

L D S *Family* S E V E S

**PROGRAM BLONG
LIVIM ADIKSEN**

Wan Gaed
blong
Livim Adiksen
mo Kam Oraet

Olgeta we oli bin safa long
adiksen mo oli gotru long merikel
blong livim adiksen tru long Atonmen
blong Jisas Kraes oli bin raetem
wetem sapot we i kam long ol lida
blong Jos mo wetem kaonsel we
i kam long ol profesenol pipol.

PROGRAM BLONG LIVIM ADIKSEN

Wan Gaed
blong
Livim Adiksen
mo Kam Oraet

LDS Family Services
(LDS Famle Seves)
I Bin Mekem Rere long hem

Jos blong Jisas Kraes blong Ol Lata-dei Sent
I pablisim.
Sol Lek Siti, Yuta

LDS Family Services Program blong Livim Adiksen i bin jenisim smol orijinol Twelef Step blong Alcoholics Anonymous World Services, Inc. (No Nem Alkolik Wol Seves) i kam olsem wan aotlaen blong ol doktrin, ol prinsipol, mo ol bilif blong Jos blong Jisas Kraes blong Ol Lata-dei Sent. Ol orijinol Twelef Step oli stap daon ia, mo ol Twelef Step ia olsem we oli yusum long program ia oli kamaot long pej iv.

Ol Twelef Step ia oli printim bakegen mo oli jenisim smol wetem raet blong Alcoholics Anonymous World Services Inc. (A. A. W. S. o, N. N. A. W. S) Raet ia blong printim bakegen mo jenisim smol olgeta Twelef Step ia i no minim se A. A. W. S. i bin luklukbak mo apruvum ol samting we oli stap insaed long buk ia, o se A. A. W. S. i agri wetem ol tingting we oli stap insaed long buk ia. A. A. i wan program blong livim fasin blong dring alkol nomo—blong yusum ol twelef step ia wetem ol program mo ol aktiviti we oli mekem folem paten blong A. A., be i tokbaot ol narafala problem, o long eni narafala samting olsem A. A., i no minim eni nara samting. Antap long hemia, A. A. i wan program long saed blong spirit, mo i no wan program blong relijin. From hemia, A. A. i no pat o i no joen long eni grup, oganaesesen o eni spesel bilif blong wan relijin.

Ol Twelef Step blong No Nem Alkolik

1. Mifala i bin talem se yes, mifala i no gat paoa ova long alkol—se laef blong mifala i nomo gat kontrol long hem.
2. Mifala i kam blong bilivim se i gat wan Paoa we i moa strong bitim mifala we i save putumbak mifala i kam long wan gudfala laef.
3. Mifala i mekem disisen blong tanem tingting blong mifala mo laef blong mifala i go long kea blong God long sem taem we mifala i stap kam blong andastanem Hem.
4. Mifala i luklukbak gud long laef blong mifala mo mifala i mekem wan lis, we mifala i no fraet, long evri fasin blong mifala.
5. Mifala i bin talemaot long God, mo long mifalawanwan, mo long wan narafala man ol stret rong samting we mifala i bin mekem.
6. Mifala i rere fulwan blong God i tekemaot evri nogud fasin long mifala.
7. Wetem tingting i stap daon, mifala i askem Hem blong karemaot ol nogud fasin blong mifala we mifala i no strong long hem.
8. Mifala i mekem wan lis blong evri man mo woman we mifala i bin mekem nogud long olgeta, mo mifala i wantem blong stretem ol samting wetem olgeta evriwan.
9. Mifala i bin stretem ol samting ia stret wetem ol taem i posibol, mifala i no mekem sapos we bae i mekem bae i gat problem o bae i mekem oli harem nogud moa, o bae i spolem ol narafala man bakegen.
10. Mifala i bin gohed blong listimdaon ol samting abaot mifalawan mo taem mifala i bin rong, kwiktaem nomo mifala i bin talemaot se mifala i bin rong.
11. Tiru long prea mo fasin blong stap tingting hevi kwaet longtaem, mifala i bin lukaotem blong leftemap fasin we mifala i toktok wetem God long semtaem we mifala i kam blong andastanem Hem, mo stap prea blong kasem save long wanem we Hem i wantem mifala blong mekem, mo blong kasem paoa blong folem tingting blong Hem.
12. Afta we mifala i girap long saed blong spirit from we mifala i bin folem ol Step ia, mifala i bin traem blong tekem mesej ia i go long ol alkolik, mo blong praktisim ol prinsipol ia long evri poen blong laef blong mifala.

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OL 12 STEP

Step 1

Mifala i bin talem se yes, mifala i no gat paoa ova long alkol-se laef blong mifala i nomo gat kontrol long hem.

Step 2

Mifala i kam blong bilivim se i gat wan Paoa we i moa strong bitim mifala we i save putumbak mifala i kam long wan gudfala laef.

Step 3

Mifala i mekem disisen blong tanem tingting blong mifala mo laef blong mifala i go long kea blong God long sem taem we mifala i stap kam blong andastanem Hem.

Step 4

Mifala i luklukbak gud long laef blong mifala mo mifala i mekem wan lis, we mifala i no fraet, long evri fasin blong mifala.

Step 5

Mifala i bin talemaot long God, mo long mifalawanwan, mo long wan narafala man ol stret rong samting we mifala i bin mekem.

Step 6

Mifala i rere fulwan blong God i tekemaot evri nogud fasin long mifala.

Step 7

Wetem tingting i stap daon, mifala i askem Hem blong karemaot ol nogud fasin blong mifala we mifala i no strong long hem.

Step 8

Mifala i mekem wan lis blong evri man mo woman we mifala i bin mekem nogud long olgeta, mo miala i wantem blong stretem ol samting wetem olgeta evriwan.

Step 9

Mifala i bin stretem ol samting ia stret wetem ol taem i posibol, mifala i no mekem sapos we bae i mekem bae i gat problem o bae i mekem oli harem nogud moa, o bae i spolem ol narafala man bakegen.

Step 10

Mifala i bin gohed blong listimdaon ol samting abaot mifalawan mo taem mifala i bin rong, kwiktaem nomo mifala i bin talemaot se mifala i bin rong.

Step 11

Tru long prea mo fasin blong stap tingting hevi kwaet longtaem, mifal ai bin lukaotem blong leftemap fasin we mifala i toktok wetem God long semtaem we miala i kam blong andastanem Hem, mo stap prea blong kasem save long wanem we Hem i wnatem mifala blong mekem, mo blong kasem paoa blong folem tingting blong Hem.

Step 12

Afta we mifala i girap long saed blong spirit from we mifala i bin folem ol Step ia, mifala i bin traem blong tekem mesej ia i go long ol alkolik, mo blong praktisim ol prinsipol ia long evri poen blong laef blong mifala.

Nomata sapos yu, yuwan, yu traehad wetem wan adiksen o sapos yu yu wan fren blong wan we i gat wan adiksen, gaed ia i save stap olsem wan blesing long laef blong yu. Ol Twelef Step blong No Nem Alkolik, oli bin stretem blong tekem wan aotlaen blong ol doktrin, ol prinsipol, mo ol bilif blong Jos blong Jisas Kraes blong Ol Lata-dei Sent. Insaed long gaed ia, oli stap presentem olgeta olsem ol ki prinsipol long stat blong wanwan seksen. Gaed ia bae i helpem yu blong lanem hao blong yusum ol ki prinsipol ia; oli save jenisim laef blong yu.

Gaed ia, tingting biae long hem i blong stap olsem wan wokbuk mo wan refrens blong olgeta we oli stap kam long ol sapot grup we LDS Family Services i sponsarem. Be, ol doktrin mo ol prinsipol we oli stap tijim bae i save givhan bigwan long olgeta we oli stap long wan ples we i no gat wan sapot grup. Gaed ia, ol pipol we oli stap lukaotem blong jenisim laef blong olgeta oli save yusum, speseli olgeta we oli wantem blong wok olgetawan nomo wetem wan bisop, o wetem wan profesenol kaonsela.

Ol man mo ol woman we oli bin safa from ol rabis samting we i kamaot long ol defren adiksen mo oli bin livim mo kam oraet, LDS Family Services i bin invaetem olgeta blong serem ol eksperiens long olsem wanem oli bin yusum ol prinsipol ia long laef blong olgeta. Tingting blong olgeta (we oli yusum toktok “mifala” insaed long gaed ia), oli yusum blong soemaot bigfala harem nogud blong adiksen mo glad blong kam oraet mo livim adiksen. Ating bae yu faenem kamfot, sapot, mo wan semfala samting wetem olgeta.

Ol lida blong Jos mo ol profesenol we oli givim ol kaonsel, olgeta tu oli bin mekem wok blong raetem mo developem gaed ia. Waes mo eksperiens ia we i joen tugeta i stanap yet olsem wan narafala witnes se Atonmen blong Jisas Kraes i tru, mo i posibol blong livim adiksen.



Mifala i bin gotru long plante harem nogud, be mifala i bin luk paoa blong Sevya i tanem ol taem we i nogud blong spolem mifala i kam olsem ol bigfala viktri long saed blong spirit. I bin gat wan taem we mifala i bin harem nogud long tingting evri dei, gat wari, fraet mo bigfala kros, mo naoia mifala i filim glad mo pis. Mifala i bin witnessem ol merikel long laef blong mifala mo insaed long laef blong ol narawan we oli bin fas i stap long adiksen.

Mifala i bin pem wan bigfala praes from soa we mifala i givim long mifalawan mo from safaring we mifala i gat

from ol adiksen blong mifala. Be ol blesing oli bin kam fulap taem mifala i bin tekem wanwan long ol step blong livim adiksen. Taem mifala i bin girap niu long saed blong spirit, mifala i bin traehad evri dei blong kam gud moa long rilesensip we mifala i gat wetem Papa long Heven mo Pikinini blong Hem, Jisas Kraes. Tru long Atonmen blong Jisas Kraes, mifala i kam oraet bakegen.

Mifala i invaetem yufala, wetem evri sore mo lav, blong joenem mifala long laef blong glori i go long fridom mo sef ples, blong stap insaed long han blong Jisas Kraes, Ridima blong yumi, we i raonem yumi. Mifala i save, tru long eksperiens blong mifalawan, se yufala i save brekem ol jen blong adiksen mo mekem yufala i fri. Nomata hamas yu filim se yu lus o nomo gat hop, yu yu pikinini blong wan Papa long Heven we i gat lav. Sapos oli mekem yu blaen long trutok ia, ol prinsipol we oli eksplenem insaed long gaed ia bae i helpem yu blong faenem trutok ia bakegen mo helpem yu blong stanemap trutok ia bakegen insaed evriwan long hat blong yu. Olgeta prinsipol ia oli save helpem yu blong kam long Kraes mo letem Hem i jenisim yu. Taem yu stap yusum ol prinsipol ia, bae yu kam kolosap long paoa blong Atonmen mo Lod bae i mekem yu fri long fasin blong stap slef.

Sam pipol oli ting se adiksen i simpol nomo, i ol nogud fasin we man i save winim nomo tru long strong tingting nomo; be plante pipol oli kam blong dipen tumas long fasin ia, o samting ia, mekem se oli nomo save olsem wanem blong livim. Oli lusum rod mo fasin blong putum samting i kam faswan long laef blong olgeta. I no gat wan samting i gud moa bitim blong lukluk nomo long bigfala nid blong olgeta. Taem oli traem blong holemtaet olgeta, oli gotru long bigfala hanggri long saed blong bodi, maen mo tingting. From se oltaem oli mekem ol rong joes, oli faenem se paoa blong olgeta, blong jusum raet, i kam daon o i gat limit long hem. Olsem we Presiden Boed K. Peka blong Kworom blong Olgeta Twelef Aposol i bin tijim: “Adiksen i gat paoa blong katemaot tingting blong man, mo bae i katemaot fasin blong save mekem joes. Hem i stilim, long man, paoa blong mekem desisen” (insaed long Conference Report, Oktoba 1989, 16; o *Ensign*, Novemba 1989, 14).

Adiksen, hem i tekem fasin blong yusum ol samting olsem tabak, alkol, kofi, ti, mo ol drag (tugeta, hemia we dokta i givim pepa from, mo hemia we loa i blokem), mo ol fasin, olsem blong plei mane, fasin blong dipen long man, luk ponografi, ol fasin blong gat seks we i no stret, mo ol samting we i no stret long bodi we i mekem man i kakae tumas o i no kakae inaf. Ol

samting o fasin ia, oli daonem paoa blong wan blong filim Spirit. Oli spolem gud laef long saed blong helt blong tingting, sosol laef, filing mo spirit. Elda Dalin H. Oks blong Kworom blong Olgeta Twelef Aposol i bin tijim: “Yumi mas stap longwe long fasin we i mekem se bae yumi kam adik. Wanem i mekem yumi adik, i spolem tingting blong yumi. Blong mekem tingting blong yumi i folem ol strong fos blong bodi we oli kam from wan adiksen, i folem stamba tingting blong Setan mo i sakemaot hemia blong Papa blong yumi long Heven. Hemia i go tu long adiksen blong ol drag (olsem ol nakotik, alkol, wan drag insaed long sigaret we oli singaotem nikotin, o wan drag we i stap insaed long ti o kofi we oli singaotem kafin), ol adiksen long saed blong ol fasin, olsem blong plei mane, mo eni narafala fasin we i kam wan adiksen. Yumi save stap longwe long ol adiksen taem yumi kipim ol komanmen blong God” (“Free Agency and Freedom,”

Brigham Young University 1987–88 Devotional and Fireside Speeches [1988], 45).

Taem yu gat tingting i stap daon mo stap ones mo stap prea long God mo askem ol narafalawan blong help, i save mekem yu winim ol adiksen blong yu tru long Atonmen blong Jisas Kraes. Semmak olsem we mifala i livim adiksen, yu save livim adiksen mo stap glad long evri blesing blong gospel blong Jisas Kraes.

Sapos yu ting se yu gat wan adiksen mo sapos yu filim, nating i smol, blong kam fri, mifala i invaetem yu blong joenem mifala blong stap stadi mo yusum ol prinsipol blong gospel blong Jisas Kraes olsem we oli stap tijim insaed long gaed ia. Mifala i talem stret long yu se sapos yu folem rod ia wetem wan tru hat, bae yu faenem paoa we yu nidim blong livim adiksen. Taem yu fetful blong stap yusum wanwan long ol twelef prinsipol ia, Sevy bae i mekem yu kam strong moa, mo bae yu kam blong “save trutok, mo trutok bae i mekem yu kam fri” (Jon 8:32).



STAP ONES

KI PRINSIPOL: Talemaot se i tru se yu, yuwan, yu no gat paoa blong winim ol adiksen blong yu, mo se yu nomo save kontrolem laef blong yu.

Plante long yumi i statem adiksen blong yumi from yumi wantem luk nomo se i olsem wanem. Sam long yumi i foldaon insaed from se i wan nid we yu givim wan risen from, olsem blong gat wan pepa blong dokta o olsem blong soemaot se yu no agri long wan samting. Plante oli stat long rod ia taem oli ol smol piki-nini. Nomata wanem risen i stap blong statem mo wanem nao situesen blong yumi, i no longtaem, bae yumi faenem se adiksen i bin stap kavremap moa bitim soa long bodi. Hem i givim paoa, o i mekem ol filing we i soa o harem nogud i lus. Hem i bin helpem yumi blong ronwe long ol problem we yumi gat—o, hemia nao tingting blong yumi. Blong smol taem, yumi bin filim se yumi fri long fraet, wari, fasin blong stap yumiwan, fasin blong sore from wan samting we i pas, o gat hevi wari. Be, from se laef i fulap long ol samting we i mekem se yumi gat ol kaen filing ia, yumi bin tanem yumi i go long ol adiksen blong yumi moa, mo moa bakegen. Be yet, plante long yumi i bin mestem blong luksave o talemaot se i tru se yumi bin lusum paoa blong stanap agensem, o blong holemtaet yumi, yumiwan. Olsem we Elda Rasel M. Nelson blong Kworom blong Olgeta Twelef Aposol i bin talem: “Adiksen i haedem fridom blong jusum. Tru long ol meresin, wan i save kam blong nomo gat kontrol long wanem hem i wantem” (insaed long Conference Report, Oktoba 1988, 7; o *Ensign*, Novemba 1988, 7).

Plante taem, ol pipol we oli fas i stap long adiksen, oli no save talemaot se i tru se oli gat wan adiksen. Blong no wantem talemaot se situesen blong yumi i series, mo blong ronwe long rod we bae oli luksave hemia mo risal blong ol joes blong yumi, yumi bin traem blong mekem ol adiksen blong yumi oli kam smol o haedem olgeta. Yumi no bin luksave se taem yumi giaman long ol narawan mo yumiwan, yumi bin glis i go moa long ol adiksen blong yumi. From se fasin ia blong nomo gat paoa ova long adiksen i kam antap moa, plante long yumi i faenem rong wetem ol famle, ol fren, ol lida blong Jos mo tu, wetem God. Yumi bin foldaon long fasin blong stap yumiwan, mo yumi seperet long ol narawan, speseli long God.

Taem yumi, olsem ol adik, yumi yusum giaman mo sikret plan, mo hop se bae i wan gud eskus blong yumiwan o blong blemem ol narafala man, yumi nomo

kam strong long saed blong spirit. Wetem evri aksen blong no stap ones, yumi fasem yumiwan wetem ol rop, we i no longtaem afta, oli kam olsem ol strong jen (luk long 2 Nifae 26:22). Nao i bin kam wan taem i kam we bae oli tekem yumi i kam fesem tru laef. Yumi nomo save haedem ol adiksen blong yumi long fasin blong talemaot wan giaman o blong talem, “Hem i no nogud!”

Wan we yumi lavem, wan dokta, wan jaj, o wan lida blong Jos i bin talem trutok long yumi we mifala i nomo save sakemaot—adiksen i stap prapa spolem gud laef blong mifala. Taem mifala i ones mo lukluk i gobak long taem we i pas, mifala i talemaot se i tru se i no gat wan samting we mifala i bin traem we i bin wokaot. Mifala i luksave mo talemaot se adiksen i go nogud moa. Mifala i bin luksave hamas nao adiksen i bin spolem ol ri-lesensip mo i stilim gud kwaliti long mifala. Long poen ia, mifala i bin tekem fas step i go from fridom mo fasin blong livim adiksen taem mifala i faenem strong paoa long tingting blong talemaot se mifala i no stap fesem wan problem nomo o wan nogud fasin. Nao, mifala i kam blong talemaot trutok se laef blong mifala i nomo gat kontrol long hem, mo we mifala i nidim help blong winim ol adiksen blong mifala. Gudfala samting abaot hemia, we i blong luksave se mifala i bin lus, hem i we rod blong livim adiksen i bin stat nao.

Profet Amon blong Buk blong Momon i bin talemaot klia trutok we mifala i faenem taem mifala i bin ones wetem mifalawan:

“Mi no flas long paoa blong mi wan, o long waes tingting blong miwan; be luk, glad blong mi i fulap, yes, hat blong mi i fulap gud long glad, mo bae mi hapi tumas long God blong mi.

“Yes, mi save se mi mi nating, long saed blong paoa blong mi, mi mi slak; taswe bae mi no flas long saed blong miwan, be bae mi flas long saed blong God blong mi, from long paoa blong hem mi save mekem evri samting” (Alma 26:11–12).

Ol Aksens Step

Blong kam blong wantem bolemtaet yu

Nomata ol adiksen blong ol pipol oli defren, sam trutok, olsem hemia ia, oli neva jenis—i no gat wan samting i stat sapos wan man i no gat tingting blong statem. Fridom long adiksen mo fasin blong kam klin i stat wetem wan smol laet blong wantem mekem. Ol pipol oli talem se wanwan man o woman oli kam blong wantem holemtaet olgeta taem soa blong ol problem i kam soa

moa bitim soa blong ansa long problem. Yu kam kasem poen ia? Sapos no, mo yu stap gohed long adiksen blong yu, i tru bae yu kasem poen ia from adiksen i wan problem we i stap gro. Olsem wan sik we i slakem bodi, hem i kakae evri paoa blong yu blong wok gud.

Wan samting nomo we yu nidim blong stat blong livim adiksen i blong yu wantem blong stop blong tekempat long adiksen ia. Sapos filing blong yu blong wantem i smol, mo i no strong tedei, yu no wari. Bae i gro i kam!

Sam pipol oli luksave nid ia blong oli kam fri long adiksen, be yet, oli no wantem blong stat. Sapos yu stap long situesen olsem ia, ating yu save stat blong luksave mo talemaot se yu no wantem mo yu luklukgud long hamas mane adiksen i stap tekem long yu. Yu save raetemdaon wanem i impoten long yu. Lukluk long famle blong yu, ol sosol rilesensip, rilesensip blong yu wetem God, paoa blong yu long saed blong spirit, paoa blong yu blong helpem mo blesem ol narawan, helt blong yu. Afta, lukluk long wanem i no go wetem wanem yu biliv long hem mo hop from mo fasin blong yu. Tingting long olsem wanem nao ol aksen blong yu oli daonem wanem we yu ting se i gud. Yu save prea se Lod bae i helpem yu blong luk yuwan mo laef blong yu olsem we Hem i stap luk—yu wetem evri paoa blong God—mo wanem nao yu save lusum sapos yu gohed long adiksen blong yu.

Blong luksave wanem nao bae yu lusum sapos yu gohed long adiksen blong yu bae i save helpem yu blong faenem tingting blong wantem stop. Sapos yu no save tingting nating blong wantem, bae yu gat rum i stap blong stat long step 1. Mo talem yu stap progres tru long ol step blong program ia mo luk ol jenis we oli stap kam long laef blong yu, bae tingting blong yu blong wantem bae i gro i kam.

Lego fasin blong gat hae tingting mo lukaotem fasin blong gat tingting i stap daon

Fasin blong gat hae tingting mo fasin blong stap ones oli no save stap wanples. Fasin blong gat hae tingting i wan giaman pikja mo i wan stamba poen blong evri adiksen. Fasin blong gat hae tingting i twistim trutok abaot ol samting olsem we oli stap, olsem we oli bin stap, mo olsem bae oli stap. Hem i wan bigfala samting we i blokem yu blong livim adiksen. Presiden Esra Taf Benson i talem mining blong fasin blong gat hae tingting long wei ia:

“Fasin blong gat hae tingting i wan sin we man i no andastanem gud. ...

“Plante long yumi i ting se fasin blong gat hae tingting i blong gat tingting long yuwan, tingting hae long yuwan, tokbaot bigwan yuwan, trastem yuwan nomo, o mekem

nogud long nara man from yu ting se yu gud moa. Evri samting ia oli pat blong sin ia, be hat, o stamba blong hem i no stap yet.

“Stamba samting we i stap long medel blong fasin blong gat hae tingting i filing blong no laekem nating wan samting o wan man—fasin blong no laekem nating God o ol narafala man. *Fasin blong no laekem*, i minim ‘blong harem kros o no laekem, o stap agensem.’ Hem i paoa ia we tru long hem, Setan i wantem blong rul ova long yumi.

“Fasin blong gat hae tingting i wan fasin we i stap kompit. Yumi strong blong mekem tingting blong yumi i stap agensem hemia blong God. Taem yumi tanem fasin blong gat hae tingting blong yumi i go long God, hem i go folem toktok ia ‘be bae yu mekem tingting blong mi be i no tingting blong yu.’ ...

