



**Titenani  
Dieter F. Uchtdorf  
na ɔtwereɛɛɛ**

Fotufod a ɔto so Mmienu wo  
Atitenafod a Wddi Kan no mu

# Sɛ Worenante Atwa Wo Ho

**S**o woate tete abɛbusɛm a ɛka sɛ nnipa a wɔyera no nante twa wɔn ho?

Na Jan L. Souman, Germanni ɔkotani a ɔhwe adwene mu haw, pɛ sɛ ɔfa abɔdɛɛ mu nyansa pɛ kwan so hunu sɛ wei yɛ nokorɛ anaa. ɔfaa nnipa kuo bi koo kwaɛɛ kɛsɛɛ bi mu na wɔkoo Sahara serɛ no so na wɔde abɛfo afidie bi hwɛɛ faako a wɔkooɛɛ. Na wɔnni akyerɛkwan anaa afidie biara a ɛte saa. Wɔmaa wɔn akwankyerɛ a ɛnye den: monnante nkɔ mo anim tee wɔ kwan a wɔkyerɛ mo no so.

Akyire no, Dr. Souman kyerɛɛ deɛ ɛsiɛ. “[Wɔn mu bi] nantee mununkum ase, wɔ berɛ owia no ahinta wɔ mununkum no akyi [a na biribiara nni ho a ɛbkyerɛ wɔn kwan]. . . . [Wɔn] nyina ara nante twa wɔn ho, na wɔn mu pii san befaa kwan a wɔafa so dada no mpen pii a na wɔnnim.” Ebinom nso nanteeɛ berɛ a na owia rebɔ, nanso na wɔhunu sɛ akwankyerɛɛɛ no wɔ akwirikyiri “Weinom. . . faa ɔkwan tee a ɛdi mu kakra so.”<sup>1</sup>

Afodorɔ nso afa akwan fodorɔ so ayɛ saa nhwenhwɛmu yi mpen pii.<sup>2</sup> Wɔn nyina ara nyaa nsunsuansoo pɛ.

Sɛ akwankyerɛɛɛ nni ho a, nnipa taa nante twa wɔn ho.

## **Twereɛɛm no akwankyerɛɛɛ**

Sɛ honhom mu akwankyerɛɛɛ nni ho a, adasamma nso beyera. Sɛ yenni Onyankopɔn asem a, yenante twa yen ho.

Sɛ yɛyɛ ankurɛankurɛ anaa kuo yi, yɛhunu saa tebea yi mpen pii wɔ asempan mmerɛ nyina ara mu fiti wiase ahyɛaseɛ. Sɛ yɛyi yen ani firi Onyankopɔn asem so a, ɛyɛ a yɛyera.

Akyinnye biara nni ho sɛ wei nti na Awurade hyɛ Lihae sɛ ɔnsoma ne mma mmariima no ma wɔnsan nkɔ Yerusalem nkɔgye yaawa mprete no. Na Onyankopɔn nim sɛ Lihae asefoɔ behia akwankyerɛɛɛ a ɛbɛma wɔn akwankyerɛ a wɔnam so behunu sɛ wɔnam kwan pa so anaa.

Twereɛɛm no yɛ Onyankopɔn asem. ɛyɛ Onyankopɔn akwankyerɛɛɛ a ɛkyerɛ kwan a ɛwo sɛ yɛfa so ama yɛa-twe aben yen Agyenkwa ama yɛaduru botaeɛ a ɛho tee so.

## **Amansan Nhyiamu Akwankyerɛɛɛ**

Nkyerɛkyerɛ a wɔde ma wɔ amansan nhyiamu ase no yɛ akwankyerɛɛɛ fodorɔ nso a ɛbetumi ama yɛahunu sɛ yenam kwan pa so anaa.

