



ROGON NINGAN PIGPIG KO FALFLAEN'

Pigpig ufithik e t'ufeg ra gay e falaen' ngak en bee' nibe pigpig ma bee' nibe thapeg.

Boech e ningyal' e gay rodad ko tin falflaen' u yafas ney ni woed e mil ngadakaen e treadmill. Gadad-ma mil ma mil machane dad dared nga bang. Ko boech e gidii', e ngongol ko pigpig nib gaa' tomal ngoraed ko reb e tin nib t'uf roead.

Machane e Chitamangdaed nu Tharmiy ba'adag ningad falflaen'gaed ma ke chiylen ngodaed ni "gidii' e bay, ni nge yog e falfalaen' ngoraed." (2 Nephi 2:25). Make fil en Tathapeg e pigpig ngak reb e gidii' nib gaa' yang ninge yib e falflaen' ko yafas rodad ma ngak yafas ko reb e gidii'.

Mang e Falflaen'?

Falflaen' ni kan weliy' ni'ir "e thamtham nib gaa' a'dag ma falflaer"¹ Pi profet ko Tin Tomur e Rran kar weliy'ed urrogon e faflaen' ma yib rok ma urrogon ningan piry'eg. "Flaflaen' daed ngad thamiyed dabki yib udakaen tin ko yafas rodaed machane udakaen e puluw ko yafas rodad," ke yog President Russell

M. Nelson. "... Falflaen ni mus ninge yib rok [Yesus Kristus]. {I'ir e tabolngin ko urngin e falflaen'.²

Pigpig Ra Gay e Faflaen'

Nap'an Lehi ke abich e wompngin ko fare gak'iy ko yafas, ke sug e ya'el rok ko "falfalaen' ni rib gel" (1 Nephi 8:12). Bin somm'on e laem rom ninge pii' fare wompngin ngak e gidii' nib t'uf rok.

E laniyaen' daed ningad pigpig ngak reb e gidii' ra gay fare falflaen' nem ngodaed ma ngoraed. En Tathapeg ke fil ngak fapi gachalpen rok e wompngin ngad pii'ed nap'an ngad pethpethgaed Ngak ra gay e falflaen' nib polo' rodad (mu guy John 15:1-11). Mugu'uliy e muruwel rok udakaen e pigpig ngan piry'eg ningam fek reb Ngak ra yog e falflaen' ngodad. (mu guy Luke 15:7; Alma 29:9; Doctrine and Covenants 18:16; 50:22). Rayog ningad nanged fare faflaen' ney dariy' fan e tin togopluw me kirebaen' (mu guy 2 Corinthians 7:4; Colossians 1:11).

En Tathapeg ke pii' e machib nib machaelboeg marunga'agen urrogon ni yib e falflaen' nib riyul' nap'an e yafas u fayleng ngan piry'eg udakaen e pigpig. Nap'an ngad pigpiniged ngak e walagagdaed ni mo'on nge ppin woed rogon en Tathapeg, ufithik e t'ufeg ma a'dag u gum'racha'dag, ra yoeg e tin faflaen'-daed ni gaa' ko reb e mit faflaen'.

“Nap'an ngad thapeged [pigpig] ko gum'racha'daed nib m'agaen', gadad ra . . . chuchugurnogdaed ko e gidii' u Zion ngad thamiyed e falflaen' ko e gidii' kad ayuweged nap'an e milekag ko gachalpen,” ke fil Sister Jean B. Bingham, Relief Society General President.³

Urrogon Ningad Fi'leged E Pigpig Ninge Mang Falflaen'?

Bay bo'or e rogon ningad pinniged e falflaen' nib gaa' ko pigpig rodad. Aray boech e rogon:

1. **Mu nangfan e fan rom ko pigpig.** Bay bo'or e fan ningam pigpig. U tomur, e rayog rodad ni mus ninge ta'abrogon ko fan rok Got “ninge mugu'uliy e fas ko yam' nge yafas nib manemus ni fa'an e gidii'” (Moses 1:39). Nap'an ngad thapeged e pinning rok President Russell M. Nelson ningad ayuweged reb napan e milekag ko michmicheg, rayog ningad piry'eged e falflaen' udakaen e muruwel rok Got.⁴ (Ko reb e fil marunga'agen e fan ko pigpig, ngam biy'eg “Ministering Principles: The Purpose That Will Change Our Ministering,” ulan fare January 2018 *Liahona*.)
2. **Ngam yarmiy e pigpig ni fan e gidii' gathi ni fan e muruwel.** President Thomas S. Monson ke fil ngodad: “Damu tayfan e magowen ngan fi'leg ko e bee' ngam t'ufeg ngak.”⁵ Pigpig Nap'an ngad ilalgaed ningad t'ufeged woed rogon en Tathapeg, gadadra thapeg nib fel' rogon e t'ufeg nima yib udakaen e pigpig ngak reb e gidii'.
3. **Mu yarmiy e pigpig ninge moem.** President M. Russell Ballard, Acting President ko fare Ulungi Ragag nge La'agruw Apostle, ke fil ngodad: “Ngan fi'leg e tin nib gaa'fan udakaen e tin nib chigchig nge moem. . . . E ngongol rodad nib chigchig ko sumunguy ko pigpig ra mang e yafas nib sug ko t'ufeg ngak Chitamangdaed nu Tharmiy, liyoer ngak e muruwel rok en Somoel Yesus Kristus, ma thamtham ko gapas ma falflaen' urngin e yay ngad kii'ed paa'dad nga reb.”⁶
4. **Mu chuweg e tamra' ko pigpig.** Gathi e muruwel rom ningam yarmiy e thap ko bee'. Arame muruwel ko bee nge Somoel. E muruwel rodad ningad t'ufeged ngoraed mag ayuwegraed ningar chel ngak Yesus Kristus, e Tathapeg roared.