“Tingting blong yumi, taem hem i kompit wetem hemia blong God, bae i mekem se ol samting we yumi wantem, ol samting we bodi blong yumi i wantem, mo ol samting we bodi blong yumi i filim, oli nomo gat kontrol long olgeta (luk long Alma 38:12; 3 Nifae 12:30).

“Man we i gat hae tingting i no save akseptem atoriti blong God we i givim daareksen long laef blong olgeta (luk long Hileman 12:6). Oli stanap strong long tingting blong olgeta abaot trutok agensem bigfala save blong God, oli stanap strong long paoa blong olgeta agensem prishud paoa blong God, samting we oli mekem i kamtru agensem ol bigfala wok blong God” (insaed long Conference Report, Epril 1989, 3–4; o *Ensign*, Mei 1989, 4).

Taem yu kam blong wantem blong holemtaet yu long ol nogud samting mo talemaot stret ol problem we yu stap fesem, sloslo, hae tingting blong yu i go mo tingting i stap daon i kam tekem ples.

Talemaot stret problem; lukaotem help; go long ol miting

Taem mifala i bin letem mifala long ol adiksen blong mifala, mifala i bin giaman long mifalawan mo long ol narafala man. Be mifala i no rili bin save trikim mifalawan. Mifala i bin mekem olsem se mifala i bin oraet, mifala i bin soem bigfala paoa long tingting, mo gat fulap eskus, be samples, dip insaed long mifalawan, mifala i bin save. Laet blong Kraes i bin gohed blong mekem mifala i tingbaot. Mifala i bin save se mifala i stap glis i go daon long wan hil, i go from wan harem nogud we i moa bigwan. Blong tanem baksaed long trutok ia i bin wan hadwok, mekem se i bin wan bigfala help blong talemaot stret se mifala i bin gat wan problem. Wantaem nomo, mifala i bin letem wan smol ples i open blong hop i glis i kam insaed. Taem mifala i bin jusum blong talemaot long

mifalawan se mifala i bin gat wan problem, mo mifala i bin kam blong wantem blong lukaotem sapot mo help, mifala i bin givim ples ia blong hop i stap gro. Nao, mifala i bin rere blong tekem nekis step blong go long miting blong livim adiksen.

Blong tekempat long wan sapot grup o miting blong livim adiksen, ating bae evriwan long yufala i no save mekem. Sapos yu no save go long wan miting ia, yu save gohed yet blong folem wanwan long ol step, mo wetem smol jenis, taem yu stap wok wetem bisop blong yu o wan profesenol kaonsela we oli jusum gud.

Taem i posibol blong yu go long wan miting blong livim adiksen, bae yu faenem se miting ia i help from tu risen. Faswan, long ol miting ia, bae yu stadi long ol stret gospel prinsipol, we, taem yu yusum, bae i jenisim fasin blong yu. Presiden Boed K. Peka blong Kworom blong Olgeta Twelef Aposol i bin tijim: “Stadi blong ol doktrin blong gospel bae i mekem fasin i kam antap kwiktaem moa bitim wan stadi long saed blong fasin i mekem fasin i kam gud moa. Blong stap wari long saed blong ol nogud fasin i save lidim yu i go long ol nogud fasin ia. From hemia nao, mifala i tokbaot fulap stadi blong ol doktrin blong gospel” (insaed long Conference Report, Oktoba 1986, 20; o *Ensign*, Novemba 1986, 17). Nambatu, ol miting ia oli wan ples blong kam tugeta long wanples wetem ol narafala man we oli stap lukaotem blong livim adiksen mo wetem olgeta we oli bin tekem rod ia finis mo oli stap laef folem pruf ia se program ia i wok. Insaed long ol miting blong livim adiksen, bae yu faenem se man i andastanem yu, i gat hop mo i givim sapot.

Stadi mo Andastanem

Blong stap stadi long ol skripja mo ol toktok blong ol lida blong Jos bae i helpem yu blong statem rod blong livim adiksen. Stadi ia bae i mekem andastaning blong yu i kam antap mo i helpem yu blong lanem samting. Yu save yusum ol skripja, ol toktok, mo ol kwestin we oli kam afta blong mekem stadi blong yuwan wetem prea, blong yu raetem, o blong toktok raon long olgeta long wan grup toktok. Tingting ia blong raet i save mekem yu fraet, be blong raet i wan gudfala tul blong livim adiksen. Bae i givim taem long yu blong yu tingting; bae i helpem yu blong mekem tingting blong yu i lukluk long wan samting nomo; bae i helpem yu blong luk mo andastanem ol poen we i stap, ol tingting mo ol fasin we i stap raon long adiksen blong yu. Taem yu raet, bae yu kipim tu wan rekod blong ol tingting blong yu. Taem yu progres tru long ol step ia, bae yu save skelem progres blong yu. Be naoia, jes stap ones mo tru taem yu stap raetem ol tingting, filing mo samting we i kam long maen blong yu.

Ol temtesen oli raonem gud yu

“Ol temtesen oli raonem mi, tugeta wetem ol sin we i givim isi trabol long mi.

“Mo taem we mi bin wantem stap hapi, hat blong mi i mekem noes olsem we i harem i soa tumas from ol sin blong mi; be, mi save se huia mi bin trastem.

“God blong mi i bin sapot blong mi; hem i bin lidim mi tru long ol hadtaem blong mi long ples we i no gat man long hem; mo hem i bin sevem mi long ol bigfala solwota we i dip tumas.

“Hem i bin fulumap mi wetem lav blong hem, kasem taem we i olsem se bodi blong mit mo bun blong mi i bon.” (2 Nifae 4:18–21).

- *Yu filim se samting i raonem yu o yu fas long trap i stap? Wanem taem nao yu stap filim olsem ia?*

- *Wanem situesen o filing nao i mekem se yu nomo strong mo yu foldaon long adiksen blong yu?*

- *Taem Nifae i bin filim se samting i bin go tumas, huia nao hem i bin putum tras blong hem long Hem? Wanem nao yu save mekem blong putum moa tras long Lod?*

“Mi save se man i nating nomo”

Mo i bin hapen se plante aoa i bin pas bifo Moses i kasembak paoa blong hem olsem wan man; mo hem i bin talem long hemwan se from hemia, hem i bin save se man i nating nomo, mo hemia i wan samting we hem i neva tingting long hem. (Luk long Moses 1:10).

- *Olsem wanem nao Moses i komperem hem long God?*

- *Olsem wanem wan smol pikinini i save gat wan praes we i sas tumas, be yet, hem i nating taem hem i komperem hem wetem papa mo mama blong hem?*

- *Long wanem wei nao yu yu nating taem yu no gat help we i kam long God?*

- *Long wanem wei nao praes blong yu i sas tumas?*

- *Yu raet abaot wei we yu luksave se no save helpem yuwan blong winim adiksen blong yu yuwan, mo olsem wanem hemia i mekem yu kam blong talemaot se yu yu nating nomo mo yu kam olsem wan smol pikinini.*

Hanggri mo tosta

“Olgeta we oli wantem tumas blong mekem ol samting we God i wantem, oli save harem gud, from we God bambae i givhan long olgeta blong mekem ol samting ya” (Matiu 5:6).

JOS BLONG
JISAS KRAES
BLONG
OL LATA-DEI SENT

BISLAMA



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"Mo sol blong mi i bin hanggri; mo mi bin nildaon long fored blong Man we i bin mekem mi, mo mi bin prea long hem wetem wan strongfala prea mo bin askem hem strong from sol blong miwan; mo long fuldei mi bin prea long hem; yes, mo taem we naet i bin kam mi bin stap blong leftemap voes blong mi laod mekem se i bin kasem ol heven" (Inos 1:4).

- Long tufala skripja ia, yumi lanem se sol blong yumi i save hanggri. Yu yu filim finis we yu emti insaed, nomata taem bodi blong yu i no hanggri? Wanem nao i mekem se yu filim emti?

- Olsem wanem nao hanggri blong yu from ol samting blong Spirit i helpem yu blong yu stap moa ones?

Fasin blong stap ones

"Sam oli luk se kwaliti blong fasin ia we yumi save long hem olsem fasin blong stap ones i wan topik blong evri dei. Be mi biliv se hem i stamba blong gospel. Sapos i no gat fasin blong stap ones, laef blong yumi ... bae i folfoldaon i go long doti ples mo rabis ples evriwan" (Gordon B. Hinckley, "We Believe in Being Honest," *Ensign*, Okt. 1990, 2).

- Yu raet abaot ol wei we yu bin giaman mo traem blong haedem adiksen blong yu long yuwan mo long ol narafala man. Olsem wanem fasin ia i bin mekem fasin we i "doti mo i rabis"?

Fasin blong gat tingting i stap daon

"Mo nao, from we oli fosem yufala blong putum tingting blong yufala i stapdaon, yufala i kasem blesing; from samtaem wan man, sapos oli fosem hem blong putum tingting blong hem i stapdaon, hem i lukaotem fasin blong sakem sin, mo nao i tru se eni man we i sakem sin, bae hem i kasem sore; mo hem we i kasem sore mo i stap strong kasem en, sem man ia bae i sev" (Alma 32:13).

- Yu raet abaot ol situesen we i bin fosem yu blong gat tingting we i stap daon mo blong lukaotem fasin blong sakem sin. Wanem hop nao Alma i stap givim long yu? Olsem wanem yu save faenem o kasem hop ia?

Wanem we Lod i laekem

"Hae God i no laekem nating ol man we oli stap giaman, be hem i glad long olgeta we oli stap holem promes blong olgeta" (Ol Proveb 12:22).

- Blong raetem ol ansa blong ol kwestin ia i nidim blong yu gat wan bigfala level blong fasin blong stap ones abaot yuwan. Olsem wanem toktok ia long skripja ia i tokbaot kaen fasin ia blong stap ones? Olsem wanem yu save kam blong Hae God i laekem yu?



HOP

KI PRINSIPOL: Kam blong biliv se paoa blong God i save givimbak long yu wan ful belt long saed blong spirit

Taem mifala i bin luksave se mifala i no gat paoa ova long ol adiksen blong mifala, plante long mifala i filim se oli stilim hop we i stap long mifala. Olgeta long mifala we i bin groap long wan ples we God i no bin stap long hem, oli sua evriwan se oli bin traem evri rod finis blong kasem help. Be, olgeta long mifala we i bin biliv long God, oli gat strong tingting se God i no glad nating long mifala mo i no wantem helpem mifala. Long eni long tufala wei ia, step 2 i presentem mifala wetem wan ansa we mifala i neva bin tingting long hem, o mifala i bin sakemaot—we i blong tanem mifala i go long God mo faenem hop insaed long Atonmen blong Jisas Kraes.

Taem mifala i bin putum tingting blong mifala i stap daon, mifala i go aot blong kasem help. Afta long wanem we mifala bin filim, se hem i wan smol saen blong hop, mifala i stat blong go long ol miting blong livim adiksen. Taem mifala i kam faswan long ol miting ia, mifala i bin fulap wetem ol tu tingting mo ol fraet. Mifala i bin fraet, mo tu, samtaem tingting blong mifala i bin go krangke tumas, be mifala i bin kam. Long ples ia, mifala i bin harem ol man mo woman we oli bin ones blong stap tokbaot se laef blong olgeta i bin olsem wan, wanem i bin hapen we i bin jenisim olgeta, mo i bin olsem wanem blong laef long rod blong livim adiksen. Taem mifala i bin faemaot se plante long ol pipol we mifala i bin mitim olgeta long ol miting ia, olgeta tu, oli bin filim se oli nomo bin gat hop, olsem we mifala i bin filim. Be naoia, oli stap laf, oli stap toktok, oli stap smael, oli stap go long ol miting, oli stap prea, oli stap ridim ol skripja, mo oli stap raet long jenol blong olgeta blong livim adiksen.

Sloslo, ol prinsipol we oli bin serem mo praktisim, oli stat blong wok long mifala tu. Taem mifala i bin gohed blong kambak, mifala i stat blong filim wan samting we mifala i no bin filim long plante yia—mifala i bin filim hop. Sapos i bin gat hop long olgeta narawan we oli bin stap kolosap long rod we i prapa nogud blong oli go lus, nao, ating i bin gat hop blong mifala tu! Mifala i bin glad tumas blong harem se sapos mifala i tanem mifala i go long Lod, bae i no gat wan “fasin blong stap mekem sem samting oltaem, i no gat wan adiksen, i no gat wan fasin blong agens, i no gat wan fasin blong brekem loa, i no gat wan rong we bae i blokem yumi

blong kasem promes ia blong kasem wan ful fogivnes” (Boyd K. Packer, insaed long Conference Report, Okt. 1995, 22; o *Ensign*, Nov. 1995, 19).

Long ples ia we i gat fet mo testimoni i stap, mifala i bin faenem hop we i stap blong wekemap mifala blong luk sore mo paoa blong God. Mifala i stat blong bilivim se Hem i save mekem mifala i fri long fasin blong stap slef long adiksen. Mifala i bin folem eksampol blong ol fren blong mifala we oli bin stap livim adiksen. Mifala i bin go long ol miting, mifala i bin prea, mo statem bakegen blong gobak long Jos, mo mifala mi bin tingting hevi mo yusum ol skripja, mo ol merikel blong mifala i bin stat blong hapen. Mifala i bin faenem se mifala i bin gat blesing blong kasem gladhat blong Jisas Kraes, mekem se mifala i save holemtaet mifala long ol adiksen ia, wan dei mo afta, wan moa dei. Taem mifala i bin tekem step 2, mifala i kam blong wantem riplesem tras we mifala i gat long mifalawan mo ol adiksen blong mifala wetem fet long lav mo paoa blong Jisas Kraes. Mifala i bin tekem step ia long maen blong mifala mo insaed long hat blong mifala, mo mifala i bin gat eksperiens ia long trutok ia, se fandesen blong livim adiksen i mas stap long saed blong spirit.

Taem yu stap tekem ol step we gaed ia i rekomen-dem, bae yu gat eksperiens long sem trutok ia. Hem i gud inaf blong yu hadwok from. Program ia, hem i wok long saed blong spirit, mo hem i wan program blong ak-sen. Sapos yu folem ol prinsipol ia, mo letem oli wok insaed long laef blong yu, bae yu faenem se yu karembak helt blong yu long saed blong spirit tru long niufala ri-lesensip we yu faenem wetem Lod. Spirit blong Hem bae i helpem yu blong stat blong luk ol joes blong yu long wan wei we i moa ones mo i moa klia; bae yu mekem ol desisen we i go wetem ol prinsipol blong gospel.

Long sam long yumi, merikel ia i bin hapen wantaem nomo; long sam narawan, blong livim adiksen i bin kam sloslo. Be, i save hapen long yu, mo bae yu kam blong save talem wetem mifala se tru long fasin blong gat “strong bilif long Kraes,” Hem i bin sevem yu long adiksen mo yu stap glad long wan “stret mo klin hop” (2 Nifae 31:20).

Elda Deved A. Bedna blong Kworom blong Olgeta Twelef Aposol i bin tijim abaot paoa blong Lod blong helpem yu:

“Yumi no mas tingting nating o lukluk i go ova long paoa blong ol kaen sore blong Lod. Ol kaen sore blong Lod we oli simpol, oli swit, mo i stap kam oltaem bae i mekem fulap samting blong mekem yumi strong mo

i protektem yumi long ol taem blong trabol we yumi stap laef long hem mo bae yumi laef yet long hem. Taem ol toktok oli no save givim pis we yumi nidim, o talemaot glad we yumi filim; taem we i no gat poen blong traem eksplenem samting we man i no save eksplenem; taem we fasin blong tingting stret mo gud tingting i no inaf blong mekem yu andastanem abaot ol samting we oli no stret mo i no ikwol long laef; taem we ol eksperiens blong wol ia mo hao yu skelem laef i no inaf blong givim yu wanem we yu bin wantem; mo taem yu luk se ating yumi stap yumiwan nomo, i tru, yumi gat ol blesing blong ol kaen sore blong Lod, mo Hem i mekem yumi strong inaf blong kasem paoa blong kam fri (luk long 1 Nifae 1:20).

“Sam we oli harem o ridim mesej ia long rong wei, oli save tekem nating o sakemaot, insaed long laef blong olgetawan, se i gat ol kaen sore blong Lod we oli stap. ...Yumi tekem rong se ol blesing mo presen ia oli nomo blong olgeta narafala pipol we oli luk se oli moa stret mo gud, o yumi luk olgeta oli givim seves long ol koling blong Jos. Mi testifae se ol kaen sore blong Lod oli stap blong yumi evriwan i kasem, mo se Ridima blong Isrel i wantem tumas blong givim ol presen ia long yumi” (insaed long Conference Report, Epril 2005, 106–7; o *Ensign*, Mei 2005, 100–101).

Bae yu luk ol kaen sore blong Lod long laef blong yu taem yu stap lanem blong lukaotem olgeta mo taem yu kam blong bilivim se, i tru, se paoa blong God i save helpem yu blong livim adiksen.

Ol Aksen Step

Prea; ridim mi tingting bevi long ol skripja

Taem yu stap livim fasin blong gat hae tingting mo stat blong tingting blong tekem God i kambak insaed long laef blong yu, bae yu stat blong tingting moa long ol samting wetem prea. Afta, bae yu faenem se yu rere blong yu nildaon mo prea long wan laod voes. Bae yu faenem se i gud tumas blong talemaot ol filing mo ol nid blong yu long God. Bae yu filim se yu statem bakengegen blong toktok wetem wan we, oltaem, bae i ansa long yu; i no wetem wan yes oltaem, be oltaem wetem lav. Long en, bae yu stat blong eksperiensem hiling blong kam fri long fasin blong stap yuwan, we yuwan nomo yu putum long yuwan.

Blong wantem toktok wetem God, bae i lidim yu blong stadi long ol toktok blong ol profet blong tedei mo blong bifo. Taem bae yu stap harem abaot ol narafala pipol we oli bin faenem ol ansa long ol skripja, hop blong yu bae i gro, mekem se yu tu, bae yu faenem ol ansa. Taem yu stap raetem ol tingting blong yu, bae yu kasem moa tingting long maen blong yu we oli kam

long Spirit. Stadi wetem prea, mo Lod bae i givim ol ansa long ol kwestin mo ol nid blong yu.

Wan gud ples blong yu statem stadi blong yu i wetem ol ves long en blong wanwan japta insaed long gaed ia. Wanwan ves ia, oli bin jusum wetem wan step blong livim adiksen long maen, mo wanwan kwestin ia, oli askem wetem hop se bae i save helpem yu blong yu yusum ves ia long laef blong yu. Tekem sam minit evri dei blong lukaotem wanem nao Lod i wantem blong talemaot long yu.

Biliv long God, Papa we I No Save Finis mo long Pikinini blong Hem, Jisas Kraes, mo long Tabu Spirit

Plante long mifala i bin groap wetem sam tingting abaot God, mo olsem ol memba blong Jos, yumi gat sam save abaot Papa long Heven, Jisas Kraes, mo Tabu Spirit. Ating mifala i bin gat wan simpol bilif nomo long Olgeta, be plante taem, mifala i no joenem ol traehad blong mifala wetem nid blong mifala blong gat paoa blong God long laef blong mifala.

Aksen we i stap long step 2, i blong kam nomo blong wantem praktisim bilif long lav mo sore blong Papa long Heven mo blong Jisas Kraes, mo praktisim fasin blong save kasem mo gat blesing blong Tabu Spirit. Ol testimoni blong mifala i we, yu save kam blong save abaot stret lav mo yuniti blong Godhed taem yu stap luk prof blong lav mo paoa blong Olgeta insaed long laef blong yu mo insaed long laef blong ol narawan.

Stadi mo Andastanem

Ol skripja ia oli save helpem yu blong tekem step 2. Mifala i rekomendem se yu yusum ol skripja ia mo ol kwestin ia blong yu toktok raon long olgeta, stadi mo raet abaot olgeta. Tingbaot blong stap ones mo talem stret samting long wanem we yu stap raetem.

Bilif long God

“Biliv long God, biliv se hem i stap, mo we hem i bin mekem evri samting, tugeta long heven mo long wol. Biliv se hem i gat evri waes tingting, mo evri paoa, tugeta long heven mo long wol; biliv se man i no save andastanem evri samting we Lod i save” (Mosaea 4:9).

- *Plante witnes we oli stap long heven mo long wol oli testifae se God i stap. Wanem prof nao yu yu gat eksperiens long hem, abaot God mo lav blong Hem.*

- *Man ia i bin lukaotem help we i kam long Sevyā mo i bin kasem. Jisas i no sakemaot hem from we hem i bin gat tu tingting. Yu raet abaot lav mo sore blong Sevyā, mo abaot fasin blong Hem blong save wet longtaem.*

Fet long Jisas Kraes

“Priim long olgeta fasin blong sakem sin, mo fet long Lod Jisas Kraes; tijim olgeta blong putum tingting blong olgeta i stapdaon, mo blong no stap flas mo tingting i stapdaon long hat; tijim olgeta blong winim evri temtesen blong devel, wetem fet blong olgeta long Lod Jisas Kraes” (Alma 37:33).

- *Plante long mifala i bin traem blong kamaot long ol adiksen blong mifala tru long strong paoa long tingting, o tru long fasin blong gat fet long wan fren o spesel dokta. I no longtaem afta, o samtaem afta, mifala i bin faenem se fet we mifala i gat long mifalawan o ol narafala man oli no bin save mekem mifala i winim ol adiksen blong mifala fulwan. Yu raet abaot ol filing blong yu tedei, we yu putum tingting blong yu i stap daon mo yu wantem blong tanem yu long Kraes mo gospel blong Hem, bitim evri narafala help we yu gat long ol hadwok blong yu blong livim adiksen.*

- *Olsem wanem nao yu filim blong stap serem ol filing blong yu wetem Lod?*

Presen blong gladhat

“I gud yumi mekem tingting blong yumi i strong, nao yumi kam long fes blong God we hem i stap givhan long yumi long gladhat blong hem. Nao hem bambae i sore long yumi, mo long gladhat blong hem, hem bambae i givhan long yumi, stret long taem we yumi trabol.” (Hibus 4:16).

- *Insaed long Bible Dictionary, gladhat i stap olsem wan tabu wei blong kasem help o paoa we i kam tru long bigbigfala sore mo lav blong Jisas Kraes*

Lav mo sore blong Sevyā

“Nao wantaem nomo, papa blong pikinini ya i singaot bigwan, i talem se, ‘mi mi bilif, be bilif blong mi i smol. Plis yu givhan long mi.’” (Mak 9:24).

blong yufala i save akseptem wan pat blong ol tok-tok blong mi" (Alma 32:27).

- *Blong kam blong save samting—o blong wekap mo lefthemap tingting blong yu—i wan impoten pat blong rod blong lan blong bilivim samting. Long wanem wei nao, yu yu save moa tedei abaot Jisas Kraes mo paoa blong Hem long laef blong yu, bi-tim las wik? las manis? las yia?*

Fri long fasin blong stap slef

"Oli stap olsem we oli stap long kalabus, mo bakegen, Lod i bin mekem oli kamaot long slef tru long paoa blong toktok blong hem" (Alma 5:5).

- *Toktok blong God bae i gat paoa blong mekem yu kam fri long fasin blong stap slef. Yu save faenem toktok blong God long ol skripja mo long ol tok-tok we yu harem long konfrens mo ridim long ol magasin blong Jos. Mo tu, yu save kasem ol tok-tok blong God stret long Hem tru long Tabu Spirit. Raetemdaon sam long ol samting we yu glad blong wantem mekem tedei, blong kasem toktok we Hem i wantem talem long yu.*



TRAS LONG GOD

KI PRINSIPOL: Disaed blong tanem tingting blong yu mo laef blong yu i go long kea blong God, Papa we I No Save Finis, mo Pikinini blong Hem, Jisas Kraes.