ɛto da a mebisaa me ho sɛ, “So metieɛ nsem a mmarrimma ne mmaa akasafoɔ no kaaɛɛ wɔ Asɔre yi amansan nhyiamu ase naano yi?” So makan wɔn nsem no na masan akan bio? So madwene ho na mede abɔ me bra? Anaa sɛ mede anigyɛɛ tieɛ kɛkɛ nanso mepoo sɛ mede wɔn nkanyan nsem no bebɔ me ara me bra?

Ebia berɛ a woretie no anaa worekenkan no, wotwɛrɛɛ asem baako anaa mmienu bi too ho. Ebia wohyɛɛ bɔ sɛ wobɛtu mpon wɔ nneɛma bi ho anaa wobeyɛ no

wɔ ɔkwan foforɔ so. Wo deɛ dwene nkransɛm a wɔde maaɛ wɔ amansan nhyiamu a atwa mu yi ho. Pii tuu yɛn fo sɛ yɛnhyɛ yɛn mmusua den na yɛntu mpɔn wɔ yɛn awareɛ mu. Saa bosome yi *Liahona* no nso kasa fa saa nnɛpa a ɛnni awiɛɛ yi ho, na ɛsan kamfo nneɛma a sɛ yɛyɛ a ɛbetumi ahyira yɛn abrabo ma yɛn.

So yɛrɛhyɛ saa afotuo a ɛsom bo yi nso na yɛde abɔ bra? So yɛrɛhyɛ saa akwankyerɛdeɛ papa a ɛsom bo yi nso na yɛanante akɔ ho?

### Anante anante ano aduro

Sɛ yɛbɛnante wɔ ɔkwan tee a ɛyɛ hiahiaa no so a, ɛnneɛ honhom mu akwankyerɛdeɛ bɛhia paa ara. Weinom ma yɛn akwankyerɛ a ɛmu da hɔ ɛfa kwan a yɛmfa so ntu kwan, mmom ɛbɛhia sɛ yɛbɛhyɛ no nso na yɛanante akɔ ho.

Sɛ yɛanpene sɛ saa akwankyerɛdeɛ yi bɛkyɛrɛ yɛn kwan a, ɛnnsom bo biom, ɛbɛyɛ kwan-nkyɛn-adeɛ a ɛnni botaeɛ biara na mmom ɛwɔ hɔ sɛ ɛsie bi wɔ asase so a mfasoɔ biara nni so.

Yɛn atenka nko ara mma yɛnnwie pɛyɛ.

Atirimɔ a ɛdi mu paa ara a yɛwɔ no nko ara nnwie pɛyɛ.

Sɛ yɛde yɛn ho to yɛn honam mu atenka so a ɛmmao.

Mpo sɛ yɛdwen sɛ yɛnam honhom kwan a ɛtene so, na yɛnni akwankyerɛdeɛ mapa a ɛbɛma yɛn akwankyerɛ, na sɛ yɛnni Honhom no akwankyerɛ a, yɛbɛkyinkyini kwa.

Eno nti, momma yemmue yɛn ani na yɛnhunu akwankyerɛdeɛ no a mmɔborɔhununi Nyankopɔn ayi ama ne mma no. Momma yɛnkan, yɛntie, na yɛmfa Onyankopɔn asem mmɔ yɛn bra. Momma yɛmfa akoma kann mmɔ mpaɛɛ na yɛnni Honhom no nkannyan no so. Sɛ yɛtumi hyɛ honhom mu akwankyerɛdeɛ a Ɔsoro Agya de ama yɛn no nso wie a, yɛmfa nsiesie yɛn akwan. Yɛnkɔ so daa nsiesie yɛn akwan bɛrɛ a yɛresua honhom mu akwankyerɛdeɛ.

Wɔ saa kwan yi so no, yɛnnante basa basa ntwɔ yɛn ho mmom yɛde awɛrɛhyɛm ne gyɛdie bɛnante abɛn ɔsoro nhyira no, deɛ ɛyɛ mfasoɔ ma obiara a ɔnante Kristo akyidifoɔ kwan a ɛtene na ɛyɛ hiahia no so.

