Modimo le gore malwapa ke pinagare ya lenaneo la Mmopi.”¹

Elder D. Todd Christofferson wa Lekalana la Baaposetolo ba Lesome le bobedi o ne a re: “Lelwapa le le agetsweng mo lenyalong la monna le mosadi le fa thulaganyo e e siametseng lenaneo la Modimo gore le tswela. . . .

“ . . . Rona kgotsa ba bangwe ba senama ba ka se fetole thulaganya ya nyalo.”²

Bonnie L. Oscarson, Young Women general president, one are: “Mongwe le mongwe, gosa kga-thalesege gore seemo sa nyalo ya bone kgotsa palo ya bana, ba ka nna basireletsi ba lenaneo la Morena le le tlhalositsweng mo polelong ya lelwapa. Fa ele lenaneo la Morena, le tshwanetse go nna lenaneo la rona!”³

Mogolwane Christofferson o tswela a re: “Bangwe ba lona ba ikitsa masego a lenyalo ka mabaka aa akaretsang go tlhoka ponelo pele, go ratana ga bong bole bongwe,

bogole, kgotsa go nna le poifo ya go sa atlega . . . kgotsa oka tswa o kile wa nyala, mme lenyalo la fela. . . . Bangwe ba lona ba ba nyetseng ga ba kgone go nna le bana. . . .

“Mme ka jalo, . . . mongwe le mongwe o ka nna le seabe mo go anamiseng lenaneo le.”⁴

Dikwalo tsa Tumelo tse di tlaletsang

Genesis 2:18–24; 1 Corinthians 11:11; Doctrine and Covenants 49:15–17

Dipolelo tsa Batho ba Batshelang

Mokaulengwe Larry M. Gibson, mogakolodi wa pele mo lekataneng la Young Men, o gakologelwa fa Shirley, yo jaanong e leng mosadi wa gagwe a ne a re:

“Ke a go rata ka gore Ke a itse gore o rata Morena go feta kafa o nthatang ka teng.” . . .

“Karabo eo e nnile mo pelong yame. . . .

“ . . . [Le] kene ke batla gore a itse fa ke rata Morena go feta tsotlhe.”⁵

Mogolwane David A. Bednar wa Khoramo ya Baaposetolo ba ba Lesome le Bobedi o ne a ruta: “Morena

Jeso Keresete ke ene boremelelo jwa melawana ya kafa nyalo e tsamaisiwang ka teng. . . . [Akanya seo] Mmoloki ke ene pinagare [ya] triangle, mosadi ale mo ntlheng e nngwe le monna ale mo ntlheng e nngwe. Jaanong akanya se se ka diregang mo tshedisanong gareng ga monna le mosadi fa mongwe le mongwe wa bone a ‘tla go Keresete’ le go leka go ‘itokafatsa’ (Moroni 10:32). Ka ntlha e le lebaka la Mmoloki, monna le mosadi ba atumalana.”⁶

DINTLHA

1. “The Family: A Proclamation to the World,” *Liahona*, Nov. 2010, 129.
2. D. Todd Christofferson, “Why Marriage, Why Family,” *Liahona*, May 2015, 52.
3. Bonnie L. Oscarson, “Defenders of the Family Proclamation,” *Liahona*, May 2015, 15.
4. D. Todd Christofferson, “Why Marriage, Why Family,” 52.
5. Larry M. Gibson, “Fulfilling Our Eternal Destiny,” *Ensign*, Feb. 2015, 21–22.
6. David A. Bednar, “Marriage Is Essential to His Eternal Plan,” *Liahona*, June 2006, 54.

Akanyetsa Se

Nna ka bonosi ke leka jang “gotla gaufi le Keresete”?