Step 3 i wan desisen step. Long ol fas tu step, mifala i wekap o kam blong luksave wanem mifala i no save mekem blong mifalawan, mo wanem mifala i bin nidim blong God i mekem blong mifala. Afta, long step 3, mifala i kam blong save long wan samting ia nomo, we mifala i save mekem long God. Mifala i save mekem desisen blong openem hat blong mifala long Hem mo sarena, blong givim ful laef blong mifala— we i pas, we i stap hapen, mo fiuja—mo talem tingting blong mifala abaot laef blong mifala, long Hem. Step 3 i bin wan aksen blong fridom blong joes. Hem i joes we i moa impoten bitim ol narawan we mifala i bin mekem.

Elda Nil A. Makswel blong Kworom blong Olgeta Twelef Aposol i bin talem toktok ia abaot desisen ia we i moa impoten long ol narawan: “Blong talemaot tingting blong yu, i tru nomo, i wan samting ia nomo we yumi gat blong putum antap long olta blong God. Hem i wan had doktrin, be hem i tru. Plante long ol narafala samting we yumi givim long God, nomata hem i wan naes samting we i kam long yumi, oli ol samting ia we Hem i bin givim finis long yumi, mo Hem i bin givim long yumi blong yumi yusum. Be, taem yumi mekem tingting blong yumi blong folem tingting blong Hem, mo yumi letem blong ol tingting blong yumi oli stap blong mekem tingting blong God, naoia nao, yumi stap givim wan samting long Hem tru” (“Insights from My Life,” *Ensign*, Aug. 2000, 9).

Presiden Boed K. Peka blong Kworom blong Olgeta Twelef Aposol i tokbaot desisen blong hem blong givimbak tingting blong hem i go long God, mo fridom we i kam from we hem i bin mekem desisen ia: “Ating, bigfala samting we mi faenemaot long laef blong mi, mo i no gat kvestin long hem se hemia tu i komitmen we i bigwan bitim ol narawan, i bin kam taem we mi bin gat tras long God se bae mi givim fridom blong joes blong mi i go long hem—we i no gat fos, o strong toktok, i no gat fasin blong fosem tingting, be mi mekem miwan nomo, mi no giaman long hem, mo mi no wet se bae mi kasem wan samting be nomo, se mi gat wan spesel janis. Long wan wei, blong talem defren, blong tekem fridom blong joes blong wan man o woman, spesel presen ia we skripja i tokbaot klia se hem i wan stamba pat blong laef, mo talem, ‘Bae mi mekem olsem we yu talem,’ hem i,

afta, blong lanem se taem yu mekem olsem, nao yu kasem moa fridom blong joes” (*Obedience*, Brigham Young University Speeches of the Year [Dec. 7, 1971], 4).

Taem mifala i bin tekem step 3, mifala i bin fesem trutok ia se fasin blong livim adiksen i moa risal blong wok blong Lod bitim wok blong mifalawan. Hem i bin wokem wan merikel taem mifala i bin invaetem Hem blong kam insaed long laef blong mifala. Step 3 i bin wan desisen blong letem God blong faenembak mifala mo pemaot mifala. Hem i bin wan desisen blong letem Hem blong lidim laef blong mifala, mo stap tingbaot, i tru, se oltaem, Hem i respektem fridom blong joes blong mifala. From hemia, mifala i bin disaed blong putum laef blong mifala long han blong Hem taem mifala i gohed blong folem program ia long saed blong spirit, we i lukluk nomo long fasin blong livim adiksen.

Long fasnala taem we mifala i bin go long ol miting blong livim adiksen, ating mifala i bin filim presa, o iven fos blong ol narawan blong go long ol miting ia, be, blong tekem step 3, mifala i mas disaed blong tekem aksen mifalawan. Mifala i bin luksave se, blong jenisim laef blong mifala i bigwan olsem, i mas stap olsem desisen blong mifalawan. Hem i no abaot wanem papa mo mama blong mifala i bin mekem, wanem we oli stap mekem naoia, o wanem we oli bin wantem. Mo tu, i no abaot wanem waef o hasban blong mifala, famle blong mifala, o fren blong mifala i stap tingting, filim, mekem, o no stap mekem. Mifala i bin luk se mifala i mas wantem blong stap klin mo gat klia tingting, nomata wanem tingting o joes blong eni narafala man. Wanem we mifala i wantem, i bin strong fandesen ia we skel blong fasin blong livim adiksen i sidaon long hem. Taem mifala i bin ridim Buk blong Momon, mifala i bin faenem wan pruf we i gat paoa blong step 3, long Alma 5:13: “Mo oli bin putum tingting blong olgeta daon mo oli bin putum tras blong olgeta long tru God we i stap laef.”

Taem mifala i bin tekem step ia, mifala i bin filim se mifala i fraet tumas long samting we mifala i no save. Wanem bae i hapen sapos mifala i putum tingting i stap daon mo givim laef mo tingting blong mifala long kea blong God? Long plante long mifala, laef blong mifala olsem wan smol pikinini i bin had, mo mifala i bin fraet tumas blong nomo stap strong bakegen, semmak olsem ol smol pikinini. Mifala i bin tingting strong, from ol eksperiens blong mifala bifo, se blong wan strong las komitmen, i no posibol tumas, from we i gat tumas rabis samting we i stap raonem mifala long wol ia. Mifala i bin luk se i gat tumas komitmen we oli no holem taet, oli brekem. Mifala tu, i bin brekem tumas long ol

komitmen ia. Bes samting we sam long mifala i save mekem, i blong traem wanem we ol fren blong mifala we oli stap livim adiksen oli bin stap talem: “No yusum ol samting ia. Go long ol miting. Askem help.” Olgeta we oli bin wokbaot finis long ol step blong fasin blong livim adiksen fastaem long mifala, oli bin invaetem mifala blong gat eksperiens wetem niufala wei ia blong laef. Oli bin gat fasin blong save wet longtaem, mo oli bin wet from mifala, blong mifala i kam blong wantem openem doa ia we i go long God lelebet moa.

Lod i bin givim sem invitesen ia: “yufala i luk. Mi mi stap stanap long doa, mi stap kikkilim doa. Sipos wan man i harem tok blong mi, i openem doa, mi bambae mi kam insaed long haos blong hem, mi kakae wetem hem, mo hem, bambae i kakae wetem mi” (Revelsen 3:20).

Long ol fas taem, ol hadwok blong mifala i no bin isi mo i had lelebet. Mifala i bin gohed blong givim tras blong mifala long Lod, mo afta, tekembak. Mifala i bin wari se bae Hem i no glad nating se mifala i no gat strong tingting, mo bae Hem i karembak sapot mo lav blong Hem long mifala. Be Hem i no bin mekem.

Sloslo, mifala i bin letem Lod i soemaot paoa blong Hem blong mekem mifala i oraet, mo sefti blong stap folem wei blong Hem. Long en, wanwan long mifala i bin luksave, se mifala i no mas livim nomo ol adiksen blong mifala, be tu, mifala i mas tanem ful tingting mo laef blong mifala i go long God. Taem mifala i bin mekem olsem, mifala i luk se Hem i gat fasin blong save wet longtaem long mifala, mo Hem i bin akseptem ol hadwok blong mifala, we samtaem i gud, mo samtaem i nogud, blong stap sarena long Hem long saed blong evri samting.

Paoa blong mifala blong stanap agensem temtesen, naoia i fas strong long fasin blong mifala blong stap wantem folem tingting blong Lod. Mifala i bin talemaot nid blong mifala blong gat paoa i stap tru long Atonmen blong Sevyia, mo mifala i stat blong filim paoa ia, insaed long mifala, i stap mekem mifala i kam strong moa blong stanap agensem nekis temtesen. Mifala i bin lanem blong akseptem laef olsem we i stap, folem ol rul blong Lod.

Olsem we Elda Makswel i bin talem, fasin ia blong putum tingting blong yumi i folem hemia blong Lod, i wan doktrin we i had. Hem i minim se yumi mas dedi-ketem yumiwan bakegen long tingting blong Hem long stat blong evri dei, mo samtaem, evri aoa, o tu, evri smol taem folem evri smol taem. Taem yumi glad blong wantem mekem olsem, yumi faenem gladhat, o paoa we i mekem yumi save mekem samting, blong mekem wanem we yumi no save mekem blong yumiwan.

Blong stap gohed oltaem blong mekem tingting blong yumi i folem tingting blong God, i mekem se

trabol i kamdaon, mo i gat moa mining long laef blong yumi. Ol smol samting olsem blong folfolem longfala laen blong trak long rod, i nomo mekem yumi harem nogud. Yumi nomo stap fraet long ol pipol we yumi gat kaon long olgeta. Yumi akseptem responsabiliti from ol aksen blong yumi. Yumi akseptem mo tritim ol narawan olsem we yumi wantem ol narawan blong tritim yumi, semmak olsem we Sevyia bae i tritim yumi evriwan. Ol ae, ol tingting, mo hat blong yumi bae oli open nao long trutok ia, se laef long wol ia i wan we i gat jalenj, mo laef ia, oltaem, bae i gat spes blong tekem harem nogud mo kros i kam long yumi, mo i save tekem hapines tu.

Evri niufala dei, mifala i riniu bakegen, tingting ia blong folem Lod mo tingting blong Hem. Hemia nao wanem we plante long mifala i minim, taem mifala i talem: “Wan dei long wan taem.” Mifala i bin disaed blong livim fasin blong folem tingting blong mifalawan, mo fasin blong selfis we oli stap long stamba blong ol adiksen blong mifala, mo mifala i stap glad long wan nara 24 aoa blong klia tingting mo paoa we i kam taem mifala i stap trastem God, mo gud fasin blong Hem, paoa mo lav blong Hem.

Ol Aksen Step

Go long sakramen miting; luklukbak mo riniu ol kavenan blong baptaes

Blong tekem step 3 mo blong trastem God long saed blong evri samting, i save stap olsem blong putum wan niu aeglas mo blong stap luk evri samting wetem ol niufala ae. Taem yu mekem desisen blong tanem tingting blong yu long tingting blong God, bae yu gat eksperiens long kamfot mo glad we i kam from we yu stap lukao-tem mo mekem tingting blong Papa long Heven.

Baptaes mo sakramen i saen blong lav we yu gat long Jisas Kraes, mo i saen we yu wantem givim laef blong yu long Jisas Kraes. Yu mekem kavenan blong tekem nem blong Hem long yuwan, blong tingbaot Hem oltaem, blong folem Hem mo kipim ol komanmen blong Hem, blong mekem se oltaem yu gat Spirit blong Hem i stap wetem yu (luk long Moronae 4:3; luk tu long D&C 20:77, 79).

Toktok wetem bisop blong yu, o branj presiden blong yu abaot adiksen blong yu, mo desisen ia blong yu blong folem tingting blong God. Mekem bes we yu save mekem blong go long sakramen miting evri wik. Taem yu stap wosip, lisen gud long ol toktok blong ol prea blong sakramen, mo tingting long ol presen we Papa long Heven i stap givim long yu. Afta, riniu bakegen komitmen blong yu blong akseptem mo folem tingting we Hem i gat long laef blong yu, taem yu tekem

sakramen sapos bisop blong yu, o branj presiden blong yu i givim raet long yu blong mekem olsem.

Taem we yu stap livim adiksen blong yu sloslo, bae yu faenem we yu wantem moa blong stap long medel blong olgeta we oli givim ona long sakrifaes blong Sevy. Bae yu stap blong gat eksperiens ia, se i tru evriwan, se “i no gat wan samting we i strong tumas, we God i no save mekem” (Luk 1:37).

Disaed blong trastem mo obei long God; jenisim wanem we yu save jenisim; akseptem wanem we yu no save jenisim

Ol toktok ia—we oli jenisim smol, i kamaot long wan prea we i kam long Renol Niuber, we oli save tu olsem “Prea we I Mekem Tingting I Kwaet”—ol toktok ia oli save helpem yu blong disaed blong trastem mo stap obei long God: “God, mekem tingting blong mi i kwaet blong mi akseptem ol samting we mi no save jenisim, mekem mi gat strong paoa long tingting blong jenisim ol samting we mi save jenisim, mo givim mi waes tingting blong save wanem i defren long tufala samting ia.”

Yu save akseptem, wetem tingting i stap kwaet, wanem situesen blong yu we yu stap long hem, taem yu trastem se God i gat paoa blong helpem yu. Yu save akseptem, wetem tingting i stap kwaet, se nomata we yu no save kontrolem ol joes mo ol aksen blong ol narafala man, yu, yu save disaed olsem wanem bae yu tekem aksen long wanwan situesen we bae yu fesem.

Yu save disaed, wetem strong paoa long tingting, blong trastem Papa blong yu we i stap long Heven, mo mekem aksen folem tingting blong Hem. Yu save givim tingting blong yu mo laef blong yu, i go long Hem blong i kea long yu. Yu save disaed blong mekem wanem Hem i stap askem, mo blong kipim ol komanmen blong Hem.

Ating, bae i gat sam samting we yu no save jenisim long laef blong yu, be yu save jenisim wanem we yu wantem mekem, bae i go blong yu trastem God mo obei long Hem. Taem yu stap lanem blong trastem Hem, bae yu luk se plan we Hem i gat long yu, i blong yu folem wanem we Alma i singaotem “bigfala plan blong stap glad” (Alma 42:8). Bae yu lanem se nomata we yu stap long trabol mo hadtaem, “God i stap wok long olgeta samting we oli stap kamtru long laef blong yumi, blong mekem i gud long yumi ya we yumi lavem hem” (Rom 8:28) mo blong yumi kipim ol komanmen blong Hem (luk tu long D&C 90:24; 98:3; 100:15; 105:40).

Stadi mo Andastanem

Ol skripja we oli stap ia, bae i helpem yu blong tekem step 3. Yusum ol skripja ia mo ol kwestin ia blong yu tingting hevi long olgeta blong longfala taem, blong

yu stadi mo blong yu raet. Tingbaot blong stap ones mo raetemdaon stret evri smosmol samting.

I go gud wetem tingting blong God

“From samting ia, ol brata blong mi we mi lavem tumas, stretem yufala bakegen long tingting blong God, mo i no long tingting blong devel mo bodi blong mit mo bun; mo tingbaot, afta we yufala i stretem yufala long God, se i tru mo long gladhat blong God nomo, we yufala i sev” (2 Nifae 10:24).

- *Tingting se i minim wanem blong stap laef long wan wei we i go gud wetem tingting blong God. Tingting abaot olsem wanem, paoa blong Hem we i stap mekem ol samting, i save kam insaed long laef blong yu sapos yu tanem yu i go long Hem. Olsem wanem nao yu yu stap filim abaot wei ia, blong letem God i lidim laef blong yu?*

- *Wanem nao i blokem yu blong letem Hem i lidim laef blong yu?*

- *Wijwan long olgeta nao yu yu save wok long olgeta tedei? Wanem nao yu save mekem naoia blong stat?*

Stap kam olsem wan pikinini

“From man we i folem fasin blong wol i wan enemi blong God, mo i bin olsem stat long taem we Adam i bin foldaon mo bae i stap olsem, blong oltaem mo oltaem, hemia nomo sapos hem i lisiin long ol gud-fala toktok blong Tabu Spirit, mo i tekem aot man we i folem fasin blong wol, mo kam wan sent tru long atonmen blong Kraes, Lod, mo i kam olsem wan pikinini, i stap lisiin, no stap flas, putum tingting blong hem i stap daon, i save wet longtaem, i gat plante lav, glad blong stap biae long evri samting we Lod i tingting blong putum long hem, olsem wan pikinini i stap biae long papa blong hem” (Mosaea 3:19)

- *Plante long yumi i bin gotru long nogud fasin we papa, mama, o olgeta we oli lukaot long yufala oli mekem long yufala, mo blong yufala i kam “olsem wan pikinini,” i wan jalenj, mo ating i mekem yufala i fraet. Sapos yu gat sam problem we i stap yet we yu no stretem wetem wan papa, mama o famle, wanem nao yu save mekem blong sepere-tem filing ia we yu gat long papa, mama o famle blong yu, long ol filing ia we yu gat long God?*

- *Nomata yu save gat ol problem blong yu stretem wetem papa mo mama blong yu long wol ia, yu save gat tras long Papa long Heven mo Sevy, olsem ol papa we oli stret evriwan. From wanem nao yu save trastem Papa long Heven mo Sevy taem yu stap givim laef blong yu long Tufala?*

Stap joen wetem God

“Nao hem i go longwe lelebet long olgeta, mo hem i nildaon, i prea i talem se, ‘ Papa sipos i stret long tingting blong yu, plis yu tekemaot ol samting ya we is tap mekem mi mi harem nogud. Be yu no mekem olsem we mi mi wantem, yu mekem olsem we yu nomo yu wantem” (Luk 22:41–42).

- *Long prea ia, Sevy i bin soemaot se Hem i wantem blong givim laef blong Hem long Papa. Hem i bin talemaot ol samting we Hem i bin wantem, mo afta, wetem tingting i stap daon, Hem i mekem tingting blong Papa blong Hem. Tingting long blesing ia blong save talemaot ol filing blong yu long God. Olsem wanem we, taem yu save se Hem i andastanem se bae yu no wantem mekem samting, o sobodi blong yu, o wanem we yu stap filim, i helpem yu bakegen blong talem, “folem tingting blong yu,” mo yu talem wetem mining?*



TRUTOK

KI PRINSIPOL: No fraet mo lukaot gud insaed long yu, mo raetemdaon evri fasin blong yu.

Taem yu bin tekem step 3, yu bin disaed blong trastem Lod. Yu bin givim tingting blong yu mo laef blong yu i go long han blong Hem. Long step 4, yu soem se yu wantem blong trastem God. Yu no fraet mo stap lukaot gud insaed long yu, mo raetemdaon evri fasin blong yu, yu gotru mo raetemsot ol tingting, ol samting we i bin hapen, ol filing, mo ol aksen blong laef blong yu; yu raetemdaon wan ful lis blong ol samting abaot yuwan, olsem i posibol.

Blong no fraet mo mekem wan ful lis blong laef blong yu, bae i no isi. Taem mifala i talem *no fraet*, mifala i no minim se bae yu no gat eni filing blong fraet. Bae yu save gat plante filing taem yu stap mekem stadi blong laef blong yu, we i gat insaed taem blong harem defren smol, sem o fraet. *No fraet* i minim se bae yu no letem ol fraet blong yu oli stopem yu blong mekem wan ful lis taem we bae yu mekem lis ia. Long step 4, i minim se yu komitim yu long strong fasin blong stap ones taem yu stap lukluk long ol samting we i bin hapen long laef blong yu, we i tekem tu ol samting we yu no bin strong long olgeta, mo i no ol samting we wan narafalawan i no strong long hem.

Ating long taem bifo, yu bin givim eskus from ol nogud aksen blong yu, mo yu bin blemem ol narafala pipol, ples, o samting from ol problem we yu bin krietem. Naoia, bae yu stat blong tekem responsabiliti from ol aksen blong yu blong bifo, blong naoia, nomata yu nidim blong admitim sam samting we i bin hapen, samting, sam filing, o aksen we i mekem yu sem, o yu bin faenem i had.

Sapos tingting ia, blong yu no fraet mo lukaot gud insaed long yu blong raetem daon laef blong yu, i luk olsem se i wan hevi samting blong mekem, yu mas save se yu no stap yuwan. Hat blong mifala i stap wetem yu. Mifala i tingbaot ol hadwok blong yu blong faenem tingting blong wantem blong komplitim step ia. Plante long mifala i bin askem mifalawan sapos yumi save skipim step 4 fulwan, mo yet, winim ol adiksen blong mifala. Long en, mifala i mas bilivim nomo ol toktok blong olgeta we oli bin pas long ples ia fastaem long mifala: “Sapos yu no fraet mo lukaot gud insaed long yu mo raetemdaon evri samting abaot ol fasin yu, ... fet ia we i wok tru insaed long laef evri dei, yumi no kasem yet” (*Twelve Steps and Twelve Traditions* [1981], 43).

Adiksen i katemaot paoa blong mifala blong stap ones abaot laef blong mifala. Hem i bin putum limit long paoa blong mifala blong andastanem ol damej mo ol trabol—ol handikap—we oli kam insaed long evriwan long ol rilesensip blong mifala. Bifo we mifala i save gat tras blong dipen long Sevyu, mifala i bin nidim wan plan, we tru long hem, bae Hem i save helpem mifala blong stretem laef blong mifala bifo long fasin we i ones. Step 4 i bin givim plan ia; hem i bin “hadwok ia we i strong mo i mekem mifala i harem nogud tumas, blong faenemaot wanem handikap nao mifala i bin stap, mo stap yet” (*Twelve Steps and Twelve Traditions*, 42).

Ful lis ia, i bin wan step tu blong helpem mifala blong laenemap laef blong mifala wetem tingting blong God. Tru long ful lis ia, mifala i bin faenemaot ol tingting, filing mo aksen we oli nogud we oli stap rulum laef blong mifala. Taem mifala i bin faenemaot ol samting ia we oli bin spolemgud laef blong mifala, mifala i bin tekem fas step blong stretem ol samting ia. Blong mekem wan ful lis i bin had tumas, be step ia, i bin openem doa long moa fet mo hop we mifala i bin nidim blong gohed blong livim adiksen mo blong winim adiksen.

Olsem wanem blong mekem wan ful lis

Taem we mifala i bin admitim se mifala i nidim step 4, nekis kwestin i kam olsem: “Be olsem wanem nao bae mi mekem wan ful lis? Wanem tul nao mi nidim? “Wan ful i wan samting blong yuwan nomo, mo i no gat wan raet fasin blong mekem lis ia. Yu save toktok wetem ol narafalawan we oli bin mekem wan lis ia finis, mo lukao-tem Lod blong i lidim yu, blong yu mekem lis blong yuwan. Bae Hem i mekem se yu stap tru mo gat lav taem yu stap lukluk tru long ol memori mo ol filing blong yu.

Wan wei blong mekem wan ful lis i blong raetemdaon wan lis blong ol memori abaot ol pipol; ol ples blong wok, o oganaesesen; ol prinsipol, ol aedia, ol bilif; mo ol samting we i bin hapen, ol situesen, o taem we i bin mekem se yu gat ol gud mo ol nogud filing (wetem tu ol taem we yu harem nogud, yu rigretem samting, yu kros, yu no wantem luk man, yu fraet, yu mekem nogud man). Sam samting long lis ia bae oli kamaot plante taem. Hemia i oraet. No traem blong stretem, o jajem, o lukluk gud long ol samting ia long poen ia. Naoia, samting we i moa impoten i blong raetemdaon fulap fulap samting olsem i posibol.

Taem yu stap raetemdaon lis blong yu, lukluk i go bitim ol fasin blong yu blong bifo, mo luklukgud long ol tingting, ol filing, mo bilif we i bin lidim yu long fasin ia. Ol tingting blong yu, ol filing, mo bilif oli stap long

rus blong ol fasin blong adiksen blong yu. Sapos yu no lukluk gud long evri kaen fasin we yu gat long saed blong fraet, hae tingting, fasin blong no wantem luk man, kros, fasin blong strong blong mekem samting olsem yu wantem, fasin blong blemem yu from evri samting, bae yu no save stap strong blong no foldaon long adiksen long taem olsem. Bae yu gohed wetem fas adiksen blong yu, o bae yu tanem i go long wan narafala adiksen. Adiksen blong yu, i wan saen blong ol “narafala samting mo situesen” (*Alcoholics Anonymous* [2001], 64).