Damu Chuweg e Tin Faflaen' ko Pigpig.

Boech e ningyal' e gidii' ba tamra' ningar ning e ayuw, sana e pii' ko ayuw rodad nib t'uf. Machane e tawasaer nog ngak e gidii' dabi fel, arragon. Mu fith ko matawou ou'moon e pigpig nib fel'.

Elder Dieter F. Uchtdorf ko fare Ulungi Ragag nga La'agruw Apostle ke non marunga'gen e pinn ni dariy' figirngin ni ke m'ar ko chicken pox—me fini buch pi bitir rok kar m'ar gaed. Fare tabinaew nib wechwech ke mang alit. Ke garar fapi plate nge mad u tabinaew.

Nap'an ke thamiy to'orngin e kirebaen', la'agruw i walagen ko Relief Society kar tugtugyew maab rok. Dar oegew, “Fith fa'an rayog ningu ayuweg.” Nap'an kar guyed fare magowen, kar tabab ningar fel'rogon.

“Kar be'echnoged, mar pinniged e magal nge yalen nga tabinaew, mar pinning reb e fagar ninge fek ma pii' boech e gaan nib t'uf. Nap'an kar ma'ew e muruwel rorow mar oegew e kefel', kar chuwegow ko fare nina' ngem ma map luwan—luwan ko magaen ma tufeg.”⁷

Kar thamiyed yow i tapii' ma ir ni ke thapeg e thamtham nib gwael ko falflaen'.

Mu Yarmiy e Faflaen' u Yafas Rom

Fa'an ngad gayed e falflaen', gapas, nge fel' laniyaen' u yafas rodad, rayog ningad pii'ed nib fel'rogon ngak reb nib pigpig rodad. Falflaen' bay yib udakaen fare Kan Thothup. (mu guy Galatians 5:22 and Doctrine and Covenants 11:13). I'ir e ban'en ningad pinniged ufithik e meybil (mu guy Doctrine and Covenants 136:29) ngad pinniged nga yafas rodad. Aray boech e rogon ningam pinniged e falflaen' nga yafas rom:

1. **Matheg pi taw'ath rom.** Nap'an ngam lemnog marunga'agen e yafas rom, mu yoloey u babyor rom fapi ban'en ni ke taw'athnog Got ngom.⁸ Mu tiyaen'num ko tin nib fel' u to'obem.⁹ Mu tiyaen'num ko dibchay nibe ta'leg em ningam thamiy e falflaen' mu yoloey boech e rogon ningam fel' rogon fa nang fan riy'. Nap'an e ningyal' ney ko Easter, mu soen ningam pir'yeg e tha' nib gaa' ko Tathapeg. (mu guy Doctrine and Covenants 101:36).
2. **Un leamnag.** Ra yib e falflaen'um nib moem nap'an e ningyal' toffan.¹⁰ Mu motoyil ngak e tin nibe pii' e faflaen'um (mu guy 1 Chronicles 16:15). Mu chuweg boech e ningyal' ko media ningam gay rogon e laemnag ufithik e gapas.¹¹
3. **Damu ta'abrogonnog ko reb e gidii'.** Kanoeg e ta'abrogon nog i'ir e mororo' ko falfalen' Paul ke ning e koel chiya' ni fan e gidii' ni “be'er ni yad be finey ni yad sororad. Ri yad balyang” (2 Corinthians 10:12).

4. **Mu piry'eg e thogtho ni fanam.** En Tathapeg ke fil
“If thou shalt ask, thou shalt receive revelation upon
revelation, knowledge upon knowledge, that thou
mayest know the mysteries and peaceable things—
that which bringeth joy, that which bringeth life
eternal” (Doctrine and Covenants 42:61).

Pinning ningan Thilyeg.

Urrogon ningam gaa'nag e falflaen' ngam piry'eg u
yafas rom udakaen e pigpig?

Fapi kenginn ko babyor ney ram ngongoliy u bo'or
e rogon ko yafas rom machane kan yarmiyraed
ningar ayuweg e pigpig ko pi walagen nib mo'on
nge ppin ko muruwel roared ningar taw'athnog e
gidii' nge tabinaew kan pii roared.

BABYOREN AYUW

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