



YEREMA ƉSOM AYE ANIGYEE

Ɖsom a ɔɔ wɔ mu no de anigyee bere Ɖsomfoɔ no ne deɛ wɔresom no no.

Ɖtɔda a, anigyee a yehwehwe wɔ abrabɔ mu no aye te se amirikatuo a eni awieɛ. Yetu mmirika, tu mmirika nanso yete nka se yen duruu baabiara ye. Ebinom hu Ɖsom adwuma yi se eye adesua foroɔ a wɔde abeka adesua dada no ho.

Nanso yen Soro Agya no pe se yenya anigyee na waka akyerɛ yen se “nnipa wɔ ho, sedee wɔbenya asomdwoeɛ” (2 Nephi 2:25). Agyenkwa no kyerɛ se Ɖsom ye ahiadeɛ wɔ kwan a ye ne aforoɔ fa so nya anigyee wɔ abrabɔ mu.

Deɛn ne anigyee?

Nanso yen Soro Agya no pe se yenya anigyee na waka akyerɛ yen se “nnipa wɔ ho, sedee wɔbenya asomdwoeɛ.”¹ Nna a edi akwire nkɔmhyefoɔ ama yen ate aseɛ baabi a anigyee wɔ ne sedee yebɛhu. Titenani Russel M. Nelson aka se “anigyee a yenya no mfa tebea a yewɔ mu wɔ abrabɔ mu ne botaeɛ a esi yen ani so,” . . . anigyee firi Yesu Kristo mu. Ono ne anigyee nyinaa ti.”²

Ɖsom de anigyee ba

Bere a Lehi dii nkwa dua aduaba no, “anigyee mmorosoo hyee ne kraa mu ma” (1 Nephi 8:12). Ɖdiikan pee se one n’adɔfoɔ bekye saa aduaba no.

Ɖpepa a yewɔ se yebesom aforoɔ no tumi de saa anigyee yi bere yen ne wɔn. Agyenkwa no kyerɛ n’akyidifoɔ se aduaba a yeso bere a ye ne No aye baako no boa hye yen anigyee ma. (hwe Yohane 15:1–11). Se yeɛ N’adwuma se yebesom na yahwehwe se aforoɔ beba Ne nkyen tumi ye anigyedee (hwe Luka 15:7; Alma 29:9; Apam ne Nkyerɛnkyerɛ 18:16; 50:22). Yebetumi anya saa anigyee yi mpo wɔ bere a yewɔ ɔbre ne akwa-nsidɛ mu (hwe 2 Corinthians 7:4; Colossians 1:11).

Agyenkwa no yee nhwesoo mapa kyerɛ yen se anigyee keseɛ paa wɔ asaase yi so wɔ Ɖsom mu. Se yede ɔɔ mapa som yenuanom mmaa ne mmarima sedee Agyenkwa no yee no a, yetumi nya anigyee mmorosoo.

Onuabaa Jean B. Bingham, Amansan Relief Society Titenani kyerɛ se “se yede akoma pa gye [Ɖsom] to mu a, ema yebeye tese Sionfoɔ na yene wɔn a yeaboa wɔn wɔ akwidifoɔ kwan so no nya anigyee mmorosoo.”³

Yebeydeen na yama ɔsom aye anigyeɛ?

Kwan ahodoɔ pii wɔ ho a yefa so nya anigyeɛ wɔ ɔsom mu. Nsusuie kakra bi nie:

- ε. **Nya ɔsom botaeɛ mu nteaseɛ.** ɔsom wɔ botaeɛ pii. Ne nyinaa mu no, εwɔ se yen mmɔdemmo ne Nyankopɔn botaeɛ ye pe “se nnipa benya honam a enwu da ne daa nkwa” (Moses 1:39). Bere a yeagyɛ Titenani Russel M. Nelson fre ato mu se yebɛboa afoforɔ wɔ apam kwan so no, yebetumi anya anigyeɛ wɔ Nyame adwumaye mu.⁴ (se wopɔ ɔsom ho botaeɛ nsem a, hwe ɔsom nkyerekere: Botaeɛ a ebeseɛa yen som,” wɔ ɔpɛpɛn 2018 *Liahona*.)
- 2. **ɔsom ye se yebɛdɔ nnipa, nye nneɛma a εwɔse yeyɛ.** Na Titenani Thomas S. Monson taai kai yen se: “emma ɔhaw ho nhia wo nkyen onipa a εwɔ se wo dɔ no.”⁵ ɔsom ye se yebɛdɔ nnipa, nye nneɛma a εwɔse yeyɛ. Bere a yerenyini wɔ ɔdɔ mu tese Agyenkwa no, na anigyeɛ a εwɔ afoforɔ som mu nso reye kesee wɔ yen so.
- 3. **Ma ɔsom nye wo adeɛ kumaa bi.** Titenani M. Russell Ballard, a ɔhwe Asomafoɔ Du mienu so se titenani kyereɛ yen se “enam nneɛma nketewa so na akeseɛ ba. . . . Adɔye ne ɔsom nketenkete a yeyɛ boano ma Soro Agya ho dɔ behye yen abrabɔ mu ma, ahofama se yebeyɛ adwuma ama Awurade Yesu Kristo, ne asomdwoeɛ ne anigyeɛ abere biara a yebeyɛ obi mmoa.”⁶
- 4. **Yi ateetee firi ɔsom mu.** Enye w’adwuma se wobeyɛ obi nkwayee ho adwuma. Eno wɔ onipa ne Awurade no ntam. Yeasedee ne se yebɛdɔ wɔn na yeaboa wɔn ma wɔn ako Yesu Kristo, wɔn Agyenkwa no nkyen.