Sam pipol oli serem laef blong olgeta folem yia, mak long skul, ol ples blong stap, o ol rilesensip. Ol narafalan oli stat nomo, taem oli saksakem ol tingting i kam. Bae yu no save tingbaot evri samting long wan taem nomo. Gohed blong stap prea mo letem Lod i tekem ol samting i kambak long tingting blong yu. Livim rod ia i open i stap, mo ademap samting long lis blong yu taem tingting blong yu i tingbaot olgeta samting ia.

Taem yu finisim lis blong yu, lukaotem help blong Lod blong lanem samting aot long wanwan samting we yu tingbaot. Sam pipol oli oganaesem pat ia blong lis blong olgeta i go long wan tebol o wan jat wetem ol kolom andanit long wanwan taetol we oli listimdaon ia. I mekem se oli raetemsot samting anda long wanwan ples. Ol narawan, oli mekem wan pej blong wan samting we i stap long lis blong olgeta, mo afta, oli raetem ol ansa long wanwan long ol faef taetol ia.

Samting we i hapen. Wanem nao i hapen? Long smol toktok nomo, raetemdaon wan sot storian we yu tingbaot abaot taem ia. Tingting moa blong raetem wan sot stori be i no wan longfala storian.

Risal blong hem. Wanem nao samting ia i mekem long yu o ol narafala man?

Filing. Wanem nao oli ol filing blong yu long taem we samting ia i bin hapen? Wanem nao ol filing blong yu abaot hemia? Tingting long olsem wanem nao ol fraet blong yu i mekem se samting ia i bin hapen.

Luklubbak long yuwan. Olsem wanem nao fasin blong yu ia we yu no strong long hem, o ol fasin blong yu we yu gud long hem i save mekem situesen ia i go olsem? Yu yu luk se i gat eni saen blong hae tingting, fasin blong blemem yu from evri samting, fasin blong giaman long yuwan, o fasin blong strong blong mekem samting olsem yu wantem, long ol fasin mo aksen blong yu? Yu mas sua blong raetemdaon evriwan long ol taem ia we yu bin mekem samting i stret.

Tabu Spirit i save helpem yu blong putum tingting blong yu i stap daon mo fesem trutok, nomata sapos trutok ia bae i mekem yu harem se i soa. Wetem help blong Lod, yu save luksave ol samting we yu strong mo

ol samting we yu no strong long hem (luk long Ita 12:27). Ol kwestin olsem oli save help:

- *Wanem risal nao mi bin wantem long situesen ia, mo from wanem?*
- *Olsem wanem nao mi bin traem blong kontrolem situesen ia?*
- *Hem i bin bisnis blong mi o nogat?*
- *Wanem aksen nao mi bin tekem, o no mekem blong kasem wanem we mi bin wantem?*
- *Olsem wanem? Mi bin sareme ae long tru samting we i bin stap?*
- *Ol samting we mi bin wantem, oli gud inaf long miwan mo long ol narafala man?*
- *Mi mi bin giaman long miwan o long ol narafala man?*
- *Mi mi no bin wantem save long ol filing blong ol narafala man mo tingting nomo long miwan?*
- *Olsem wanem nao mi mekem se oli mekem nogud long mi ia nao, blong mekem se mi save kontrolem ol narafala man, blong ol narafala man oli lukluk long mi mo gat sore long mi, blong mekem se mi spesel, mo ol narafala samting moa?*
- *Mi mi bin stanap agensem help we i kam long God mo ol narafala man?*
- *Mi mi stap strong se mi nao mi raet?*
- *Mi mi bin harem nogud from we man i no luksave mi o no talem toktok blong luksave mi?*

Kaonsel we i kamtru long insperesen. Wanem kaonsel nao Lod i givim long saed blong samting ia we i bin hapen? Tingbaot se yu no nidim blong fraet from wan samting taem yu stap givim yuwan long Sevyia. Yu stap long ples ia blong lanem wanem i gud mo wanem i nogud, mo Sevyia i save helpem yu blong fogivim yuwan mo ol narafala man. Raetemdaon ol tingting mo ol filing blong yu taem yu stap tingting long ol kaonsel we i kamtru long insperesen insaed long ol skripja mo ol lida blong Jos.

Fo pat we i gat nid from

I gat fo pat we oli impoten tumas blong gat saksen blong mekem wan ful lis blong ol fasin blong yu—raetemdaon samting, fasin blong stap ones, sapot, mo prea. Ol pat ia blong wan ful lis blong ol fasin blong yu bae oli helpem yu blong luksave mo winim ol sin mo ol samting we yu no strong long hem.

Raetemdaon samting. Ful lis blong laef blong yu, bae i helpem yu bigwan sapos yu raetemdaon. Yu save holem wan lis we yu raetem long han blong yu, yu save luklukbak long hem, mo luk long hem taem i gat nid; ol tingting we yu no raetem oli isi nomo blong fogetem, mo ol narafala samting we oli pulum tingting blong yu oli save kam stopem yu nomo i isi. Taem yu stap raetemdaon wan ful lis blong ol fasin blong yu, bae yu save tingting i moa klia abaot ol samting we oli stap hapen long laef blong yu, mo bae yu save lukluk nomo long olgeta from bae i no gat tumas samting bae i pulum tingting blong yu.

Sam pipol oli traem blong ronwe long fasin blong raetemdaon ful lis blong fasin blong olgeta, from we oli filim sem o fraet se bae oli no save raet gud, o se bae wan narafala man bae i ridim wanem we oli raetem. No letem ol fraet ia oli stopem yu. Fasin blong yu blong raetem toktok, sentens, o sapos hanraeting blong yu i gud o no, o fasin we yu stap taep, i no wan samting. Yu save droem ol stik pikja sapos yu nidim, be yu mas raetemdaon wan ful lis long pepa. Kasem taem we yu raetemdaon long wan samting we yu save holem, bae yu no mekem yet nambafo step ia. Taem yu stap komplitim nambafo step, tingbaot fasin ia blong traem blong mekem samting i stret evriwan—blong traem blong mekem ful lis blong yu i stret evriwan mo blong mekem ol narafala man oli glad—i save blokem yu blong raetemdaon ol samting fulwan.

Fraet ia, se bae wan bae i ridim wanem we yu bin raetem, i wan gudfala wari, be yu save winim. Olgeta long mifala we i bin mekem wan ful lis, i mas fesem fraet ia. Mifala i mas mekem evri samting we mifala i save mekem blong mekem lis ia blong mifala i praevet, mo afta, trastem ol risal blong God. Mifala i mas kea moa abaot blong kam oraet bakegen bitim blong tingbaot mifala o gud nem blong mifala. Ful lis ia, i minim se mifala i mas askem help blong God oltaem, blong askem Hem blong protektem mo gaedem mifala taem mifala i stap raetemdaon fulwan lis ia. Yu mas tingbaot se step 4 i wan aksen blong kamaot long sado blong fasin blong sem, mo stap admitim se yu nidim blong sakem sin. Sapos yu prea abaot olsem wanem, mo weaples blong putum lis blong yu blong hem i praevet nomo i stap, Lod bae i lidim yu blong mekem wanem we i moa gud.

Fasin blong stap ones. Blong stap ones wetem yuwan abaot ol eria blong laef blong yu we i gat sin, i save mekem yu fraet tumas. Plante taem, ol pipol oli no wantem lukluk kolosap long olgetawan long mira blong laef we i pas finis; oli fraet se pikja ia bae i talemaot ol trutok long wanem nao laef blong olgeta i kam olsem. Naoia, taem yu tekem nambafo step, yu mas

fesem trutok abaot laef blong yu mo ol fraet blong yu, hemia stret long fes blong yu.

Long ful lis blong yu, bae yu no faenemaot nomo ol wiknes blong yu, be tu, bae yu andastanem gud moa mo glad gud long ol paoa blong yu. Putum insaed long lis blong yu, ol gud fasin mo ol gudfala samting we yu bin mekem. Wanem i tru, i we, yu yu wan miks blong ol wiknes mo ol paoa. Taem yu kam blong wantem luk ful trutok abaot laef blong yu bifo—i gud mo i nogud—bae yu letem ol paoa blong heven oli talemaot trutok mo bae oli helpem yu blong putum laef blong yu bifo long wan rod we i moa stret. Lod bae i helpem yu blong jenisim rod blong laef blong yu mo mekem ful tabu paoa blong yu i hapen. Bae yu lanem se yu yu olsem evri narafala man o woman, wetem ol paoa mo ol wiknes. Yu save stat blong fesem ol narafala pipol long wan level we yufala i semmak nomo.

Sapot. Fasin blong ol narafalawan blong leftemap tingting mo sapotem ol narawan we oli andastanem fasin blong livim adiksen, oli save helpem yu long ol hadwok blong yu. Oli save lidim yu blong faenemaot wei, fasin, mo rod we bae i wok gud moa wetem yu blong stap luklukbak long laef blong yu bifo. Oli save leftemap tingting blong yu sapos yu slakem tingting blong yu.

Prea. Taem yu tingting long hamas step 4 i bigwan tumas mo jalenj we i stap long hem, tingting long olsem wanem Lod i bin helpem yu long wanwan step we yu bin tekem long stat kasem naoia. Taem yu bin tanem yu long God blong kasem kamfot, strong paoa long tingting, mo daareksen, yu bin faenem help we bae i gohed blong stap wetem yu taem yu stap mekem ful lis ia. Pol i bin tijim se God i “papa blong yumi we i gat sore, hem i God we i stamba blong fasin blong givhan. Hem i stap givhan long mifala long olgeta trabol blong mifala, blong mekem mifala i harem gud.” (Seken Korin 1:3–4). Sapos yu prea evri taem we yu sidaon blong raetemdaon ful lis blong yufala, God bae i helpem yu. Bae yu lanem se hemia i tru taem yu tekem step ia we yu luk se i no posibol blong tekem—God i save stap, mo bae i stap oltaem wetem yu, sapos yu askem.

Stap mekem yu fri long ol samting blong laef blong yu bifo

Sam pipol oli wari tumas blong stap lukluk i gobak long laef bifo from nogud bae i mekem sam giaman memori long saed filing we oli no rimemba gud o oli mekem i kam bigwan tumas. Taem yu stap mekem ful lis blong yuwan, tingting nomo long ol memori ia we oli klia inaf blong yu lukluk long hem mo stretem. Long ples ia bakegen, blong trastem God, hem i ansa. Sapos yu mekem ful lis blong yu wetem wan tru prea, wetem tru tingting, mo wetem fet long Kraes, bae yu save

trastem Hem blong mekem ol samting ia oli kambak long memori blong yu, we bae i helpem yu blong livim adiksen blong yu.

Wan gudgudfala risal blong finisim step 4, i we yu tekem wan bigfala step blong mekem yu fri long ol fasin we i bin lidim laef blong yu bifo. Pikja blong yu wan we bae yu luk taem yu komplitim step ia, i save givim insperesen long yu blong jenisim daereksen blong laef blong yu, sapos yu letem blong i hapen olsem. From lav mo gladhat blong Sevyu, yu no nid blong yu stap olsem we yu bin stap bifo. Taem yu prea long Lod blong i givhan long yu taem yu stap luklukbak long laef blong yu, bae yu kam blong luksave ol eksperiens blong yu olsem ol taem we yu gat janis blong lanem samting. Bae yu faenem se blong faenemaot ol wiknes we yu bin safu long hem blong longfala taem, bae i letem yu blong muv fored i go long wan niu laef.

Ol Aksan Step

Raetem wan jenol blong yuwan; lukaotem help we i kam long Tabu Spirit

Long plante long yumi, wan ful lis i bin wan moa hadwok blong raetem abaot laef blong yumi. Wan jenol blong yuwan bae i gohed blong stap olsem ol strongfala tul blong yu livim adiksen. Ol profet blong Lod, plante taem oli bin tijim hamas i impoten blong raetem ol jenol. Eksampol, Presiden Spensa W. Kimbol i bin givim kaonsel ia: “Raetemdaon ...ol ples we yu stap mo kam long hem, ol dipfala tingting blong yufala, ol samting we yufala i mekem i hapen, mo ol samting we yufala i no mekem gud long hem, ol man, woman, grup we yu stap joenem, mo ol viktri blong yufala, mo ol filing mo ol testimoni blong yufala” (“The Angels May Quote from It,” *New Era*, Oct. 1975, 5).

Taem yu prea mo raet abaot laef blong yu, yu givim wan janis long Tabu Spirit blong helpem yu blong luk mo andastanem ol lesen we yu save lanem samting aot long hem, we oli kamaot long wanwan eksperiens blong yu. Sapos yu no stap kipim wan jenol, mifala i leftemap tingting blong yu blong stat naoia. Sapos yu stap raet ol-taem long wan, mifala i leftemap tingting blong yu blong yu prea moa taem yu stap raet long jenol, blong mekem se Lod i save tijim yu mo mekem yu andastanem samting bigwan moa tru long Spirit blong Hem.

Kaontem gud evri samting blong laef blong yu, ol samting we i pas finis mo ol samting we i stap naoia

Blong raetem fulwan wan ful lis blong yu, bae i tekem taem. I no gat nid blong yu hariap long hem, be yu nidim blong stat long hem. Weples yu stat, i no impoten semmak long taem we yu tekem blong luklukgud

long laef blong yu bifo, folem hamas we yu save ting-baot, mo folem hamas we insperesen blong Lod bae i tekem yu i go long hem. Jes raetemdaon ol samting taem yu stat blong tingbaot olgeta, mo oli stap kam long maen blong yu. Wanem we yu stap raetem, i praevet, mo bae yu serem nomo wetem wan man o woman we yu trastem we yu jusum gud taem yu tekem step 5. Ful is blong yu i abaot yuwan mo rilesensip blong yu wetem yuwan, wetem God, mo wetem ol narafala man. Taem yu stat blong fulumap paoa long tingting blong yu blong luk yu olsem we yu stap, God bae i openem ol ae blong yu, mo bae yu stat blong luk yuwan olsem we Hem i stap luk yu—we yu wan long ol pikinini blong Hem wetem wan raet we i tabu we yu bon wetem. Tekem step ia, mo kipim ae blong yu long raet ia we yu bon wetem.

Nomo tingbaot ol sin blong yu bakegen

Afta we yu komplitim ful lis blong yu we yu raetemdaon, mo taem we i stret taem, ol pat ia we i gat ol no-gud samting long hem, o i tokbaot ol filing blong kros, ol stori we yu bin brekem loa, mo eni nara samting we i blong yuwan we yu no sapos blong serem wetem ol narafala man, o pasem i go long ol fiuja jeneresen, yu mas terterem ol stori ia. Taem yu terterem o bonem ol storian ia, hem i olsem wan saen we yu sakem sin mo i wan gudfala wei blong livim ol samting ia oli go. Lod i bin promesem Jeremaea long saed blong ol pipol blong Hem, “nao mi bambae mi fogivim yufala, mi tekemaot ol sin blong yufala, mo bambae mi no moa save tingbaot olgeta bakegen.” Yumi mas folem eksampol blong Lod, taem yumi fogivim ol sin blong yumiwan mo ol sin blong ol narafala man.

Stadi mo Andastanem

Ol skripja mo ol toktok ia we oli kamaot long ol lida blong Jos oli save helpem yu blong komplitim step 4. Yusum olgeta blong tingting hevi longtaem long olgeta, stadi, mo raet abaot olgeta. Tingbaot se yu mas ones mo raetem stret samting.

Stap luklukbak long laef blong yu

“Mi invaetem wanwan long yufala blong luklukbak long laef blong yufala wetem ful tingting. Yu yu bin aot long ol standet we yu save se bae oli givim hapines long yu? I gat, i stap, wan kona we i tudak we i nid blong yu klinim gud? Naoia i stap, yu yu stap mekem ol samting we yu save se oli rong? Yu yu stap fulumap tingting blong yu wetem ol tingting we oli no klin? Taem we ples i kwaet mo yu save tingting klia, tingting blong yu i stap talem long yu blong yu sakem sin? “Blong yu gat pis mo blong yu gat hapines we i no gat en, plis sakem sin. Openem hat blong yu long

we i Tabu Spirit. Raetemdaon abaot olsem Tabu Spirit i save lidim yu long taem ia we yu stap mekem wan ful lis abaot fasin blong yu.

Hop blong livim adiksen

“Mi bin tingbaot ol sin mo ol rabis fasin blong mi, taswe mi bin harem nogud long ol soa blong hel; mi bin luk se mi bin go agensem God blong mi, mo we mi no bin holem ol tabu komanmen blong hem” (Alma 36:13).

- *Blong stap tingbaot ol sin blong yu, i save mekem yu harem i soa, be i save pusum yu i go long wan niu laef blong pis (luk long Alma 36:19–21) Askem long wan we i bin komplitim step ia, olsem wanem nao step ia i bin helpem hem. Olsem wanem hop blong livim adiksen i helpem yu tru long soa ia we yu filim blong harem nogud i go kasem wan glad blong kasem fogivnes?*

- *From wanem i impoten blong save trutok abaot situesen we yu stap long hem naoia?*

- *From wanem hem i impoten blong save trutok ia se yu wan pikinini blong God?*

Trutok

“Mo tru long paoa blong Tabu Spirit, yufala i save gat save long saed blong trutok blong evri samting” (Moronae 10:5).

- *Sam pipol oli gat hadtaem blong tingbaot o admitim trutok we i mekem oli harem i soa, abaot laef blong olgeta we i pas finis, be Tabu Spirit i save helpem yu blong tingbaot mo i save leftemap tingting blong yu taem yu tekem step 4. Yu save kasem ol blesing ia nomata yu no kasem presen*



FASIN BLONG KONFES

KI PRINSIPOL: Admitim long yuwan, long Papa blong yumi long Heven long nem blong Jisas Kraes, long stret prishud atoriti, mo long wan narafala man, wanem stret we yu bin mekem i rong.

Wan fasin we i semmak long evriwan we oli bin safa long adiksen i wan filing se oli mas go stap olgetawan. Nomata we mifala i stap long medel blong wan bigfala grup, o taem mifala i stap long ol aktiviti we ol narafalawan oli filim we oli wan, mifala i no filim se mifala i gat wan ples. Taem we mifala i kam long ol miting blong livim adiksen, mifala i stat blong kamaot long filing ia blong stap mifalawan we i stap fidim adiksen ia blong mifala. Long fas taem, plante long mifala i jes stap sidaon nomo mo lisiin, be afta, mifala i bin filim sef blong toktok mo serem samting. Yet, mifala i bin holemtaet plante samting blong mifalawan—ol samting we i mekem mifala i sem, ol samting we i mekem mifala i harem nogud, ol samting we i mekem hat blong mifala i brok, ol samting we i mekem mifala i filim se mifala i no strong nating.

Mifala i bin mekem wan ful lis blong fasin blong mifala long step 4 wetem fasin blong stap ones mo wetem fulap ditel; be hemia i bin wan praevet eksperiens. Mifala i bin filim se mifala i stap mifalawan nomo wetem sem blong ol samting blong bifo. Afta nomo we mifala i mekem step namba 5, mifala i bin save sake-maot ol jen blong ol sikret we oli stap haedem mifala, mo putum wan spes bitwin mifala mo ol samting blong laef blong mifala bifo. Fasin blong konfes i bin statem wan rod blong talemaot ol samting, wan taem blong serem ol samting we mifala i stap harem nogud from wetem ol fren, famle, mo ol narafalawan. Hem i bin pat blong wan hadwok we i stap gohed, mo blong setemap bakegen ol rilesensip we oli bin brok. Fasin blong konfes i minim tu blong lukaotem fogivnes we i kam long Lod tru long prea, mo tru long eni rod blong tekem wetem prishud.

Mifala i bin faenem se i moa gud blong tekem step 5 kwiktaem, o stret afta we mifala i komplitim step 4. Sapos yu pusum step ia i gobak, i olsem we yu admitim se i gat wan soa we i open yet i stap, we yu no klinim yet. Mifala i bin luk se step 5 i wan bigfala step lelebet, be olsem we mifala i bin askem Lod blong kasem help, Hem i bin givim paoa long tingting mo paoa long bodi. Afta we mifala i luklukbak long ol ful lis blong fasin blong mifala, mifala i bin konfesem long bisop blong mifala, eni

samting we i no folem loa, o i wan sin, i wan nogud ak-sen we i save blokem mifala blong kasem wan tempol rekomen. Blong talemaot ol samting ia long stret prishud atoriti, i bin wan pat we i gat bigfala nid from blong mifala i livim adiksen mo kam oraet bakegen.

Mifala i bin jusum tu wan narafala man o woman we mifala i trastem, we mifala i save talem stret samting we mifala i mekem i rong. Mifala i bin traem blong jusum wan we i bin go tru long ol step 4 mo 5, mo afta, i bin stanap strong long gospel. Mifala i statem miting wetem prea blong invaetem Spirit, mo afta, mifala i bin ridim ful lis blong fasin blong mifala i laod. Olgeta man mo woman we oli bin lisiin long ful lis blong mifala, plante taem, oli bin helpem mifala blong luk o faenem ol ples we oli stap mekem mifala i giaman yet long mifalawan. Oli bin helpem mifala blong luk stret long laef blong mifala, mo blong mifala i no mekem ol samting we mifala i mas ansa from oli kam bigwan tumas, o oli kam smol tumas.

Blong raetem wan ful lis blong ol fasin blong mifala, i bin olsem blong rekodem plante hundred defren storian blong laef blong mifala. Long step 5, mifala i bin gat wan janis blong luk laef blong mifala i open mo stap hapen, wan japta folem nara japta, long wan storian we i no gat stop long hem. Taem mifala i mekem olsem, mifala i stat blong luksave ol paten blong wiknes blong mifala we oli bin lidim ol joes blong mifala. Mifala i bin stat blong andastanem ol fasin blong mifala we i stap go long ol nogud tingting mo filing (mekem samting folem tingting blong mifalawan, fraet, hae tingting, stap blemem mifalawan, stap tingting we mifala i stret evriwan, kros, fasin blong no laekem man, ol filing we i no gat kontrol long olgeta, mo ol narawan moa). Ol tingting ia mo ol filing ia, ol stap stret long stamba blong ol rong blong mifala.

Taem mifala i komplitim step 5, mifala i bin soemaot long fes blong God, long fes blong mifalawan, mo ol narafala witnes se mifala i komitim mifalawan long wan niufala laef we i stanap strong long fasin blong talem trutok mo long fasin blong stap laef long trutok. Nomata step 5 i bin wan long ol step we i had moa blong tekem, kaonsel blong Presiden Spensa W. Kimbol i bin leftemap tingting blong mifala: “Fasin blong sakem sin i neva save kam kasem taem wan i mekem sol blong hem i neked, mo i admitim ol aksen blong hem mo no traem blong faenem ol eskius o nara tingting we i givim eskius. ... Olgeta pipol we oli jusum blong folem rod ia mo jenisim laef blong olgeta, oli save faenem se fasin blong sakem sin i rod we i had moa long fas ples, be, bae oli faenem se rod ia, i rod we i moa gud taem bae

oli testem ol frut blong rod ia” (“The Gospel of Repentance,” *Ensign*, Okt. 1982, 4).