### ATWERE

1. Hwɛ Jan L. Souman ne afoforɔ, “Sɛ Wɛnante Twaa Wo Ho,” *Current Biology* 19 (Ebo. 29, 2009), 1538, cell.com/current-biology/issue?pii=S0960-9822(09)X0019-9
2. Hwɛ, sɛ ɛbia, “Ahintasɛm: Aden Nti na Yɛntumi Nnante Tee?” npr.org/blogs/krulwich/2011/06/01/131050832/ahintasɛm-aden-nti-na-yɛn-ntumi-nnante-tee.

### NKRANSɛM YI MU NKYERɛKYERɛ.

Bɛrɛ a wɛrɛyɛ ahoboa akɔkyɛrɛ saa nkransɛm yi no, wobɛtumi ahwehwɛ twɛrɛsɛm no mu ahunu nhwɛsoɔ a ɛfa nnipa binom a honhom mu akwankyerɛdeɛ kyɛrɛɛ wɔn kwan anaa wɔn a wɔnante twaa wɔn ho. Wobɛtumi de saa twɛrɛsɛm yi ahyɛ w’adesua no ase: Numeri 14:26–33; 1 Nifae 16:28–29 Alma 37:38–47. Sɛ honhom no kanyan wo a, wobɛtumi akyɛrɛ wo nteaseɛ afa saa nhwɛsoɔ yi ho akyɛrɛ wɔn a wɛrɛkyɛrɛ wɔn adeɛ no. Bisa wɔn deɛ yɛbetumi asua afiri saa nsem yi mu.

## MMABUNU

### Akwankyerɛdeɛ a ɛwɔ hɔ ma wo

Otitenani Uchtdorf kyɛrɛ mu sɛ amansan nhyiamu ɛne twɛrɛsɛm no yɛ akwankyerɛdeɛ a ɛboa yɛn ma yekwati honhom mu anante anante basabasa. Dwene honhom mu akwankyerɛdeɛ afoforɔ a anya w’abrabo mu nkentensoɔ na akyɛrɛ wo kwan. Twɛrɛ wo suahunu gu wo journal mu. Saa nsem yi a Otitenani Thomas S. Monson kaaɛ no bɛtumi aboa wo:

“W’agya panin nhyira no bɛboa ama woatumi anante wo nsɔhwɛ bɛrɛ mu. ɛbɛma wo akwankyerɛ afa abrabo mu haw ho. . . ɛnni sɛ wobobo wo nhyira no fɛfɛfɛ sie. ɛnni sɛ wo hoahoa no anaa wo bo ho dawuro. Mmom ɛsɛ sɛ wokan. ɛwɔ sɛ wodɔ no. ɛwɔ sɛ wodi n’akyi.”

“W’agya panin nhyira: Liahona Hann,” *Ensign*, Ebo 1986, 66.

“Yɛn Soro Agya ammfa yɛn anto saa akwantuo a ɛnni awiɛɛ yi mu wɔ bɛrɛ a wansiesie kwan a yɛbɛnam so anya akwankyerɛ afiri ne hɔ ama yɛatumi asan akɔ ne nkyɛn bio ahotɔsoɔ mu. Mekasa fa mpaɛbo ho. Mesan nso kasa fa nne ketewa no a ɛkasa brɛɛw no ho.”

“Abrabo Akansie,” *Liahona*, Kɔtɔnimma 2012, 92.

## Metumi ahunu kwan

**O**titenani Uchtdorf aka se ehia se yedi honhom mu akwankyerede akwi esiane se ebeboa yen ama yeatumi apaw dee eye na ama yeatwe aben Agyenkwa no. Saa akwankyerede yi bi ne mpaebɔ, tweresem, amansan nhyiamu, ne *Liahona*.

