



WOREGYE MMOA DE ABOA AFOFORO

Kwan ben so na yehia afoforo mmoa wε yεn mmεdemmε se yebesom mu? Fa wohohye εsom kasasie mu ne kwasiada a edikan agyinatuo nhyiam mu.

Bere a Kathy bubuε a na εntumi nnante no, εhuu se wεbehia mmoa anadwo biara ansa na watumi ada ne mpa so. Na adwuma no so dodo ma nipa baako. eno nti eldas no tuu ho agyina yεε se wεbehyeheye ho na wεn aboa no anadwo biara.¹

Se yetumi hu wεn a yεsom no ahooɔden ne wεn ahiadeε a, yεbetumi ahu se yεbehia afoforo mmoa de aboa wεn. Osom kasasie ne Kasiada a edikan agyinatuo yε akwanyia mmienu a yεwε se yεdebesusu seɔeε yεbehia afoforo mmoa.

Osom kasasie

Bosome mieensa mu kasasie a efa εsom ho wε anu-anom mmaa ne mmarima ne wεn *atitenafo* ntam no ne kwan pa baako pε a yεde bε amanεε. Kasasie yi yε akwanyia a yεwε wε bosome mieensa ntam a (1) yεɔefa adwene wε wεn ahooɔden,ahiadeε ne εhaw a abusua no

anaa nipa korε no reko mu; (2) hwehwe kwan a quorumfo ne Relief Society ana ward mpanyimfoε no βetumi aboa; na (3) yεsua adeε firi mpanyimfoε ho nya nkuranhye wε εsom mu.

Quorum titenani ne Relief Society titenani de ahia-deε no kε εhwεfoε no anim ma no ma wεn akwankyerε ne afotuo.

Wobetumi anya εsom kasasie ho nsem pii wε **ministering.lds.org**.

Ma εsom kasasie no ho mmra mfaso

Elda Gary E. Stevenson a εka Asomafoε Dumienu ho ka foa Titenani Russell M. Nelson asem a εkaaε se εsom nhyehyεε no bεye asεre no nkεsoε pon kεn, na “se n’anisoadihunu yi bεba mu a na εgyina seɔeε wεbekyerε anuanom mmaa ne mmarima wε εsom mu na wεn nso bεbε mmεɔden wε εsom kasasie mu.”²

Nneema num a eko ma anuanom mmaa ne mmarima wo osom mu

- Kɔhwewhwe afotuo wo kasasie no mu. Yekrado se wobesua biribi
- Yekrado se wobedi nkɔmmɔ afa mmoa a wobehia de aboa.
- Fa wadwene ko nipa korɔ no ahooɔden ne deɛ ɔbetumi aye, ennye n'ahiadeɛ nkoara so.
- Mo nsusu ho deɛ ebekyerɛ se wo som no aye adwuma pa.
- Wo ne atitenanfoɔ no nni nkɔmmɔ bere biara a eho behia wo abosome mmieensa ntam kasasie mu.

Nneema num ma akannifoɔ:

- Eho nhia se kasasie no beye tenten, nanso nya ho bere na monko baabi a wobetumi adi nkɔmmɔ yie.
- Fa saa akwanya no so som onuabaa anaa barima somfoɔ no.
- Emmisa nsem a ekyere se deɛ worehwehwe ara ne se wobeko nsrahwe ("Wako wo som nsrahwe?"). Bisa nsem a ehye suban pa mu kena ("atinka ben na wanya bere a woboo mpaee maa abusua no? Edeɛn na esiie bere a wodii saa atinka no so?")
- Bɔmɔden tie na twere to ho.
- Mo nsusu ho mmɔm. Anuanom wo osom mu wo akwanya se wobɛnya yikyere afa won a wosom no ho.

Nsemmissa ne mmuaye a efa osom kasasie ho

Edeɛn ne osom kasasie?