Mifala i bin gotru long wanem we Presiden Kimbol i bin tijim. Taem we mifala i bin komplitim step 5 wetem fasin blong stap ones mo wetem ful tingting, mifala i stap mo nomo gat samting blong haedem. Mifala i bin soem aotsaed, se mifala i “sakem evri sin blong [mifala]” (Alma 22:18) blong mekem se mifala i save kasem save we i moa bigwan abaot lav blong God, mo lav mo sapot blong plante gudfala pipol we oli stap raon long mifala.

Ol Aksen Step

Stat blong askem fogivnes; kaonsel wetem bisop olsem we i nid; stap ones wetem God, yuwan, mo ol narafala man

“Diuti blong evriwan i blong konfesem evriwan long ol sin blong olgeta long Lod” (luk long Bible Dictionary, “Confession,” 649). Ol taem ia we yu bin brekem loa, we i series tumas, yu mas konfesem i go long ol stret prishud lida, olsem wan bisop: “Nomata we Lod nomo i save fogivim ol sin blong yu, ol prishud lida ia oli gat wan impoten rol long rod blong fasin blong sakem sin. Stap ones fulwan wetem olgeta. Sapos yu konfes long haf samting, we yu talem nomo ol smol mistek blong yu, bae yu no save kam blong stretem olgeta sin blong yu we oli moa bigwan, we yu haedem i stap. Sapos yu stat eli, kwiktaem nomo bae yu faenem pis mo glad we i kam wetem merikel blong fogivnes” (*True to the Faith: A Gospel Reference* [2004], 134).

Lukaot gud mo yusum waes tingting taem yu jusum wan we i no wan prishud lida blong talemaot ol rong aksen blong yu. No serem ol infomesen we i series tumas wetem ol man o ol woman we yu ting se bae oli no givim wan gud advaes, bae oli givim rong infomesen, o oli gat hadtaem blong holemtaet ol konfidensiol infomesen. Olgeta ia we bae yu serem ful lis blong ol fasin blong yu, oli mas ol pipol we yu trastem fulwan, long toktok mo aksen.

Letem pis i kam long laef blong yu

Presiden Brigham Yang i bin wonem ol memba blong no talemaot ol sin blong olgeta sapos i no gat nid: “Taem mifala i stap askem ol brata, olsem we mifala i stap mekem oltaem, blong oli toktok long ol sakramen miting, mifala i wantem tumas, se sapos oli mekem nogud long ol neiba blong olgeta, blong oli konfesem rong blong olgeta; be i no blong talemaot ol krangke fasin blong olgeta we i no gat wan man i save, be olgeta nomo. Talem long pablik wanem we pablik i nid blong save. Sapos yu bin sin agensem ol pipol, konfes long olgeta. Sapos yu sin agensem wan famle, o wan neiba, go luk olgeta mo

konfes. Sapos yu bin sin agensem Wod blong yu, konfes long wod blong yu. Sapos yu bin sin agensem wan man o woman, singaotem man o woman ia hemwan, mo konfes long hemwan. Mo sapos yu sin agensem God blong yu, o agensem yuwan, konfes long God, mo kipim samting ia blong yuwan, from se mi no wantem save eni samting abaot hemia” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 158).

Wanwan taem, yu save luk wanwan man o woman long ol miting blong livim adiksen, o ol nara situesen we oli stap riptim oltaem mo oltaem sin blong olgeta, o ol kros blong olgeta, o ol sin we ol narawan oli bin mekem agensem olgeta. Oltaem nomo oli stap konfes be oli neva faenem pis.

No miksim step 5 wetem wan filing we i strong blong stap stap oltaem wetem ol nogud samting. Tingting biae long step 5 i nara wei raon. Mifala i tekem step 5, i no blong holemtaet ol samting we yumi bin konfes long olgeta, be blong stat blong luk wanem i defren long wanem i nogud mo wanem i gud blong yumivan, mo blong jusum gud.

Stadi mo Andastanem

Ol skripja we oli stap daon ia mo ol toktok we oli kam long ol lida blong Jos, oli save helpem yu blong tekem step 5. Yusum olgeta blong tingting hevi longtaem, stadi mo raetem samting. Tingbaot se yu mas ones mo raetem stret samting.

Stap konfes long God

Lod i talem se Hem i fogivim ol sin blong olgeta we oli konfesem sin blong olgeta long fes blong Hem mo oli askem fogivnes (luk long D&C 64:7).

- *Olsem wanem nao we taem yu konfesem ol sin blong yu long God, hem i helpem yu blong mekem ol gud jenis long laef blong yu?*

Katemdaon bigfala wari mo faenem pis

“Bae mi no gohed blong tokbaot ol sin blong yu, blong givim had taem long sol blong yu, sapos i no blong gud blong yu” (Alma 39:7).

- *Sam pipol bae oli talem se yumi stap stap tingting tumas long ol nogud samting blong laef sapos yumi tekem ol step 4 mo 5, mo sapos yumi mekem, bae i mekem yumi gat bigfala wari moa. Long ves ia, God i tijim yumi se blong fesem ol mistek blong yumi, i save mekem gud samting long yumi, i no jes blong “givim hadtaem” (o givim hevi wok) long sol blong yumi. Long wanem wei nao ol step 4 mo 5 oli save katemdaon bigfala wari blong yu, mo givim moa pis long yu?*

Stap livim sin fogud

Lod i talem se long wei ia nao, bae yufala i save sapos wan man i sakem sin blong hem—luk, bae hem i konfesem ol sin blong hem mo livim olgeta fogud (luk long D&C 58:43).

- *Blong livim samting fogud i minim blong livim fogud o givap samting ia fulwan. Olsem wanem nao yu soemaot we yu wantem blong livim fogud ol offala fasin blong yu taem yu stap tekem step 5?*



JENIS LONG HAT

KI PRINSIPOL: *Kam blong rere evriwan blong God i tekemaot evriwan long ol fasin blong yu we oli nogud.*

Afta we mifala i bin klinim gud mifalawan long saed blong filing mo spirit folem ol step 4 mo 5, plante long mifala i bin sapraes tumas long jenis we i hapen long mifalawan. Mifala i bin prea wetem moa tingting, mifala i bin tingting hevi moa oltaem long ol skripja, mo mifala i bin raet moa oltaem long wan jenol. Mifala i bin rere blong mekem mo kipim ol tabu kavenan taem mifala i stap go long sakramen miting.

Taem mifala i bin tekem step 5, plante long mifala i bin mitim bisop blong mifala mo mifala i bin lukaotem help long fasin blong sakem sin. Plante long mifala i bin faenem se ol temtesen blong mifala oli no bin temtem mifala tumas mo i no plante taem. Sam long mifala i bin fri finis long ol adiksen blong mifala. Wetem ol kaen jenis ia long fasin blong mifala mo laef blong mifala, sam long mifala i bin askem mifalawan from wanem mifala i bin nidim blong tekem moa step.

Be, taem we taem i stap pas i go, mifala i bin luk se blong holemtaet mifala, i luk se i stap mekem ol fasin blong mifala we mifala i no strong long olgeta, man i save luk moa, speseli mifalawan. Mifala i bin traem blong kontrolem ol nogud tingting mo filing, be oli bin gohed blong kamaot bakegen, i pulum tingting blong mifala, mo i stap givim fraet long niufala laef blong mifala we mifala i no tekem eni nogud samting mo mifala i stap kam gud long Jos. Olgeta we oli bin andastanem ol hadwok long saed blong spirit blong livim adiksen, oli bin askem strong long mifala blong luksave se nomata ol jenis, we man i save luk, long laef blong mifala i bin gud tumas, Lod i bin wantem blong blesem mifala wetem moa samting. Ol fren blong mifala oli bin helpem mifala blong luk se sapos mifala i bin wantem blong stap longwe long ol adiksen blong mifala, mo sapos mifala i nomo wantem gobak long ol adiksen ia, mifala i bin gat wan jenis long hat. Jenis ia, long hat, o long samting we yumi wantem, i stamba tingting blong step 6.

Yu save askem “Olsem wanem? Olsem wanem mi save stat blong mekem wan jenis olsem i stap hapen?” No slakem tingting blong yufala from ol filing ia. Step 6, semmak olsem ol step bifo, oli save mekem yu filim se hem i wan bigfala jalenj. Nomata hem i soa tumas, bae yu mas admitim, semmak olsem mifala, se blong luksave mo konfesem ol fasin we yu no strong long olgeta long ol step 4 mo 5, i no rili minim se yu bin rere blong livim

ol fasin ia fogud. Ating yu luksave se yu stap holemtaet yet sam olfala fasin blong stap fesem ol wari blong laef—ating naoia, yu filim hemia moa from se yu mas livim ol adiksen ia fogud.

Ating samting we i save putum tingting blong yu i stap daon i blong admitim se yu gat yet wan hae tingting blong wantem jenis, be i no wetem help blong God. Step 6 i minim se yu mas givim long God, evri haf fasin blong gat hae tingting mo fasin blong mekem samting folem tingting blong yuwan. Semmak olsem long ol step 1 mo 2, step 6 i nidim blong yu putum tingting blong yu i stap daon mo blong yu admitim nid blong yu blong kasem paoa blong Kraes we i pemaot man mo i jenisim man. Afta long evri samting, i tru, se sakrifaes blong Hem we i pemaot man i mekem se yu bin save mekem wanwan long ol step kasem poen we yu stap long hem naoia. Step 6 i no wan defren step we yu save skip.

Taem yu stap kam long Jisas Kraes, mo stap lukao-tem help blong Hem wetem step ia, bae yu no harem nogud long hem. Sapos yu trastem Hem mo gat fasin blong wet longtaem long rod ia, bae sloslo, yu luk se hae tingting blong yu i lus mo fasin blong gat tingting i stap daon i tekem ples. Bae Hem i wet wetem fasin blong wet longtaem se bae yufala i taed long hadwok blong yufalawan blong jenis, mo taem yu tanem yu i go long Hem, bae yu witnessem bakegen, lav mo paoa blong Hem blong gud blong yu. Fasin blong yu, blong stanap strong blong no livim ol olfala fasin blong yu oli go, bae oli lus mo wan open maen bae i tekem ples taem we Spirit i givim tingting long wan moa gud wei blong laef. Fraet blong yu blong jenis, bae i kam daon taem yu stap luksave se Lod i andastanem soa mo hadwok we samting ia i nidim.

Taem we rod blong kam long Kraes i tekem rus blong hem insaed long hat blong yu, bae yu faenem se ol giaman bilif we oli bin stap fidim ol nogud tingting mo filing, sloslo, trutok i tekem ples blong ol samting ia. Bae yu groap long paoa taem yu gohed blong stadi long toktok blong God mo tingting hevi long olsem wanem yu yusum long laef blong yu. Tru long ol testimoni blong ol narafala man, Lod bae i helpem yu blong lanem trutok ia se yu yu no problem we i bigwan tumas blong Hem i mekem yu kam oraet bakegen. Tingting ia blong wantem blemem ol narawan from ol fasin blong yu o blong faenem eskus long rod blong yu blong yu jenisim hat blong yu, bae i lus, mo bae yu gat wan tingting blong wantem ansa long hem mo stap folem tingting blong Hem. Tru long profet Esekiel, Lod i bin talem : “Bambae mi mekem laef blong yufala i kam niuwan.

Bambae mi givim niufala tingting long yufala ... Bambae mi tekemaot ol rabis tingting blong yufala we is tap mekem yufala i stronghed, nao bambae mi givim gud-fala tingting long yufala” (Esekiel 36:26).

Lod i wantem blong blesem yu wetem wan jenis blong tingting we bae i yunaetem yu wetem hem, long maen mo long hat, semmak nomo olsem we Hem i joen, i wan wetem Papa. Hem i wantem blong givim spel long yufala; blong yufala i nomo stap yufalawan mo yufala i kam long God we i Papa; fasin blong stap yufalawan ia i mekem se yufala i bin fraet we i bin fidim adiksen blong yufala. Hem i wantem blong mekem Atonmen i wok long laef blong yufala, long ples ia mo naoia.

Taem yu stap folem ol kwaet toktok blong Spirit, mo luk long Sevy a blong kasem fasin blong sevem man, blong i sevem yu i no long adiksen nomo, be long ol fasin we yu no strong long hem, nao bae yu save se bae wan niu tingting o fasin bae i gro insaed long hat blong yu we i wantem se samting ia i hapen. Tingting blong yu ia blong wantem kam tabu tru long God, bae i mekem yu yu rere blong yu jenisim stret, fasin blong yu. Wan long bes wei blong tokbaot rod ia, yumi save faenem long ol toktok blong Presiden Esra Taf Benson:

“Lod i wok, i stat long insaed i go aotsaed. Wol i wok, stat long aotsaed i go insaed. Wol bae i tekemaot ol pipol long doti ples. Kraes i tekemaot doti long ol pipol, mo afta, ol pipol ia oli mas kamaot olgetawan long ol doti ples ia. Wol, bae i jenisim man taem hem i jenisim ples we hem i laef long hem. Kraes i jenisim man, mo afta, man ia i jenisim ples we hem i laef long hem. Wol bae i lidim fasin blong man, be Kraes i save jenisim fasin blong man. ...

“Bae i gud blong yumi save stret long tingting blong yumi se Jisas i Kraes, se bae yumi jusum blong folem Hem, bae yumi jenis from Hem, bae yumi putum Hem i kapten blong yumi, blong yumi givim yumiwan long Hem, mo bon bakegen” (insaed long Conference Report, Okt. 1985, 5–6; o *Ensign*, Nov. 1985, 6–7).

Ol Aksen Step

Yu mas wantem blong letem Sevy a i jenisim bat blong yu; tekempat long felosip blong Kraes taem yu go long Sandei Skul mo Rilif Sosaeti o prishud miting

Taem mifala i bin baptaes, sam nomo long mifala i bin andastanem longfala rod blong jenisim tru hat blong mifala. Be, Presiden Marion G. Romni blong Fas Presidensi i bin eksplenem samting ia i klia: “long wan we i rili jenis fulwan, filing ia blong wantem ol samting we oli agensem gospel blong Jisas Kraes, i go ded finis. Mo long ples blong hemia, i gat lav blong God, wetem

wan tingting we i strong mo i gat kontrol blong kipim ol komanmen blong Hem” (in Conference Report, Guatemala Area Conference 1977, 8).

Taem yu stap gat eksperiens merikel blong gohed blong livim adiksen—faswan, blong aot long ol adiksen fasin, mo afta, blong aot long ol fasin we yu no strong long hem—bae yu gotru long wan tru jenis blong laef blong yu. Bae yu stat blong wekap, blong kam blong fesem yuwan stret semmak olsem boe ia i bin lus i bin kam blong fesem hemwan stret (luk long Luk 15:17). Bae yu stat blong luksave se blong gobak long kingdom blong Papa long Heven, bae yu no mas wekap nomo, be yu mas girap mo letem Jisas Kraes i stap olsem Ridima blong yu.

Taem yu stap givim hat blong yu long God mo gro strong moa long fasin blong yu blong gat tingting i stap daon, strong tingting blong yu blong no ripitim ol fasin blong yu we yu bin stap mekem bifo bae i kam strong moa, mo strong moa. From we yu kam fri long fasin blong slef blong laef blong bifo, bae yu filim gud gud moa blong stap long medel blong ol brata mo sista insaed long Jos. Bae yu faenem se yu wantem blong gobak mo kam stap tugeta olsem wan pikinini blong God, mo wantem blong oli kaontem yu long ful felosip long medel blong ol grup blong ol sipsip blong Hem (luk long 1 Nifae 22:24–26; Mosaea 27:25–26; Mosaea 29:20; Hileman 3:35).

Stap wantem blong jenis blong mekem se ol samting we oli no stret oli save go lus tru long paoa blong God

Nomata sapos adiksen blong yu i stap long saed blong alkohol, drag, plei mane, ponografi, fasin blong kaka we i spolem gud yuwan, fasin blong spendem mane kwiktaem, o wan narafala fasin o samting we i ripresentem nid blong yu blong ron mo haed from wari o jalenj long laef blong yu, yu save kam blong luksave se evri samting i stat long maen mo hat blong yu. Blong kam oraet bakegen, i stat tu insaed long maen mo hat blong yu. Taem yu kam blong wantem blong jenis taem yu kam long Jisas Kraes, bae yu lanem abaot paoa blong Hem blong mekem yu kam oraet bakegen.

Taem yu stap tekem step 6, yu mekem komitmen blong yu blong holemtaet yu long ol adiksen blong bifo, i kam antap, tru long wan strong mo bigfala rilesensip wetem Sevy a, Jisas Kraes, mo wetem Papa, we i bin sendem Hem i kam. Bae yu disaed blong gat klia tingting olsem yangfala profet Momon (luk long Momon 1:15). Yu gohed blong akseptem se God i mas kam evri samting long yu blong sevem yu long ol tingting, toktok, mo aksen blong yu we yu no strong gud long olgeta yet.

Stadi mo Andastanem

Ol skripja mo ol toktok we oli stap daon ia, we oli kam long ol lida blong Jos, oli save helpem yu blong tekem step 6. Yusum ol skripja mo ol kwestin ia blong tingting hevi blong longtaem long olgeta, blong stadi mo blong raet abaot olgeta.

Livim evriwan long ol sin blong yu

"King i bin talem: ... wanem bae mi mekem blong mi save bon long God, mo mekem rabis spirit ia i ka-maot olgeta long jes blong mi, mo kasem Spirit blong hem, blong mi save fulap long glad, ... bae mi lego evri samting we mi gat, ... blong mekem se mi save kasem bigfala glad ia.

"... king i bodaon long fored blong Lod, long ol ni blong hem; yes, go kasem hem i bin foldaon long graon mo i bin singaot laod, i talem:

"O God, ... bae mi sakem evri sin blong mi blong save yu, mo blong mekem se mi save girap long ded, mo mi sev long las dei" (Alma 22:15, 17–18).

- *Ridim gud bakegen Alma 22:15, 17–18. Wanem samting we i stap blokem yu—hemia i tekem ol fasin mo ol filing—we oli stap holemtaet yu blong sakem "evri sin" blong yu, mo blong kasem fulwan Spirit blong Lod?*

Stap lanem fasin blong putum tingting i stap daon

"Mo sapos ol man i kam long mi bae mi soem long olgeta, samting we i no strong blong olgeta. Mi givim long ol man samting we i no strong blong mekem se oli save putum tingting blong olgeta i stap daon; mo gladhat blong mi i naf blong evri man we i putum tingting blong olgeta i stap daon long fored blong mi; from sapos oli putum tingting blong olgeta i stap daon long fored blong mi, mo gat fet long mi, afta bae mi mekem ol samting we i no strong i kam strong long olgeta" (Ita 12:27).

- *From se yumi gat wan bodi we i save ded mo yumi no stret evriwan, yumi evriwan i save gat fulap samting we yumi no strong long olgeta. Long ves ia, Lod i eksplenem stamba tingting blong Hem taem Hem i letem yumi blong gotru long laef long wol ia, mo blong fesem ol kaen wiknes ia—blong helpem yumi blong gat tingting i stap daon. Be, yu mas luk gud se yumi nao yumi jusum blong putum tingting blong yumi i stap daon. Olsem wanem nao we blong kam rere long step 6 i pat blong putum tingting blong yu i stap daon?*

- *Listimdaon sam long ol wiknes blong yu, mo long saed blong olgeta, listimdaon ol paoa we oli save kam, taem we yu stap kam long Kraes.*

Stap tekempat long felosip blong Jos

"Nao from ol samting ya we mi mi talem finis, mi bodaon, mi prea long Papa blong yumi,
"we hem nomo i stamba blong fasin blong papa, nao olgeta famle long heven mo long wol oli stap tekem fasin ya long hem.

"Hem i gat bigfala paoa blong heven, mo mi mi stap askem long hem blong hem i yusum Spirit blong hem blong givim paoa long yufala, blong mekem yufala i stanap strong oltaem.

,"[Blong Kraes i save stap insaed long hat blong yufala tru long bilif blong yufala; blong yufala, we yufala i stanap long fasin blong Kraes mo long fasin blong gat lav,

"i save we fasin ya i bigwan olsem wanem, mo i longfala olsem wanem, mo i hae olsem wanem, mo i dip olsem wanem.

Fasin ya blong Kraes i gudfala tumas, yumi no naf blong savegud. Be mi stap askem long hem blong yufala i save kasemgud tingting ya we Kraes i lavem yufala tumas, gogo bambae God i fulumap laef blong yufala, blong yufala i fulap gud long olgeta fasin blong hem nomo" (Efesas 3: 14–19).

- *Taem yu stap tekem long yuwan nem blong Kraes mo yu stap kam strong tru long Spirit blong Hem, yu stat blong gat pikja we yu stap wetem ol Sent—ol brata mo sista we i bin baptaes mo kam insaed long famle blong Hem long wol ia (luk long Mosaea 5:7). Taem yu stap kam blong savegud ol Sent we oli ol fren blong yu, olsem wanem nao yu kam blong wantem blong tekempat moa long felo-sip blong prishud, Rilif Sosaeti mo Sandei Skul?*

Fasin blong pemaot man

"From man we i folem fasin blong wol i wan enemi blong God, mo i bin olsem stat long taem we Adam i bin foldaon mo bae i stap olsem, blong oltaem mo oltaem, hemia nomo sapos hem i lisiin long ol gudfala toktok blong Tabu Spirit, mo i tekem aot man we i fol-em fasin blong wol, mo kam wan sent tru long atonmen blong Kraes, Lod, mo i kam olsem wan pikinini, i stap lisiin, no stap flas, putum tingting blong hem i stap daon, i save wet longtaem, i gat plante lav" (Mosaea 3:19).

- *Plante long mifala oli kam ol Sent long nem nomo, tru long baptaes nomo mo spendem laef blong mifala blong "livim man we i folem fasin blong wol" mo developem ol fasin we oli stap long ves ia. Olsem wanem hadwok ia i mekem yu yu rere blong akseptem se, tru nomo long Atonmen blong Kraes—*

tru long fasin blong kam wan wetem Jisas Kraes mo wetem Papa—bae yu save eksperiensem fasin blong pemaot man?

Stap kam long Kraes

"Nomata wanem nao i stamba blong hadtaem, mo nomata olsem wanem yu stat blong kasem help—tru long wan profesenol dokta we i kwalifae, wan dokta, wan prishud lida, wan fren, wan memba blong famle we i gat wari, o wan we i lavem yu—nomata olsem wanem yu stat, ol ansa ia bae oli neva givim wan ful ansa. Blong kam oraet evriwan, hem i kam tru long fet long Jisas Kraes mo ol tijing blong Hem, wetem wan hat we i fulap long sore mo wan spirit we i wantem sakem sin, mo wetem fasin blong obei long ol komanmen blong Hem" (Richard G. Scott, insaed long Conference Report, Epril 1994, 9; o *Ensign*, Mei 1994, 9).