Wone w'abusua nbom nkan nkyerekyerɛ no a afiri amansan nhyiamu a abesen kɔ no bi. Deen na ɔkasafɔ no susu se yeye ama yeakɔso anante wɔ ɔkwan pa no so? Hyehye botae ma w'abusua ama moatumi de dee moasua no abɔ bra.



Gyedia, Abusua, Jgyee

# Anigyee a ewo Abusua Abakosem mu

*Fa mpaebɔ sua saa nwoma yi, na se efata a, ene anuanom mmaa a wosra won no nni ho nkommɔ. Fa nsemmisa no hye wo nuanom mmaa no den na ma Relief Society nye w'abrabo mu ahiasem. Se worepe mu nsem bio a, ko relief society.lds.org .*

**O**panin Russel M. Nelson a ɔwo Asomafɔ Dumieniu Kuo no mu no akyerɛkyere se Elia Honhom no “ye Honhom Kronkron no adiyee a edi adanse se abusua tim ho afebɔɔ.”<sup>1</sup>

Se yeye Kristo Asore a aba bio mma yi, yewo apam ho asede se yehwehwe yen nananom akyiri akwan na yeye nkwagye ayeyede no ma won. Se wonka yen ho a “yentumi nye pe”, na se yen awufɔ nso nka ho a yentumi nye pe” Hebrifo 11:40 N&A 128:15.

Abusua abakosem adwuma siesie yen ma nkwa a enni awiee nhyira na eboa yen ma yen gyedia ne anko-reankore teneneeye nyini. Abusua abakosem ka Asore yi botae a ehia pa ara ho na ema ankwagye ne mmaso adwuma no ko so ma yen nyina ara.

Otitenani Boyd K. Packer, Asomafɔ Dumieniu Kuo no Titenani no kaa se: “Se yehwehwe yen abusua

santene mu a yen ani gye nneema pii ho a ennye din nko ara. . . .Yen anigyee dane yen akoma ko yen Agyanom ho na yehwehwe se yebehu won akyiri akwan na yehunu won ama yeatumi asom won.”<sup>2</sup>

## Wo Tweresem no mu

Malaki 4:5–61 Korintofɔ 15:29 N&A 124:28–36

## Wo y'abakosem mu

Nkomhyeni Joseph Smith kyere se, “Asede keese pa ara a ewo wiase yi mu a Onyankopɔn de ahye yen nsa ne se yebehwehwe yen awufɔ akyiri akwan.”<sup>3</sup> Yebetumi agyina yen awufɔ ananmu wo tempol na yeaye ayeyede a eho hia ama won.

Sally Randall a ofiri Nauvoo, Illinois, dee ne ba a wanya mfee 14 wuuie no nyaa awerɛkyekyere wo bohye a ekyer se mmusua betena ase afebɔɔ. Wɔbɔɔ ne kunu asu maa won ba no wiece no, ɔtwereese

komaa n'abusuafo se: “Deen na animuonyam wo mu se. . . yebetumi abo asu ama yen awufɔ ama yeage won, won mu dodoo biara a yebehunu won akyiri akwan no.” Afei obisaa n'abusuafo se womma no won awufɔ ho nsem, na ode kaa ho se, “Eye me botae se meye dee metumi agye [yen abusua] nkwa.”<sup>4</sup>

### ATWERE

1. Russell M. Nelson, “Otwabere Foforo,” *Liahona*, Kitawonsa 1998, 34.
2. Boyd K. Packer, “W'abusua Abakosen: Worehye Asee,” *Liahona*, , Obubuo 17, 2011.
3. *Asore Nkomhyefɔ Nkyerɛkyere: Joseph Smith* (2007), 475.
4. *Hwe Mma Mmaa a Wɔwo M'aheman Mu: Relief Society Abakosem ne emu Adwuma* (2011), 20–21.

### Deen na metumi aye?

1. Kwan ben so na metumi aboa anuanom mmaa no ama woye abusua abakosem?
2. So meretintim me ara m'abakosem ato ho?