Eye nkɔmmɔ a eko so wo osom mu anuanom mmarima ne won quorum titenani anaa anuanom mmaa ne won Relief Society titenani wo beaɛ ne bere a ema won kwan de nya nkuranhye firi Honhom Kronkron no nkye. Enam so ma osom mu mmarima ne mmaa nya nkuranhye de hwe afoforo so, do won, kyerekyerɛ won, kyekye won were wo Agyenkwa no kwan so.

So ehia se yebeye saa bosome mieensa ntam kasasie wo anim ne anim so?

Ne papa mu deɛ, anka ewo se yeko nanso yebetumi aye no wo tetefon so anaa intanet so se yen ntumi nhyia anim ne anim so a. Ne papa mu no, ewo se nnipa baanu no bom ko kasasie no.

Botaeɛ ben na ewo osom kasasie mu?

Osom kasasie no ye akwanya ma anuanom mmaa ne mmarima se wode besusu ho, sedee abusua no tebea tee, daakye ntotoie, ne mmoa a abusua anaa nipa a wosom no hia. Eye akwanya se yebekasa afa deɛ quorumfoɔ ne Relief Societifoɔ betumi de aboa.

Kwan ben na mede kokuamu nsem befa so?

Osom mu mmaa ne mmarima ne won quorum titenani anaa Relief Society titenani pe na eka kokuamu asem— anaa wobetumi aka akyere chwefoo no ankasa. Enni wo se yeka kokuamu nsem wo kwasiada a edikan nhyiamu aseɛ.

Wobetumi ahwe sini a ekyere osom kasasie wo **ministering.lds.org**.

Kwasiada a edikan agyinatuo nhyiamu

Kwasiada a edikan agyinatuo nhyiamu nso ye kwan baako a eka osom kasasie ho a ema yetumi ne afoforo som. Wo Relief Society ne quorum nhyiamu no, nkuranhye betumi afa Honhom Kronkron no so aba won a wowa ho no so.

Agyinatuo nhyiamu ho botaeɛ ne se:

- "Mo mmom nsusu mo asedee, akwanya, ne mo akwansidee ho;
- "mo nsua biribi mfiri obiara nhunumu ne suahunu mu; na
- "monhwe kwan a mode atinka a Honhom no debema mo no aye adwuma."³

Agyinatuo nhyiamu nye nkitahodie keke: eye nhyiamu a eboa ma yɛnya nkuranhye firi Honhom no ho se ekuo ne ankore-ankore ma ye som. Asɔremma betumi anya ɔpepa de aye Awurade adwuma enam saa nhyiamu yi.

Wato nsa afre yen se yenye so adwuma

"yen mpaeeɔ ene, ne se ɔbaa ne barima biara—ne yen mmabunu mmaa ne mmarima—benya ɔpepa de ahwe wonho-wonho a ebefiri doɔ mapa a ewo Kristo mu."⁴

YESU DE AFOFORO KAA HO

Yesu de paano num ne mpataa mmieniu maa nnipa 5,000 aduane. Kenkan Yohane 6:5–14 na hwe mpren dodoo a Agyenkwa no de afoforo kaa ne ho wo som mu.

Osom akwankyerɛ no wo ho se ebe boa yen ma yeasua sedee yebedo yen-ho-yen-ho. Se yeko won a ye som ho a, Honhom Kronkron no bema yehu nkransɛm a wɔhia ne doɔ ne atinka a won hia.

Se yebefa adwene wo afoforo ahiadeɛ ho ye osom kasasie nhini. Hwe osom nkyerekyerɛ, "montu agyina wo won ahiadeɛ ho," wo Ebo 2018 mu.

ATWERE.

1. See *Mormon Messages* video “Lift,” [lds.org/media-library](https://www.lds.org/media-library).
2. Gary E. Stevenson, in “Ministering Interviews” (video), [ministering.lds.org](https://www.lds.org/ministering).
3. *Come, Follow Me—For Melchizedek Priesthood and Relief Society*, in *Ensign* or *Liahona*, Nov. 2017, 140; also available at [comefollowme.lds.org](https://www.comefollowme.lds.org).
4. Jeffrey R. Holland, “Be With and Strengthen Them,” *Ensign* or *Liahona*, May 2018, 103.