- *Elda Rijad J. Skot blong Kworom blong Olgeta Twelef Aposol i bin tijim se i no eni sapot o felo-sip—iven long ol grup blong livim adiksen, o ol kongregesen blong Jos—we bae i save sevem yu. Ol nara pipol oli save sapotem mo blesem yu long rod blong yu, be long en, yu mas kam long Kraes Hemwan. Raet abaot olsem wanem rod blong yu blong livim adiksen i stat.*

- *Huia i bin wan tul blong helpem yu blong gobak long rod blong sakem sin mo livim adiksen? Olsem wanem eksampol blong olgeta i poenem yu i go long Sevya?*



FASIN BLONG GAT TINGTING I STAP DAON

KI PRINSIPOL: *Wetem tingting i stap daon, askem Papa long Heven blong mekem ol nogud fasin blong yu oli go lus*

Evri step i nidim blong mifala i mas gat tingting i stap daon, be step 7 i rili nidim fasin ia: “Wetem tingting we i stap daon, askem Papa long Heven blong mekem ol nogud fasin blong yu oli go lus.” Hat we i gat tingting we i stap daon we mifala i bin developem long step 6 i mekem se mifala i go daon long ni blong mifala long step 7 blong askem Lod blong mekem ol nogud fasin blong mifala oli go lus. Taem mifala i bin progres i kasem poen ia, mifala i bin rere blong prea; mifala i no gat eni narafala risen be mifala i wantem nomo blong kam wan, long hat mo long tingting, wetem Papa long Heven mo Lod, Jisas Kraes. Blong jenis long fasin o laef stael blong mifala, i nomo bin intres blong mifala. Mifala i bin rere blong gat God i jenisim fasin blong mifala.

Step 7, long wanwan long mifala, i bin ripresentem se bae mifala i givim mifala fulwan long Sevyā, mekem se plante long mifala i no save holemtaet blong prea insaed long hat blong mifala olsem we Alma i bin mekem: “O Jisas, yu yu Boe blong God, gat sore long mi, we mi stap long bigfala rabis ples, mo ol jen we i no save finis blong ded i raonem mi” (Alma 36:18). Mifala i harem nogud tru long hat blong mifala, i no nomo from mifala i bin safa o mekem ol narafala man oli bin safa, be from se mifala i bin rigret o sore se iven long rod blong livim adiksen, mifala i no save karemaot mifalawan, ol nogud fasin blong mifala.

From we mifala i bin filim wan pat blong lav blong God, mifala i bin wantem blong livim evriwan long ol sin blong mifala, mo tu, kaen fasin ia blong wantem mekem sin, blong mekem se mifala i kam blong save Hem gud moa. Laswan, long tingting blong mifala, wetem evri hat blong mifala, mifala i bin givim ful sol blong mifala long God mo askem Hem blong fogivim mifala o mekem mifala i kam olsem Hem. Mifala i bin kam, long en, blong luksave se i no gat wan narafala nem, i no gat wan narafala rod, we i save mekem mifala i kam klin aot long sin fulwan. Mifala i no holemtaet wan samting nating, mifala i bin prea long Papa, se bae Hem, wetem sore blong Hem we i bigwan tumas, bae i fogivim mifala from evri hae tingting blong mifala, from evri taem we mifala i bin brekem loa, mo from evri nogud fasin blong mifala. Mifala i bin askem sapos bae Hem i givim

gladhat blong Hem long mifala, se tru long Hem, bae mifala i holemtaet niufala wei blong laef ia.

Lod i no bin statem bigfala jenis ia long ful fasin blong mifala kasem taem we mifala i bin letem Hem blong mekem olsem. Step 7 i bin desisen blong mifala. Mifala i mas mekem tingting blong mifala i stap daon, hemia, long tingting blong mifala nomo. Mifala i mas givim evri smol pis blong hae tingting long God, mo admitim se ol hadwok blong mifala blong sevem mifalawan i no bin inaf. Mifala i mas filim mo mas gotru long trutok we King Benjamin i bin tijim—se yumi evriwan i man blong askem samting long fes blong God, mo mifala i no gat hop blong kasem fasin blong sevem man tru long paoa blong mifalawan, be nomo, tru long sore mo gladhat blong Jisas Kraes (luk long Mosaea 2:21; 4:19–20).

Step 7 i makem, long wanwan long mifala, taem ia we mifala i bin, mo mifala i no bin holemtaet mifala, akseptem trutok we i no save finis we oli tijim long Mosaea 16:4: “Olsem ia nao evri man i bin lus; mo luk, bae oli bin lus blong oltaem sapos God i no bin pemaot ol pipol blong hem from ples blong lus mo foldaon blong olgeta.” Eksperiens blong mifala i bin tijim mifala se taem mifala i bin tekem step 7, mifala i no minim se bae mifala i no mas mekem wok we i blong mifala blong mekem. Yet, mifala i mas gat fasin blong save wet longtaem mo stap “wokbaot fored wetem strong bilif long Kraes” (2 Nifae 31:20).

Mifala i no kam fri evriwan long filing ia blong wantem sin. Mifala i mas lanem blong akseptem laef folem rul blong God mo wet from ol samba tingting blong Hem mo taem blong Hem—iven blong Hem i teke-maot ol nogud fasin blong mifala. Taem mifala i tekem step 7, mifala i bin lanem blong laef wetem semfala fasin blong putum tingting i stap daon mo save wet longtaem long God, semmak olsem Alma mo ol brata blong Hem oli bin soem taem ol wari blong olgeta oli nomo bin hevi, be oli no bin kamaot fulwan: “oli bin stap andanit, wetem bigfala glad mo fasin blong save wet longtaem, long evri wok blong Lod” (Mosaea 24:15). Mifala i bin lego tingting ia se mifala i save kam stret evriwan mifalawan, mo mifala i bin akseptem trutok ia, se God i wantem mifala i faet agensem ol wiknes blong mifala long laef ia, taem mifala i kam long Kraes, mo kam stret evriwan tru long Hem. Mifala i bin faenem se tru long gladhat blong Hem, Hem i bin givim paoa long mifala blong tanem baksaed blong mifala long eni fasin we i no olsem hemia blong wan god, mo blong mifala i andastanem se fasin blong sevem man i

no kam tru long paoa blong mifalawan, be tru long paoa blong Hem (luk long Moronae 10:32).

Be wanwan step i kam wetem wan waning, mo step 7 i no skipim rul ia. Mifala, we mifala i bin akseptem ol prinsipol ia, i mas wonem yu se yu no save ting se bae yu tekem step ia mo no mekem wan sakrifas—mo hem i stret blong mekem sakrifas ia. Long Doctrine and Covenants 59:8, Lod i komandem se bae yumi mas givim wan sakrifas long Lod, God blong yumi, long stret mo gud fasin, we i wan hat we i gat fulap sore mo wan spirit we i wantem sakem sin. Ofring ia, i stamba blong step 7. Nomata we yu stap filim harem nogud taem yu stap statem niu laef blong yu, tingbaot se safaring blong Hem nao, i no hemia blong yumi, i mekemsua se i pemaot sin blong yumi. Sakrifas blong yu, i blong yu tingbaot nomo long “bigfala mo lasfala sakrifas blong Hem long bihaf blong yumi (luk long Alma 34:14).

Taem yu putum evri samting long han blong God, yu mekem nao evri samting we yu save mekem blong kasem witnes blong Hem, we yu no save mistek long hem, se Hem i fogivim ol sin blong yu, se laef blong yu blong bifo i stap tru long laef blong yu we i pas finis. Semmak olsem ol pipol, long Buk blong Momon, we oli bin jenisim laef blong olgeta, yu save testifae se “Spirit blong God i bin visitim [yu], we i bin stap long Jisas Kraes” (3 Nifae 7:21). Wetem Alma, yu save talemaot: “Mi nomo save tingbaot ol soa blong mi; yes, mi nomo bin tingbaot ol sin blong mi we oli bin givim hadtaem long mi. Mo, o, glad ia we mi gat, mo gudfala laet ia we mi bin luk; yes, sol blong mi i bin fulap long glad, i bigfala olsem soa blong bodi blong mi!” (Alma 36:19–20).

Ol Aksan Step

Lukaotem paoa blong Atonmen blong Sevyia blong kam gud moa long laef blong yuwan taem yu stap kwaet mo tingting hevi longtaem long ol prea blong sakramen

Wan kaen wei blong stap kwaet mo tingting longtaem we i wok gud, i blong tingting long wan ves o sentens blong skripja taem yu stap prea blong andastanem mining blong hem, mo olsem wanem blong yusum long laef blong yu. From se wanwan long yumi i mas mekem kavenan ia we oli stap ripitim long ol prea blong sakramen, nao yu save stap kwaet mo tingting hevi long olgeta.

Folem invitesen blong ol profet blong yusum ol skripja long laef blong yu, ating bae yu wantem ridim Moronae 4:3 mo 5:2, mo wetem we i stap daon, tingting long ol tabu toktok ia olsem se oli kam long voes blong yuwan: eksampol, “O God, yu yu Papa we i No Save Finis, [mi] askem yu long nem blong Pikinini

blong yu, Jisas Kraes, blong blesem mo mekem tabu hemia bred, long sol blong [mi taem we mi] kakae long hem ... mo holem ol komanmen blong hem we hem i bin givim long [mi], mekem se oltaem [mi] save gat Spirit blong hem i stap wetem [mi].”

Wetem tingting we i stap daon, prea blong God i mekem long yu wanem we yu no save mekem blong yuwan

Taem yu holem wan simpol prea long hat blong yu, olsem: “Lod, wanem nao yu wantem mi blong mekem?” o “Blong i folem tingting blong Yu nomo,” bae oltaem, bae yu tingbaot se yu dipen fulwan long Lod. Lav we i kam long God, lav blong yu long Hem, mo hemia blong Hem we Hem i gat long yu, bae i helpem yu blong gat wan rilesensip we yu save givim yu fulwan mo no holemtaet yu long wan samting. Yu bin lukao-tem lav ia long evri yia we yu bin fas long adiksen. Long step 7, bae yu faenem wan wei blong kasem pis taem yu kam long “spel blong Lod” (Moronae 7:3; luk tu long Alma 58:11; Ezra Taft Benson, “Jesus Christ—Gifts and Expectations,” *Ensign*, Dis. 1988, 2).

Stadi mo Andastanem

Ol skripja mo ol toktok we oli stap daon ia, we oli kam long ol lida blong Jos, oli save helpem yu blong tekem step 7. Yusum ol skripja mo ol kwestin ia blong stap kwaet mo tingting hevi blong longtaem long olgeta, blong stadi mo blong raet abaot olgeta. Stap ones mo raetendaon ol ditel blong evri samting.

Stap jusum blong putum tingting we i stap daon

“Mo nao, olsem we mi bin talem long yufala, se from we oli bin fosem yufala blong putum tingting blong yufala i stap daon, yufala i bin kasem blesing, be yufala i no ting se olgeta i kasem moa blesing, we oli rili putum tingting blong olgeta i stapdaon from trutok?” (Alma 32:14).

• *Plante long mifala i bin kam long ol miting blong livim adiksen wetem tingting we i lus, i nomo gat hop, hemia from ol risal blong ol adiksen blong mifala. Oli bin fosem mifala blong gat tingting i stap daon. Be, fasin blong gat tingting we i stap daon we oli tokbaot long step 7, i gat narafala tingting biae long hem. Hem i mas kam long yuwan. Hem i risal blong joes blong yuwan, blong yu putum tingting blong yu i stap daon. Olsem wanem nao ol filing blong yu blong gat tingting i stap daon i bin jenis stat long taem we yu stat blong livim adiksen?*

Fulap wetem glad

“Mo oli bin luk olgeta bakegen long fasin nogud we oli bin stap long hem, mo oli luk we das blong graon i moa gud bitim olgeta. Mo olgeta evriwan i bin sing-aot laod tugeta, mo talem se: O gat sore, mo sevem mifala tru long atonmen mo blad blong Kraes blong yu save fogivim sin blong mifala, mo blong mekem se ol hat blong mifala i save kam klin. From we mifala i biliv long Jisas Kraes, Pikinini blong God we i bin mekem heven mo wol mo evri samting; we bae i kamdaon long medel blong ol pikinini blong ol man.

“Mo i bin hapen se afta we oli bin talemaot ol toktok ia, Spirit blong Lod i bin kam long olgeta, mo oli bin fulap long glad, from oli bin kam klin aot long ol sin blong olgeta, mo oli bin kasem pis long tingting, from bigfala fet we oli bin gat long Jisas Kraes ia we bae i kam, folem ol toktok we king Benjamin i bin talemaot long olgeta (Mosaea 4:2–3).

- *Ol pipol blong King Benjamin i bin mekem wan prea olsem hemia we mifala i bin mekem taem mifala i tekem step 7. Oli bin filim pis mo glad taem Spirit blong Lod i bin kam long olgeta mo i bin mekem olgeta oli kam klin aot long ol sin blong olgeta. Lukluk mo tingtingbak long ol eksperiens we yu bin gat wetem ol filing ia. Raetem daon se bae i olsem wanem blong gat ol filing ia oli kam wei blong laef blong yu.*
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Biliv long God

“Biliv long God, biliv se hem i stap, mo we hem i bin mekem evri samting, tugeta long heven mo long wol. Biliv se hem i gat evri waes tingting, mo evri paoa,

tugeta long heven mo long wol; biliv se man i no save andastanem evri samting we Lod i save.

“Mo bakegen, biliv se yufala i mas sakem sin blong yufala mo no mekem ol sin ia bakegen, mo putum tingting blong yufala i stap daon long fored blong God; mo askem hem wetem wan tru hat, se bae hem i fogivim yufala, mo nao, sapos yufala i bilivim evri samting ia, meksua se yufala i mekem olgeta.

“Mo bakegen, mi talem long yufala olsem we mi bin talem bifo, se from we yufala i bin kam blong save glori blong God, o sapos yufala i bin save gudfala fasin blong hem, mo yufala i bin testem lav blong hem, mo bin kam klin aot long ol sin blong yufala we i mekem se yufala i harem i gud plante long ol sol blong yufala, mo tu mi wantem se yufala i tingbaot, mo holem taet long tingting oltaem, se God i gat bigfala paoa, mo se yufala i nating nomo, mo se God i gudwan tumas, mo se hem i gat longfala tingting long yufala, ol wael man we oli nogud olgeta, mo putum tingting blong yufala i stapdaon go kasem daon tumas, prea long nem blong Lod evri dei, mo stanap strong long fet blong ol samting we bae i kam, we maot blong enjel i bin talemaot.

“... sapos yufala i mekem samting ia, bae yufala i glad oltaem, mo lav blong God bae i fulumap yufala, mo holem taet fasin blong kam klin aot long ol sin blong yufala; mo bae yufala i gru long save blong hem we i bin mekem yufala, o long save long ol samting we i stret mo tru” (Mosaea 4:9–12).

- *Wetem prea, raetendaon wan lis blong ol samting we King Benjamin i bin talem se yumi mas mekem. Olsem wanem ol samting ia oli go wetem rod blong tekem step 7?*
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- *Wanem promes nao i kam taem yumi mekem olsem we King Benjamin i givim instraksen from? (Luk long las ves.)*
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- Sapos yu kasem olgeta promes ia, wanem nao bae i jenis long laef blong yu?

Stap obei long loa mo ol komanmen

“Long ol narafala toktok, from en ia oli bin givim loa; from samting ia loa ia i bin kam ded long mifala, mifala i kam laef long Kraes from fet blong mifala; be stil mifala i folem loa from ol komanmen.” (2 Nifae 25:25).

- Yumi “kam laef long Kraes from fet blong [yumi]” long Hem. Hem i minim wanem nao we loa i ded long yumi? From wanem nao yumi gohed blong kipim loa, o stap obei long ol komanmen?

- Olsem wanem nao yu filim tedei abaot fasin blong kipim loa?

- Olsem wanem nao we taem yu kipim ol komanmen, yu stap soemaot lav we yu gat long God?

Lav blong God

“Taem yumi putum God i kam faswan, evri narafala samting oli foldaon long stret ples blong olgeta, o oli kamaot long laef blong yumi. Lav blong yumi, we yumi gat long Lod bae i lidim wanem we yumi wantem, wanem we taem blong yumi i askem, ol intres we yumi stap wok from, mo oda blong ol fas wok we yumi wantem mekem (Ezra Taft Benson, insaed long Conference Report, Epril 1988, 3; o Ensign, Mei 1988, 4).

- Blong kam blong save sore mo gud fasin blong God i kam kasem ples ia, ating yu stat finis blong filim lav blong God—lav we yu gat long Hem mo lav we i kam long Hem. Tingting long hemia mo raetemaon sapos yes o no, yu bin filim lav blong yu i kam antap taem yu bin stap wok tru long ol step ia.

- *Olsem wanem nao step 7 hem i stap olsem aksen blong lav blong yu we i bigwan moa, kasem naoia?*

Blong stap tekem nem blong Kraes long yuwan

“Eni man we i mekem samting ia, bae i gat wan ples blong hem long raet han blong God, from bae hem i save nem ia we bae oli yusum blong singaotem hem; from bae oli singaotem hem long nem blong Kraes” (Mosaea 5:9)

- *Plante long yumi i ting se blong tekem nem blong Kraes long yumi, hem i long saed blong baptaes mo long saed blong sakramen, mo hemia hem i stret. Blong smol taem, traem tingting se bae i minim wanem blong oli singaotem yu long nem blong Kraes mo karem gudfala nem blong Hem olsem nem blong yumiwan.*

- *Wanem nao yu nidim blong mekem, blong mekem se yu stap long raet han saed blong God? Wanem kavenan nao yu mekem taem yu baptaes mo taem yu tekem sakramen?*

- *Raetemdaon ol filing blong yu we yu eksperiensem taem yu tingting long gudfala tingting blong Hem, we i wantem blong givim nem blong Hem long yu, mo gudfala nem blong Hem long yu, mo bae yu givim ol samting we yu no strong long hem.*

Givim ol samting we yu no strong long hem (wiknes)

“Wan relijin we i no nidim blong mekem sakrifaes blong evri samting, i neva gat inaf paa blong givim inaf fet we i nid blong laef mo blong fasin blong sevem man” (Joseph Smith, komp., Lectures on Faith [1985], 69).

- *Sam pipol oli ridim ol toktok ia mo oli tingting se “evri samting” i minim evri samting we oli gat. Olsem wanem nao we taem yu givim evri samting we yu no strong long hem (ol wiknes) i go long Lod, i mekem se save blong yu i kam antap mo yu save se i minim wanem blong sakrifaes long evri samting?*



LUKAOTEM FOGIVNES

KI PRINSIPOL: *Raetemdaon wan lis blong evri man mo woman, we yu bin mekem nogud long olgeta, mo yu glad mo wantem givimbak samting o stretem samting we yu no mekem i stret long olgeta.*

Bifo yu livim adiksen, ol laefstael blong adiksen i bin olsem wan waelwin we i gat fulap paoa blong prapa spolem gud mo i katemaot gud ol rilesensip blong mifala, mo i livim wan emti samting i stap biae. Step 8 i bin wan janis blong mekem wan plan blong klinap long ol emti samting ia mo bildim bakegen evri samting we mifala i save sevem. Taem mifala i bin filim hiling paoa blong sore blong Sevyta taem mifala i bin wok long step 7, mifala i bin filim strong blong go aot long ol narafalawan mo blong stretem ol rilesensip we oli bin brokbrok. Be, mifala i bin lanem, se blong hariap blong stretem samting, mo no tekem taem blong prea mo ating karem kaonsel long wan advaesa we yumi trastem, olsem wan bisop o wan nara prishud lida, i save mekem nogud long mifala, be i no blong stretem samting. Step 8 i wan step we i mekem sua se mifala i no mekem nogud moa long ol narafala man taem mifala i stat blong kontaktem olgeta long step 9.

Bifo mifala i bin save bildimbak ol rilesensip, mifala i bin nidim blong faenemaot ol rilesensip we oli go nogud. Mifala i stat blong listimdaon ol pipol we mifala i mekem nogud long olgeta, be plante long mifala i bin faenem se mifala i no save raetemdaon nem blong ol pipol ia, from se mifala i gat sam filing agensem olgeta ia we oli bin mekem nogud long mifala. Mifala i bin ones, mo bin konfesem ol nogud filing blong mifala long Lod. Olsem ansa, Hem i bin soem long mifala se mifala i bin fesem sem desisen ia olsem man we i stap long parabol, we, afta we oli bin fogivim evri kaon blong hem, nao hem tu, hem i mas fogivim ol narafala man. I olsem se mifala i save harem Lod i talem long mifala se: “Mi mi fogivim yu long bigfala kaon ya blong yu, from we yu krae long mi. From wanem yu no sore long man ya, stret olsem we mi mi sore long yu?” (Matiu 18:32–33).

Sapos yu luk se yu stap fesem semfala problem, ating yu nidim blong mekem olsem plante long mifala i bin mekem. Bifo yu mekem wan lis blong ol pipol we yu nidim blong askem fogivnes, faswan, yu raetemdaon lis blong ol pipol ia we yu yu nidim blong fogivim olgeta. Yu no sapraes sapos sam nem oli stap long tufala lis tugeta. Plante taem, ol pipol oli fas long ol raorao

blong mekem nogud long wanwan long olgeta. Blong brekemdaon ol raorao ia mo fasin ia blong agensem wanwan, wan i mas wantem blong fogivim narafalawan.

Blong statem rod ia blong fogivnes, wan moa taem, mifala i faenem se tul ia, blong raetemdaon samting i wan bigfala help. Long saed blong ol nem blong ol pipol we mifala i nidim blong fogivim, mifala i bin raetemdaon wei we mifala i bin filim fastaem taem we ol samting i hapen we i spolem hat blong mifala; mo wanem nao mifala i stap gat temtesen blong filim. Lis ia i bin helpem mifala blong talem stret samting long ol prea blong mifala taem mifala i bin serem, wetem Papa, evri filing blong mifala we oli no bin stret i stap. Mifala i bin askem gladhat blong Kraes blong i helpem mifala blong givim long ol narafala ia semfala sore we Hem, Kraes, i stap givim long mifala. Sapos mifala i faenem ol pipol, long lis blong mifala, we mifala i bin faenem i had tumas blong fogivim, mifala i bin tekem kaonsel blong Sevyta blong prea from gud laef blong olgeta, mo stap askem blong Hem i givim olgeta ol blesing we mifala i wantem tu blong mifala (luk long Mati 5:44).

Taem mifala i bin prea blong kasem help blong fogivim ol narafalawan—nomata we mifala i mekem wan tru prea long fas taem—mifala i bin gat blesing blong gat wan merikel blong gat lav mo sore. Nomata long ol situesen we i go tumas, ol pipol we oli bin folem rod ia oli bin kasem paoa blong fogivim narafala man, i bitim wanem we oli bin tingting se oli save mekem. Wan sista i bin spendem plante wik blong raetem abaot taem we hem i bin smol pikinini, mo stap prea from papa blong hem we i bin mekem nogud long hem. Hem i bin testifae wetem glad, se Sevyta i bin karemaot long hem ol nogud tingting blong hem, ol nogud filing we hem i gat long papa blong hem. Taem mifala i bin mekem semmak, mifala i bin lanem se taem mifala i raetemdaon evriwan long ol nogud filing blong mifala, mo talemaot olgeta long Sevyta, mifala i stop blong kam ol viktim blong olgeta we oli mekem nogud long mifala. Taem we mifala i bin ones, mo mifala i bin traem blong livim ol nogud samting ia oli go, mifala i bin faenem se mifala i save finisim lis blong ol nem blong olgeta we mifala i hop se bae oli fogivim mifala.

Taem yu kasem poen ia mo yu stat blong mekem lis blong yu, yu mas prea blong Lod i lidim yu. Ol gaedlaen ia oli save helpem yu. Askem yuwan: “I gat eniwan long laef blong mi, laef blong mi bifo mo naoia, we i mi mi harem defren, mi no filim gud, o mi sem taem mi stap raon long hem?” Raetemdaon ol nem ia, mo holemtaet temtesen blong yu blong talemaot from wanem yu gat

kaen filing, o holemtaet yu blong givim wan eskus long nogud aksen blong yu long man o woman ia.