Mennum anigyeɛ a εwɔ ɔsom mu

Etɔda a nnipa mpe se wɔbesre mmoa, nti dee wɔn hia ne se yebesom wɔn. Nanso enye se yede yen ho behye obi kyinkyinee. Ebeyɛ se yebesre kwan ansa na yasom obi.

Elda Dieter F. Uchtdorf a ɔka Asomafoɔ Dumieniu ho no kaa maame bi a oni kunu a ɔnyaa ntoboro- na ne mma nso nyaa bi. Efiɛ a na εho ye fe no beyee basaa. Na nkukuo ne ntaadeɛ finn aye bebree.

Wɔ bere a na watɔbaha no na Relief Society mmaa bɔɔ ne pon mu. Wɔn anka se, “ma yen nhu sedee yebɛboa wo.” Bere a wɔhuu tebea no ara na wɔhyee adwuma aseɛ.

“wɔsiesie ho nyinaa maa εho yee fe ne han, na wɔfreɛ wɔn adamfo bi se ɔnni dwa mmrafie ho. Bere a wɔ wies wɔn adwuma na wɔdii nkra no, wɔgyaa maame no wɔ anisuo mu—anisɔ ne ɔdɔ ahye no ma.”⁷

Adɔyefoɔ no ne ogyefoɔ no nyinaa nyaa anigyeɛ

Dua anigyeɛ wɔ w’abrabɔ mu

Mpen dodoo a yebɛdua anigyeɛ, asomdwoeɛ ne anisɔ wɔ yen abrabɔ mu no, na ebema yen atumi ne afoforɔ a yesom no akye. Anigyeɛ firi Honhom Kronkron no ho (hwe Galatians 5:22 ne Apam ne Nkyerekere 11:13). Eye adeɛ bi a yebetumi abɔ ho mpaɛɛ (hwe Apam ne Nkyerekere 136:29) na yasre se emmra yen abrabɔ mu. Wei ye nsusuie kakrabi a ebema yeadua anigyeɛ wɔ yen abrabɔ mu:

- ε. **Kan Wo Nhyira.** Bu konpo hwe w’abrabɔ na twere wɔ wo nwoma mu nneɛma a Nyankopɔn de ahyira wo.⁸ Hwe nneɛma pa a atwa wo ho ahyia.⁹ Ma wadwene nkɔ nneɛma a eesi w’anigyeɛ ho kwan na twere to ho kwan a wobefa so asɔ ano. Wɔ saa Yesu Amanchunu bere yi, nya bere pre twaka wɔ wo ne Agyenkwa no ntam (hwe Apam ne Nkyerekere 101:36).
- 2. **Ye ahweyie.** Se yetaa gye bere de dwene a, anigyeɛ tumi ba.¹⁰ Ben na tie dee ema wo anigyeɛ (hwe 1 Chronicles 16:15). Se wobetumi aye ahweyie a, abehia se wobetwe wo ho afiri internet ho kakra.¹⁰
- 3. **Emfa wo ho ntoto obiara ho.** Waka se ntotoho ye anigyeɛ mu owifoɔ. Paul bɔɔ yen kɔkɔ se “wɔn a wɔde wɔn ho susu wɔn ho na wɔde wɔn ho toto wɔn ho no, nye nyansafoɔ (2 Corinthians 10:12).
- 4. **Hwehwe wankasa w’adiisem.** Agyenkwa no kyereɛ se: “se mobisa a, mobenya adiiisem mu adiiisem, nimdee so nimdee, sedee mobehu ahintasem ne asomdwoeɛ nneɛma—dee ede anigyeɛ ba, dee ede daa nkwa ba” (Apam ne Nkyerekere 42:61).

Wato nsa afre yen se yenye so adwuma

Wobeyɛ deen ma anigyeɛ a wo nya wɔ ɔsom mu no ako soro?

Nkyerɛkyerɛ a ɛwɔ nkrasɛm yi mu bɛtumi ayɛ adwuma wɔ yɛn daadaa abrabɔ mu nanso ɛwɔ ma anuanom mmaa ne mmarima wɔ wɔn mmɔdem-mɔ mu sɛ asomfoɔ ma ankore-ankore ne abusua a wɔde ahyɛ wɔn nsa.

ATWERE.

1. “Joy,” en.oxforddictionaries.com
2. Russell M. Nelson, “Joy and Spiritual Survival,” *Liahona*, Nov. 2016, 82.
3. Jean B. Bingham, “Ministering as the Savior Does,” *Liahona*, May 2018, 107.
4. See Russell M. Nelson, “As We Go Forward Together,” *Liahona*, April 2018, 4–7.
5. Thomas S. Monson, “Finding Joy in the Journey,” *Liahona*, Nov. 2008, 86.
6. M. Russell Ballard, “Finding Joy through Loving Service,” *Liahona*, May 2011, 49.
7. See Dieter F. Uchtdorf, “Living the Gospel Joyful,” *Liahona*, Nov. 2014, 120–123.
8. See Henry B. Eyring, “O Remember, Remember,” *Liahona*, Nov. 2007, 67.
9. See Jean B. Bingham, “That Your Joy Might Be Full,” *Liahona*, Nov. 2017, 87.
10. Dieter F. Uchtdorf, “Of Things That Matter Most,” *Liahona*, Nov. 2010, 22.
11. See Gary E. Stevenson, “Spiritual Eclipse,” *Liahona*, Nov. 2017, 46.