Raetemdaon nem blong olgeta we yu minim blong mekem nogud long olgeta, mo tu, olgeta we yu no gat tingting blong mekem nogud long olgeta. Raetemdaon nem blong olgeta we oli ded mo olgeta we yu no save nating olsem wanem blong kontaktem olgeta. Bae yu lukluk long ol spesel kes ia taem bae yu tekem step 9. Naoia i go, taem yu stap wok tru long step 8, lukluk nomo long hamas yu wanem blong stap strong mo hamas yu no wantem stop blong stap ones.

Blong mekem gud samting ia, lukaotem ol samting we yu no tingting hevi blong mekem o, ol samting we yu no mekem we i mekem narafala man o woman i harem nogud long hem. No livim eni smol samting. Wetem ones fasin, tingting long nogud samting we yu mekem long ol narafalawan taem yu bin gohed long adiksen blong yu, nomata we yu no bin mekem wan strong aksen long bodi blong olgeta. Talemaot se i tru we yu bin mekem nogud long wan we yu lavem o long ol fren from se yu no bin tekem responsabiliti blong yu, yu bin toktok nogud, yu bin talem sam strong toktok, yu no bin save wet longtaem, mo yu no bin ona long olgeta. Lukaotem eni samting, we i smol o bigwan, we yu mekem, we i ademap moa wok long wan narafalawan, o i bin mekem sam narafalawan oli bin harem nogud o oli bin kasem jalenj. Lukaotem ol giaman toktok we yu bin talem, o ol promes we yu bin brekem mo ol rod we yu bin folem we yu bin tantanem man o yusum ol man. Raetemdaon lis blong evriwan we i bin harem nogud from fasin blong yu. Ating bae yu faenem se ful lis blong yu blong step 4 i wan gudfala gaed blong gohed long step we yu stap long hem naoia.

Laswan, afta we yu raetemdaon lis blong evriwan we yu bin mekem nogud long olgeta, ademap wan moa nem long lis—nem blong yuwan. Taem yu bin gohed long ol adiksen blong yu, yu bin mekem nogud long yuwan, mo tu, long ol narafalawan.

Taem yu stap wok, tingbaot se step 8 i no wan eksasas blong talemaot se wan i rong o putum sem long wan man—long yuwan o olgeta we oli stap long lis. Sevy a bae i karemaot ol hevi tingting ia we wan i filim se hem i rong, o i sem, taem yu lukluk wan moa taem, wetem moa fasin blong stap ones, long ol trabol long ol rilesensip blong yu mo pat blong yu insaed long ol trabol ia. Taem yu kam blong wantem blong stretem ol samting, yu kasem pis ia blong save se Papa long Heven i glad long ol hadwok blong yu. Step ia bae i helpem yu blong tekem ol aksen we i mekem se Sevy a save mekem yu kam fri long laef blong yu blong bifo. From we yu kam blong wantem, nao yu kam rere blong tekem step 9.

Ol Aksen Step

Fogivim yuwan mo ol narafalawan; mekem wan lis blong ol pipol we yu mekem oli harem nogud, o yu mekem nogud long olgeta

Long step 8, yu statem wan bigfala gud rod we i blong yu gat wan niu hat long yuwan, ol narafalawan, mo laef. Yu rere blong givhan blong givim pis long wol, be i no blong ademap ol raorao mo ol nogud filing. Yu wantem blong givap blong jajem wan narafalawan long fasin we i no stret mo gud, mo yu stop blong raetemdaon lis blong laef mo ol rong blong ol narafala man o woman. Yu rere blong stop blong daonem fasin blong yuwan, o blong faenem eskus long ol fasin blong yu. Yu wantem blong raetemdaon wan narafala ful lis—be naoia, i wan lis blong olgeta we yu bin mekem nogud long olgeta.

Nomata bae yu fraet tumas blong tingting long hemia, yu save kam blong wantem mitim ol pipol we yu putum long lis blong yu, taem we yu gat janis blong mekem. Yu save rere blong mekem evri samting we yu save mekem blong stretem samting wetem olgeta. Yu save laef wetem fet long Lod, be i no wetem fraet long wanem ol narafalawan oli save mekem long yu. Yu save kam blong wantem, long step 8, blong gat wan laef we ol prinsipol i lidim, be i no fasin blong sem o fasin blong fraet i lidim.

Lukaotem presen blong gat jareti; prea from ol narafalawan

Blong plante taosen yia, ol pipol oli bin ridim bigfala toktok blong Pol long saed blong jareti (o bigfala lav) mo oli bin traem blong folem insaed long laef blong olgeta. Plante oli bin traehad blong gat jareti mo long en, oli no bin kasem nating blong mekem hemia.

Ol raeting blong profet Momon oli mekem klia wanem nao hem i jareti mo olsem wanem blong kasem. Hem i talem mining blong jareti hem i “stret lav blong Kraes” mo i bin tijim se Papa i givim hemia long olgeta we oli “prea long Papa wetem ful paoa blong hat blong olgeta” mo long “evriwan we oli stap tru blong folem Pikinini blong Hem, Jisas Kraes” (Moronae 7:47, 48).

Jareti i wan presen we yumi kasem taem yumi lanem blong folem Jisas Kraes, mo taem yumi lavem Hem wetem evri hat, tingting mo sol blong yumi. Taem yumi fulap long stret lav ia we i kam long Hem, mo yumi gat long Hem, yumi faenem se yumi save lavem ol narafalawan olsem we Hem i lavem yumi. Yumi kam blong save fogivim ol rong blong ol narafalawan mo blong stretem ol mistek blong yumi.

Blong rere blong stretem ol samting, plante long yumi oli faenem se blong folem eksasas ia, hem i bin help. Tingting long wan we yu gat strong filing agensem

hem. Blong tu wik, yu minim blong nildaon mo prea from hem evri dei. Kipim wan rekod blong ol jenis we oli kam long ol tingting mo filing blong yu long saed blong man o woman ia. (Luk long Matiu 22:37–38; Fas Korin 13; Fas Jon 4:19; Moronae 7:44–48.)

Stadi mo Andastanem

Ol skripja mo ol toktok ia we oli kamaot long ol lida blong Jos oli save helpem yu taem yu stap tekem step 8. Yusum olgeta skripja ia mo ol kwestin ia blong tingting hevi longtaem long olgeta, stadi, mo raet abaot olgeta.

Ol man we oli folem Kraes wetem pis

“From samting ia, mi wantem toktok long yufala we i blong jos, we i folem Kraes wetem pis, mo we i bin kasem wan hop we i naf tru long hemia yufala i save go insaed long ples blong spel blong Lod, stat long taem ia go kasem taem we bae yufala i spel wetem hem long heven.

“Mo nao ol brata blong mi, mi jajem ol samting ia long yufala, from wokbaot blong yufala we i gat pis long medel blong ol pikinini blong ol man. (Moronae 7:3–4).

- Long ol fas seven step, yu bin statem wan rod blong kam olsem wan man we i folem Kraes wetem pis. Taem yu stap long pis wetem Lod, yu rere gud moa blong stap long pis wetem ol narafala man. Wanem nao ol narafala step we yu nidim blong tekem blong stap long pis wetem ol pipol long laef blong yu?

- Raet abaot waes tingting ia blong tekem ol step folem oda blong olgeta.

Lav blong Lod we i stret evriwan

“Man we i lavem God, hem i no save fraet long hem. Taem we yumi savegud we God i lavem yumi olsem, be yumi no moa fraet nao. Man i save fraet se bambae hem i kasem panis, be man we i stap fraet olsem, hem i no savegud yet we God i lavem hem.

“Yumi stap lavem god mo ol narafala man from we God i lavem yumi fastaem” (Fas Jon 4:18–19).

- Tingting ia blong stretem ol samting, i save mekem yu fraet sapos yu lukluk nomo blong mekem samting ia i stret evriwan. Olsem wanem nao, tras blong yu long stret lav we Kraes i gat long yu mo long hem we yu stap askem fogivnes long hem, i save mekem tingting blong yu i kam strong moa blong putumbak, givimbak o stretem samting taem i posibol?

Go aot long ol narafala man

“Bambae yufala i no jajem narafala man, i nogud God i jajem yufala. Bambae yufala i no talem se narafala man i mas panis, i nogud God i talem se yufala i mas panis. Yufala i mas fogivim narafala man from rabis fasin blong hem, nao God bambae i fogivim yufala from rabis fasin blong yufala.

“Yufala i mas givim ol samting i go long narafala man, nao God bambae i givim ol samting i kam long yufala. Bambae God i givim ol samting long yufala we bambae i plante we plante, olsem we man i fulumap bag, i seksekem, i ramem gogo i fulap gud,

i folfoldaon. Fasin we yufala i folem blong givim samting i go long narafala man, hemia nao fasin we God bambae i folem blong givim ol samting i kam long yufala" (Luk 6:37–38).

- *Nomata bae yu fraet se sam pipol bae oli sakemaot ol tingting blong yu blong mekem pis wetem olgeta, yu no mas letem fraet ia i holem taet yu blong putum olgeta long lis blong yu, mo blong mekem yu rere blong go aot long olgeta. Ol blesing oli bigwan moa bitim harem nogud ia. Stadi long ol ves ia, mo raet abaot ol blesing blong kam blong wantem stretem ol samting.*

"Moa yumi kam kolosap long Papa long Heven, moa yumi glad blong lukluk, wetem lav mo sore, long ol sol we oli stap go lus; yumi filim se yumi wantem tekem olgeta antap long solda blong yumi, mo sakemaot ol sin blong olgeta i go biaen long bak blong yumi. ...Sapos yu wantem se God i gat sore long yu, yu mas gat sore long ol narafala man bakegen" (Joseph Smith, insaed long *History of the Church*, 5:24).

- *Sapos i no gat Jisas Kraes, bae yumi evriwan, yumi ol sol we yumi stap go lus mo yumi no stret evriwan. Olsem wanem nao i helpem yu blong save se taem bae yu tekem step 8, yu yu wan sol we i stap go lus we i rere blong stretem ol samting wetem wan narafala sol we i stap go lus tu?*

Stap fogivim man mo stap askem fogivnes

"Nao Pita i kam long Jisas, i askem long hem se, 'Masta, sipos wan brata blong mi i stap mekem i no stret long mi, mi mi mas fogivim hem hamas taem? Seven taem?'

"Jisas i talem se, 'Yu no save fogivim hem seven taem nomo. Yu mas fogivim hem [seventi taem taem]'" (Matiu 18:21–22).

- *Blong stap fogivim man mo blong stap askem fogivnes from wan rong samting nomo i isi moa bitim blong fogivim o askem fogivnes from wan samting we i stap longlongtaem mo i fulap long plante kaen rong samting. Tingbaot ol rilesensip, blong bifo mo blong tedei, we i gat fulap fulap rong samting i bin hapen mo man i nid blong mas fogivim. Olsem wanem nao, yu save kasem paoa blong fogivim mo askem fogivnes?*

- *Olsem wanem nao Jisas Kraes i bigfala eksampol blong paoa ia blong save fogivim man? Tingting long hamas nao Hem i rere blong helpem yu blong fogivim ol narafala man.*

Lod i talem se yumi mas fofogivim wanwan long yumi; from we hem we i no fogivim brata blong hem long ol rong samting we hem i mekem, bae Lod i

panisim hem; from hem i holem yet sin ia we i moa bigwan long ol narafalawan.

Lod i talem se bae Hem i fogivim man we bae Hem i fogivim, be Hem i askem yumi blong yumi mas fogivim evri man (luk long D&C 64:9–10).

- *Jisas i bin tijim se blong no stap fogivim ol narafala man, hem i sin we i moa bigwan bitim fas sin ia blong trespas, o blong mekem rong samting. Olsem wanem nao, we taem yumi no stap wantem blong fogivim yumiwan o wan narafala man, hem i semmak olsem we yumi tanem baksaed long Atonmen blong Sevyu, from ol sin blong yumi?*

- *Olsem wanem nao, filing ia blong kros mo no glad nating long man, i spolem yu long saed blong bodi, tingting mo long saed blong spirit?*

Brekemdaon raon ia blong fasin blong no stap glad long man mo fasin blong mekem rong samting

"I no gat wan samting we i gud moa blong lidim ol pipol blong livim ol sin blong olgeta fogud, bitim we blong tekem han blong olgeta, mo lukaotem olgeta wetem kaen fasin. Taem ol pipol oli soemaot smol kaen fasin mo lav long mi, O, hemia i gat wan bigfala paoa long maen blong mi; be narafala rod i mekem ol strong mo nogud filing i go antap, mo i mekem

tingting blong man i no stap long pis nating" (Joseph Smith, insaed long *History of the Church*, 5:23–24).

- *Profet Josef Smit i tokbaot olsem wanem kaen fasin i save lidim man i kam long fasin blong sakem sin mo blong kasem fogivnes. Tingting hevi mo raet abaot tingting blong yu we i glad blong stap wan we i wantem brekemdaon raon ia blong fasin blong no stap glad long man mo fasin blong mekem rong samting.*

- *Tingbaot ol pipol we oli bin soem kaen fasin mo lav long yu. Olsem wanem nao, aksen blong olgeta i bin givim insperesen mo i bin stikim yu blong yu mekem samting long defren wei?*

- *Tingting long ol rilesensip we oli gat trabol long laef blong yu. Long wanem wei nao oli save jenis taem yu stap go aot long ol narafala pipol wetem lav mo kaen fasin?*



PUTUMBAK SAMTING MO KAM GUD FREN BAKEGEN

KI PRINSIPOL: Taem i posibol, putumbak o givimbak samting stret long evri man o woman we yu bin mekem nogud long olgeta.

Taem mifala i bin stap muv i go long step 9, mifala i bin rere blong lukaotem fogivnes. Semmak olsem ol boe blong Mosaea we oli wantem sakem sin mo oli go mo “oli bin wok had blong mekem gud ol samting nogud we oli bin mekem” (Mosaea 27:35), mifala tu, mifala i bin wantem blong stretem ol samting. Be yet, taem mifala i fesem step 9, mifala i bin save se mifala i no bin save mekem ol tingting blong mifala sapos God i no blesem mifala wetem Spirit blong Hem. Mifala i bin nidim strong paoa long tingting, gudfala fasin blong jajem samting, mo save filim samting we narawan i filim, mifala i bin nidim blong lukaot gud, mo jusum stret taem. Ol kwaliti ia, oli no bin ol kwaliti we plante long mifala i bin gat long tetaem ia. Mifala i bin luksave se step 9, bae wan moa taem, bae i testem hamas mifala i bin wantem blong putum tingting blong mifala i stap daon, mo lukaotem help mo gladhat blong Lod.

From ol eksperiens blong mifala long rod ia we i fulap long jalenj, mifala i wantem givim sam tingting. Hem i impoten tumas se yu no mekem samting hariap, o yu no mekem samting olbaot taem yu stap traem blong stretem ol samting. Hem i impoten tu blong yu no pusumbak taem blong stretem ol samting. Plante pipol we oli stap livim adiksen oli bin foldaon bakegen taem oli bin letem fraet i holem taet olgeta blong tekem step 9. Prea blong Lod i lidim yu mo toktok wetem wan man o woman we yu trastem we i save givim advaes blong yu kasem help blong stap longwe long ol trap ia.

Samtaem bae yu gat temtesen blong no go mitim man o woman ia we i stap long lis blong yu. Be mifala i givim strong tingting long yu, blong yu stanap strong agensem temtesen, be nomo sapos i gat wan oda blong loa we i blokem yu blong go mitim man o woman ia. Wan spirit blong tingting we i stap daon mo wan filing blong stap ones bae i save ripperem rilesensip blong yutufala we i brokdaon, hemia taem yu traem gud blong mitim man o woman ia. Letem man o woman ia i save se yu wantem luk olgeta blong stretem ol samting. Respektem tingting blong olgeta sapos oli talem se oli no wantem tokbaot problem ia bakegen. Sapos oli givim wan janis long yu blong yu talem sore, talem long sot toktok mo talem stret samting abaot wanem yu tingbaot. I no nidim

blong tokbaot evri ditel. Stamba tingting i no blong eksplenem o tokbaot saedsaed blong ol samting we i bin hapen. Stamba tingting i blong yu talemaot ol rong ia we yu bin mekem, talem sore, mo givimbak samting taem we i posibol. No raorao wetem ol pipol o no tokbaot nogud olgeta, nomata se oli no givim wan gudfala ansa i kambak. Kam kolosap long man o woman ia wetem tingting we i stap daon, mo askem blong mekem ol samting oli kam gud bakegen, mo no givim wan eskus from.

Blong go talem sore from sam aksen, samtaem i wan jalenj. Eksampol; ating bae yu mas tokbaot sam problem we i save go kasem kot, olsem fasin blong no stap ones, o sam series sin long saed blong seks. Ating bae yu gat temtesen blong mekem samting i go ova tumas, o blong faenem eskus, o blong no stretem ol samting. Yu mas prea mo lukaotem help long ol lida blong jos, o advaes we i kam long ol profesenol pipol bifo yu tekem eni aksen olsem long ol series kes olsem.

Long sam nara kes, ating bae yu no gat wan wei blong stretem samting stret wetem man o woman. Ating man o woman ia i ded, o ating bae yu no save faenem weples nao hem i stap long hem. Long ol kes olsem, yu save stretem ol samting long narafala wei. Yu save raetem wan leta i go long man o woman ia, mo talem long hem se yu rigret mo yu wantem blong mekem ol samting oli kam gud, nomata sapos bae leta ia i no save kasem hem. Yu save mekem wan presen i go long oga-naesesen we man o woman ia i stap sapotem. Yu save faenem wan we i mekem yu tingbaot man o woman ia we yu mekem nogud long hem, mo afta, yu mekem wan samting blong helpem hem. O, ating yu save mekem wan samting blong helpem wan memba blong famle blong hem, be yu no talemaot nem blong yu.

I gat ol taem tu we, blong kam kolosap long wan narawan, o blong lukaotem blong stretem ol samting, i mekem man o woman ia i harem nogud tumas. Sapos yu ting se hemia bae i olsem, toktok raon long situesen ia wetem wan advaes we yu trastem bifo yu gohed. Pat ia blong livim adiksen, i no mas mekem narafalawan i harem moa nogud. Mo tu, samtaem yu mekem wan nogud samting we i bitim paoa blong man blong stretem. Elda Nil A. Makswel i bin tokbaot tru samting ia: “Samtaem ... blong givimbak o putumbak samting i no posibol long tru laef, olsem taem wan i mekem se narawan i bin lusum fet o klin fasin blong hem. Be, sapos yu gohed blong stap givim wan stret mo gud eksampol, hemia bae i olsem wan wei blong givimbak o putumbak samting” (insaed long Conference Report, Okt. 1991, 41; o *Ensign*, Nov. 1991, 31). Stat long taem we yu disaed

blong yusum ol tru prinsipol ia olsem wan niu wei blong laef blong yu, yu stap stat blong stretem ol samting.

Afta we kolosap yu stretem evri aksen blong yu blong bifo, ating bae i gat yet i stap, wan o tu pipol, we yu filim se yu no save fesem olgeta. Yu no givap. Plante long yumi i fesem sem tru samting ia nao. Mifala i rekomen-dem se yu talemaot ol filing blong yu i go long Lod long wan prea we i ones. Sapos yu gat yet wan bigfala fraet o kros long wan man o woman, ating bae yu pusumbak taem blong yu mitim hem. Blong winim ol nogud filing, yu save prea blong gat bigfala lav mo blong luk man o woman ia long wei we Lod i stap luk hem. Yu save ting-baot sam gudfala risen from wanem we sapos yu givimbak samting o kam gud fren bakegen wetem hem, bae i helpem yu. Sapos yu mekem ol samting ia, mo stap wet longtaem—bae long wei blong Hem mo long stret taem blong Hem—Lod i save givim, mo bae Hem i givim paoa mo wan merikel janis long yu blong kam gud fren bakegen wetem evriwan long lis blong yu.

Afta we yu komplitim step 9 long bes wei we yu save mekem, nao yu bin mekem evri samting we yu save mekem blong yu stap stret wetem ol komanmen blong Lod. Yu stat blong gotru long wan niu laef we i gat hop—i no long yuwan, be long lav blong God. Yu bin go daon long ol dip ples blong fasin blong putum tingting i stap daon, mo yu bin faenem Lod i stap wet blong raonem yu long han blong Hem. Yu bin mekem evri samting we yu save mekem blong stretem ol ri-lesensip mo kam gud fren bakegen wetem ol narafala man. Yu kam haf wei blong kasem spel blong Hem; mo blong stap ia, i wan samting we yu wantem tumas. Yu stap lanem blong luksave mo stap folem gud moa revelesen we i kam long yuwan, we i stap lidim yu blong laef stret wetem ol tijing blong ol profet blong God blong bifo mo blong tedei. Iven long ol taem blong yu we oli had tru, yu stap filim wan niufala kaen blong pis. Yu bin lanem blong kasem ol blesing we Pol i bin tok-baot taem hem i bin raetem, “Nao pis we hem i givim, we i bigfala moa, i bitim save blong yumi, bambae hem i putum long tingting blong yufala, blong lukaot gud long yufala ya we i joen long Jisas Kraes” (Filipae 4:7).

Ol Aksan Step

Lavem ol narafala man; bolem taet yu blong stap jajem ol narafala man; stap wantem blong akseptem wan koling long Jos mo blong pem taeting mo ofring blong yu

Long taem bifo, sapos yu bin aktiv long relijin blong yu, ating yu bin fraet long jajmen blong God o wanem nao ol narafala man bae oli talem abaot yu. Ating yu bin mekem samting from se yu gat tingting se yu mas

mekem diuti blong yu. Tedei, yu luksave se seves i wan wei blong kam long Kraes. Hem i wan wei blong soemaot lav i go long God. Hem i soemaot wan nid we i stap oltaem, blong gat paoa blong Hem, mo blong talem tangkyu from tabu help blong Hem. Traem tingting se blong yu aktiv long Jos, i from se yu fraet o yu gat tingting long diuti, o i from fet blong yu long Kraes we i bon bakegen.

Faenem ol wei blong givim seves long weaples yu stap long hem. Kam klin inaf mo stap fri blong givim seves long wan koling blong Jos, o long ol narafala wei. Taem yu stap givim seves long ol brata mo sista blong yu, mo tijim olgeta tru long toktok mo tru long eksampol, bae yu serem, wetem olgeta, se i tru se Hem i bin laef mo yu luk hemia long laef blong yu. (Luk long Matiu 25:40; Jon 13:34–35; Jon 15:15; Mosaea 2:17.)

Stap wantem mekem wanem we i nid blong mekem blong stretem ol samting

Taem yu tekem step 9, yu mas traem blong no slakem tingting blong yu sapos ol narafalawan oli no akseptem ol sore blong yu long wan gud wei, o, sapos oli no biliv se i tru we yu jenisim laef blong yu. Blong stretem ol samting bae i save tekem taem mo fasin blong save wet longtaem. Givim taem long ol narawan blong oli luksave se long taem naoia, hem i defren. Taem ia, yu no stap mekem ol emti promises; yu stap laef blong kam klin fulwan long ol sin blong yu mo adiksen blong yu, mo fasin blong yu we yu no strong long hem. Long en, blong holem taet yu mo jenis long fasin blong yu bae i soemaot ol filing blong yu.

Stadi mo Andastanem

Ol skripja ia mo ol toktok ia we oli kam long ol lida blong Jos oli save helpem yu blong tekem step 9. Yusum ol skripja mo ol kwestin ia blong tingting hevi long kwaet taem, blong yu stadi mo blong yu raet abaot olgeta. Yu mas ones mo raetem stret samting.

Stap lidim tingting blong ol narafala man blong mekem gud

“Mo nao Spirit blong Lod i stap talem long mi: Givim oda long ol pikinini blong yu blong mekem ol gudfala fasin, from sapos no bae oli lidim ol hat blong plante man i gowe; taswe mi givim oda long yu, boe blong mi, long respek blong God, se yu holembak long ol rabis fasin blong yu;

“Blong yu tanem i go long Lod wetem evri tingting blong yu, wetem evri strong blong yu, mo evri paoa; blong mekem se yu nomo lidim ol hat blong eni man blong mekem ol rabis samting; be yu gobak long



BLONG STAP AKAONTEBOL EVRI DEI

KI PRINSIPOL: *Gobed blong mekem wan ful lis blong fasin blong yuwan, mo taem yu rong, wantaem nomo, yu talemaot se yu rong.*

Taem bae yu kam kasem step 10, yu rere blong wan niu wei blong laef. Ol fasfala naen step oli bin helpem yu blong lanem wan paten blong laef we i stanap long ol prinsipol blong spirit. Ol prinsipol ia, naolia oli kam fandesen we yu stap bildim yuwan long hem blong laef blong yu we i stap.

Taem yu tekem ol fas naen step, yu bin yusum ol prinsipol blong gospel—fet long Lod Jisas Kraes mo fasin blong sakem sin. Olsem merikel, yu bin luk ol jenis long laef blong yu. Yu bin gat eksperiens long fasin blong gat lav mo fasin blong akseptem tingting blong narafala man, mo yu bin developem wan filing blong wantem gat pis. Tingting o filing blong yu blong adiksen i lus evriwan. Taem yu gat temtesen, plante taem yu faenem se yu stap go longwe long adiksen blong yu, be yu nomo wantem. Yu filim fasin blong stap putum tingting i stap daon mo yu sek mo openem ae bigwan long wanem we Papa long Heven i bin mekem, we yuwan, yu no bin save mekem.

Ol las trifala step bae oli helpem yu blong holem taet wan niu wei blong laef wetem tingting i stap long ol samting long saed blong spirit; mekem se plante taem, oli singaotem olgeta step ia, *ol step blong bolemtaet yu.*

Blong skelem yuwan truaot long laef, i no wan niu aedia. Insaed long Buk blong Momon, Alma i bin tijim se blong holem taem wan bigfala jenis blong hat, i minim se wan i mas hadwok from. Long wan ves mo narafala ves bakegen, hem i tokbaot se fasin blong tingting gud long yuwan long wei we i ones mo tru long prea, mo wetem fasin blong sakem sin kwiktaem, oli ol samting we oli mas pat mo mas gohed long laef (luk long Alma 5:14–30). Blong holemtaet wanem we yu kasem, yu mas stap fit long saed blong spirit. Yu mekem hemia taem yu askem ol stret kaen kwestin olsem we Alma i bin talem, long saed blong ol filing blong yu, ol tingting blong yu, mo stamba tingting blong yu mo fasin blong yu. Tru long fasin blong skelem yuwan evri dei, bae yu nomo save glis i kam long fasin blong tanem baksaed long Spirit mo fasin blong ting se yu save mekem samting yuwan.

Olsem we yu bin lanem long ol step 4 mo 5, wan ful lis we i tekem ol fasin blong yu nomo, i no inaf blong jenisim hat blong yu. Yu mas lukluk tu long ol

tingting mo filing blong yu. Prinsipol ia i semmak tu long step 10. Gohed blong lukaot long eni kaen fasin blong gat hae tingting, mo wetem tingting we i stap daon, tekem ol samting we yu no strong long hem (ol wiknes) oli go long Papa blong yu long Heven, olsem we yu bin lanem blong mekem long ol step 6 mo 7. Sapos yu filim se yu wari, yu sore long yuwan, tingting i trabol, tingting i no stap kwaet, yu kros, tingting blong yu i rabis, o yu filim se yu fraet long eni wei, kwiktaem nomo, tanem yu i go long Papa mo letem Hem i riplesem ol tingting ia wetem pis.

Taem yu stap lisin gud long ol tingting mo filing blong yu, bae yu faenemaot tu ol nogud bilif we yu stap holem taet yet. Askem Papa blong yu long Heven blong Hem i tekemaot olgeta. Taem yu tekem step 10, bae yu nomo nid blong lukaotem wan risen, wan eskus, o blong blemem eni samting o eniwan. Gol blong yu bae i kipim hat blong yu i open, mo maen blong yu i lukluk nomo long ol lesen we Sevyia i bin tijim.

Plante long mifala i bin tekem step 10 taem mifala i stap mekem wan ful lis evri dei. Taem yu stap mekem plan blong dei blong yu, wetem prea, luklukgud long ol stamba tingting blong yu. Olsem wanem? Samting we yu mekem i bigwan tumas o i smol tumas? Yu yu stap lukaotem gud ol nid blong yu long saed blong spirit, filing, mo bodi blong yu? Yu yu stap givim seves long ol narawan?

Askem ol kwestin ia mo ol nara kwestin long yuwan taem yu stap lukaotem blong skelem gud dei blong yu, mo gat gud pis long dei blong yu. Taem we dei i stap pas, kwiktaem nomo bae yu save stopem ol nogud tingting o filing we i stap stikim yu blong winim yu. Be, speseli, stap lukaotgud se long taem we situesen i had tumas, bae yu no gobak long ol olfala fasin, o ol olfala fasin blong tingting we yu bin gat.

Sam pipol oli stap tekem se kaen lis ia, i olsem wan taem blong stop smol taem. Long taem ia, tekem smol taem mo yusum long stret situesen we yu stap long hem, wanwan long ol prinsipol ia we yu bin lanem taem yu bin folem ol step ia. I no longtaem bae yu tingbaot olsem wanem nao i nid blong stap dipen long Lod long evri hadwok blong yu blong mekem se yu livim adiksen. Long wan taem blong hadtaem, yu save talem long yuwan se: “Wanem fasin we mi no strong long hem nao i stap blong mi wok long hem? Wanem nao mi mekem blong kontribut long problem ia? I gat eni samting we mi save talem o mekem, mo i no gat trik long hem, we bae i lidim mi long wan ansa we i stret long

mo i stret long narafala man? Lod i gat evri paoa. Bae mi rilaks mo bae mi trastem Hem.”

Sapos yu bin tekem wan nogud aksen agensem wan narawan, stretem hemia kwiktaem olsem i posibol. Sakemaot hae tingting i stap long saed, mo mekem yu tingbaot bakegen se fasin blong talem “mi bin rong” wetem ful hat, plante taem, i impoten tumas blong mekem wan rilesensip i kam gud bakegen, semmak olsem se bae yu talem “mi lavem yu.”

“Bifo yu go long bed, luklukbak long ful dei blong yu. Askem yuwan sapos yu nidim yet blong toktok wetem Lod long saed blong ol nogud fasin blong yu, ol nogud tingting, o filing blong yu. Antap long fasin blong stap toktok wetem Lod, yu save toktok long wan advaesa o wan fren insaed long program, wan we yu save trastem se bae i stret samting abaot wei blong yu blong tingting long samting.

Bae yu gohed blong mekem ol mistek taem yu stap wok wetem ol narafala man, be wan komitmen blong step 10 i blong gat wan komitmen blong tekem responsabiliti blong yu from ol mistek. Sapos yu luklukgud long ol tingting mo aksen blong yu long evri dei, mo yu stretem olgeta, ol nogud tingting mo filing bae oli no kam antap tumas, mo i no save kasem mak ia we bae i save mekem yu foldaon bakegen. Yu nomo nid blong laef yuwan, longwe long Lod mo ol narafala man. Bae yu gat paoa mo fet blong fesem ol hadtaem mo blong winim olgeta. Yu save stap glad from progres blong yu, mo bae yu save trastem se fasin blong stap praktisim ol samting ia mo fasin blong save wet longtaem bae i mekem se bae yu save gohed blong livim adiksen mo kam gud bakegen.

Ol Aksen Step

Tekempat long ol prishud intaviu olsem pat blong komitmen blong yu blong presem yuwan; gohed blong mekem ol rilesensip blong yu wetem ol narafala memba blong Jos oli kam strong moa

Mifala evriwan i save tingbaot wan taem we mifala i bin fraet blong stap ones taem mifala i stap luklukbak long fasin blong mifalawan. Blong traem blong ronwe long ol kaen taem olsem, i bin wan risen from wanem plante long mifala i no bin tekempat tumas long ol samting blong Jos. Be, taem mifala i bin stap progres tru long program ia blong stap ones fulwan, mifala i stat blong andastanem valu blong stap jajem yuwan bakegen.

Naoia, yumi nomo stap fraet long ol janis blong stap presem yuwan we i kam tru long taem we yu stap mekem samting insaed long Jos. Yumi save stap laekem trutok blong tijing ia blong Elda Josef B. Witlin blong Kworom blong Olgeta Twelef Aposol:

“Ol intaviu blong jekem sapos yumi klin inaf, ol sakramen miting, blong go long tempol, mo ol nara miting blong Jos oli pat blong plan we Lod i givim blong tijing ol sol blong yumi, blong developem ol gudfala fasin blong stap jekem kampas blong yumi oltaem blong stap long rod blong fet. Ol jekap long saed blong spirit we i tekem ples oltaem, oli stap helpem yumi blong wokbaot tru long ol bigfala rod blong laef mo tu, ol smol rod blong hem. ...

“... Yumi evriwan i save ... kasem gud samting taem yumi lukluk insaed evriwan long hat blong yumi long ol kwaet taem blong wosip mo prea, mo stap askem yumiwan simpol kwestin ia, ‘Mi mi stap talem mo mekem tru samting?’

“Kwestin ia i gat moa paoa, mo i gat moa yus long hem sapos yumi ones fulwan wetem ol ansa blong yumi, mo sapos hem i pusum yumi blong stretem yumiwan tru long fasin blong sakem sin we i stap kipim yumi long rod blong fet” (insaed long Conference Report, Epril 1997, 20; o *Ensign*, Mei 1997, 17).

Taem yu stap tekempat long ol janis ia blong stap skelem yuwan bakegen, bae yu faenem we yu stap kam antap long lav blong yu we yu gat long ol brata mo sista we oli stap long Jos.

Evri dei, luklukgud long ol tingting, ol toktok, mo ol wok blong yu; kwiktaem nomo, stretem ol rong we yu mekem

Step 10 i ripresentem taem ia we yu akseptem trutok ia we yu mas gohed blong laef folem ol prinsipol blong spirit. Sapos yu gowe long olgeta, yu mas sakem sin kwiktaem mo askem God blong putumbak pis long yu tru long Spirit blong Hem. Fasin blong stap ones mo fasin blong gat tingting we i stap daon i save mekem yu kam strong moa. Bae yu kam blong save gud taem we Papa long Heven i stap insaed long laef blong yu taem yu stap prea long Hem mo askem Hem blong helpem yu blong stap klin long saed blong spirit. Bae yu lanem blong luk se blong progres i impoten mo blong i impoten tu blong fogivim ol samting we oli no stret gud long yuwan mo ol narawan. Bae yu lusum filing ia blong wantem stap gud wetem eni samting o eniwan. Blong save jajem yuwan i kam wan wei blong laef taem yu stap letem ol fraet blong yu oli go mo taem yu winim ol temtesen wan dei afta long wan narafala dei.

Stadi mo Andastanem

Stadi long ol skripja ia mo ol toktok blong ol lida blong Jos. Yusum ol skripja, toktok, mo kwestin ia blong tingting kwaet blong longtaem, stadi, mo blong raet abaot olgeta. Stap ones mo raetem stret samting.

- Taem yu save se yu nidim nomo blong laef folem ol prinsipol ia wan dei afta long wan narafala dei, olsem wanem save ia i stap helpem yu?

Blong stap gohed long fasin blong sakem sin mo long fasin blong stap fogivim man

“Be evri taem we oli bin sakem sin mo bin lukaotem blong kasem fogivnes, wetem tru tingting, oli bin fogivim olgeta” (Moronae 6:8).

- Blong save se Lod i glad blong fogivim yu folem hamas taem we bae yu sakem sin wetem tru hat, i save givim strong paoa long tingting blong yu blong traem bakegen evri taem we yu foldaon. Yu ting se i minim wanem blong sakem sin mo blong lukaotem blong fogivim man wetem tru hat? Yu raet abaot samting ia.

Blong stap gohed blong gro long saed blong spirit

“Mo nao mi wantem se bae yufala i putum tingting blong yufala i daon, mo stap lisin long ol man mo gat sloslo fasin; isi blong folem; fulap long fasin blong wet longtaem mo blong save wet longtaem; yufala i kontrolem yufala long evri samting” (Alma 7:23).

- Man ia we i talem olfala toktok “Blong praktis i mekem samting i kam gud moa” i no bin talemaot hamas nao yumi mas gat fasin blong save wet longtaem blong stap gohed blong praktis. Olsem wanem nao taem yu jajem yuwan mo stap stretem ol samting long evri dei, i mekemsua se bae yu gohed blong putum tingting blong yu i stap daon mo i yu gohed blong developem yu long saed blong spirit?

“Be, luk, long ol las dei, o long ol dei ... olgeta we bae oli kam long graon ia tugeta wetem olgeta we bae oli stap long ol narafala graon, yes, we i long



REVELESEN BLONG YUWAN

KI PRINSIPOL: Tru long prea mo fasin blong tingting kwaet blong longtaem, lukaotem blong save tingting blong Lod mo lukaotem blong gat paoa blong mekem tingting ia i kamtru.

Taem we mifala i bin stadi mo praktis long ol step blong livim adiksen, mifala i kam blong savedud mo harem gud long wan laef we i stanap long fasin blong putum tingting i stap daon mo fasin blong akseptem tingting blong God. Ol taem ia blong stap kros, gat tingting i fassas oli go; i nomo gat taem we taem mifala i bin prea, mifala i bin mekem wetem fasin blong tingting we i stronghed, o tingting blong sore long mifalawan. Mifala i stap blong laef long wan laef we i soemaot kaonsel blong wan profet, Presiden Esra Taf Benson: “Kwestin we i kam oltaem mo i stap kambak oltaem long maen blong mifala, we i long saed blong ol tingting mo wok blong laef blong mifala, hem i: ‘Masta, wanem nao yu wantem mi blong mekem?’ (Ol Wok 9:6.) Ansa blong kwestin ia i kam nomo tru long Laet blong Kraes mo tru long Tabu Spirit. Olgeta we oli laef long wan wei we bodi blong olgeta i fulap long tufala ia, olgeta ia, oli gat blesing” (“Jesus Christ—Gifts and Expectations,” *Ensign*, Dis. 1988, 2).

Long step 11, mifala i bin mekem wan komitmen blong laeftaem, blong lukaotem, wan dei afta wan nara dei, blong save tingting blong Lod mo blong gat paoa blong gat paoa blong mekem tingting ia i kamtru. Wanem we mifala i bin wantem tumas, i blong bildimap paoa blong mifala blong kasem daereksen long Tabu Spirit, mo blong lidim laef blong mifala i folem daereksen ia. Wanem we mifala i bin wantem ia, i no bin go nating wetem ol fasin we mifala i bin gat taem mifala i bin lus insaed long ol adiksen blong mifala.

Sapos yu bin olsem mifala, bifo yu bin statem program blong livim adiksen, yu bin ting se hop, glad, pis, mo fasin blong kam gud evriwan bae i kam long wan samting we i blong wol. Nomata samting ia i alkol, drag, seks, plei mane, spendem mane we i no blong yu, kakae tumas, o i dipen long man—nomata wanem nao adiksen stret blong yu—yu bin stap hadwok blong kamaot long wan wol we yu bin filim se tingting i fas, yu filim se yu lus, mo yu stap yuwan. Taem ol narafalawan oli bin traem blong lavem yu, ating yu no bin filim hemia. Lav blong olgeta i neva inaf. I no gat wan samting i inaf blong stretem hanggri we yu bin stap filim.

Taem yu bin laef folem ol prinsipol blong livim adiksen, nao hat mo laef blong yu i bin jenis.

Yu bin stat blong andastanem mo glad long nid blong yu blong gat wan Sevy, Jisas Kraes, mo pat we Hem i gat insaed long laef blong yu, mo yu bin holemtaet Laet blong Kraes. Yu bin stat blong luksave se yu no stap toktok long yuwan nomo taem yu bin filim gud tingting blong yu i lidim yu. Bifo yu bin filim se yu no save mekem gud samting, mo yu no gat praktis, be naoia, yu prea long Papa long nem blong Kraes blong gat wan rilesensip wetem Hem we i kolosap moa. Yu wantem, folem tingting blong yu, “blong lukaotem Jisas ia we ol profet mo ol aposol i bin raetem long saed blong hem” (Ita 12:41).

Yu stadi long ol skripja from se oli testifae abaot Hem long evri taem, speseli Buk blong Momon. Insaed long wan testimoni, folem wan moa testimoni, ol profet blong Buk blong Momon oli tokbaot olsem wanem blong lukaotem mo faenem wan save we i gud moa abaot Papa tru long Tabu Spirit. Yu bin gat eksperiens wetem ol skripja mo faenem se oli tru. Prea mo fasin blong tingting kwaet longtaem oli kam pat laefblad blong niufala laef blong yu. Long bifo, prea mo fasin blong tingting kwaet longtaem i bin wan samting we yu no tingting hevi blong mekem, be naoia, wanem we hat blong yu i wantem i blong yu nildaon long fored blong Papa long moning mo naet, mo talemol ol tingting blong hat blong yu long Hem mo talem tangkyu from Jisas Kraes mo from Tabu Spirit.

Taem yu stap wok tru long step 11, bae yu kam blong luksave moa se tru long Tabu Spirit, bae yu kasem save o revelesen abaot tingting we Papa i gat long saed blong yu. Tru long Atonmen, bae yu gat paoa (o gladhat) blong mekem tingting blong Papa i kamtru. Bae yu save se yu gat blesing mo tri man we olgeta tri oli gat glori, oli sapotem yu—God Papa, Jisas Kraes, mo Tabu Spirit—we olgeta tri oli wan long paoa mo stamba tingting blong mekem man i nomo save ded mo i kasem laef we i no save finis.

Bae yu gro long paoa blong yu blong save stanap agensem temtesen taem yu stap stadi long ol skripja mo stap prea mo tingting kwaet longtaem abaot olgeta. Blong lanem blong kasem revelesen i nidim plante praktis mo fasin blong save wet longtaem. Yu save mekem yuwan yu rere taem yu stap stadi long wanem we ol profet mo ol aposol oli bin talem, mo tu, taem yu traem blong laef folem ol tijing blong olgeta. Yu save mekem yuwan yu rere blong kasem, raetemaon, tingabaot mo folem daereksen we yu kasem. Taem yu talem tangkyu long Lod from ol blesing we yu

bin kasem, bae paoa blong yu blong kasem daereksen bae i kam antap moa.

Moa yu stap kipim yu yu fri long ol adiksen, moa bae yu save kasem daereksen blong Tabu Spirit. Elda Dalin H. Oks blong Kworom blong Olgeta Twelef Aposol i bin tijim: “Tabu Spirit bae i protektem yumi blong man i no save trikim yumi, be blong yumi luksave se gudfala blesing ia, yumi mas mekem oltaem ol samting we i nid blong yumi mas mekem blong holemtaet Spirit ia. Yumi mas kipim ol komanmen, prea blong kasem daereksen, mo go long jos mo tekem sakramen long evri Sandei. Mo yumi neva mas mekem wan samting blong ronemaot Spirit ia. Speseli, yumi mas stap longwe long pono-grafi, alkohol, tabak, mo drag, mo oltaem, oltaem, yumi no mas foldaon long loa blong jastiti. Yumi neva mas tekem eni samting long bodi blong yumi o mekem samting wetem bodi blong yumi we i stap ronemaot Spirit blong Lod, mo livim yumi nating we i no gat proteksen blong spirit agensem fasin blong mekem trik” (insaed long Conference Report, Okt. 2004, 49; o *Ensign*, Nov. 2004, 46).

Prea mo fasin blong tingting kwaet longtaem, oli ol meresin blong faetem fasin blong fraet mo tingting we i hevi tumas. Yu “no bin kam long ples ia we i longwe tumas sapos i no tru long toktok blong Kraes wetem strong fet we i no seksek long hem, yufala i hang ful-wan long ol gud wok blong hem, we i strong blong sev” (2 Nifae 31:19). Taem nomo yu kam long Papa tru long Jisas Kraes, long nem blong Hem, bae Spirit blong Hem bae i stap wetem yu, mo bae yu save gohed blong progres mo gro long saed blong spirit. Step 11 i ripresentem wan komitmen blong mekem rilesensip blong yu wetem God i kam antap tru long wan ful laef we yu stap praktis blong lukaotem daereksen evri dei, mo yu stap obei long ol komanmen.

Ol Aksen Step

Kam long Papa long nem blong Jisas Kraes blong kasem daereksen mo paoa tru long prea mo fasin blong tingting kwaet blong longtaem yuwan; kasem mo stadi long petriakel blesing blong yu

Long rod ia blong livim adiksen, plante long mifala i bin lanem blong girap eli mo lukaotem wan kwaet taem blong mifalawan blong mekem stadi mo prea. Sapos yu no mekem hemia yet, putum wan taem blong prea mo tingting kwaet longtaem i stap, ating long moning olsem. Long taem ia, yu save putum God i kam faswan, i faswan long eniwan o eni samting long dei ia. Sapos bodi blong yu i inaf blong save mekem, nildaon. Prea, plante taem long wan laod voes, i go

long Papa, mo lukaotem Spirit blong daerektem yu (luk long Rom 8:26). Afta yu stadi, mo yusum ol skripja mo ol tijing blong ol profet blong tedei blong lidim yu long taem we yu stap tingting kwaet blong longtaem. Luklukbak long petriakel blesing blong yu plante taem. Wetem prea, tingting kwaet longtaem long daereksen we yu kasem insaed long blesing ia. (Sapos yu no kasem petriakel blesing blong yu yet, toktok wetem bisop blong yu blong kasem wan.)

Blong stap raet, bakegen, bae i wan strong tul blong talemaot wanem yu tingting mo presem yuwan olsem taem we yu stap rekodem ol tingting mo ol filing blong yu long wan jenol. Yu save raetemdaon ol filing blong yu abaot ol kaonsel, ol kamfot, mo waes tingting we oli bin kam long yu tru long Tabu Spirit.

Taem gudfala taem we yu gat blong yuwan blong save tingting kwaet longtaem i finis, yu no stop blong stap prea. Kwaet prea, dip insaed long hat mo maen blong yu, bae i kam fasin ia we bae yu mekem blong tingting truaot long ol dei blong yu. Taem yu toktok o mekem samting wetem ol narafala man, taem yu stap mekem ol desisen blong yu, mo taem yu stap dil wetem ol filing mo ol temtesen blong yu—askem advaes long Lod. Invaetem mo lukaotem Spirit blong Hem blong stap wetem yu oltaem, blong Hem i save lidim yu blong mekem samting we i raet. (Luk long Ol Sam 46:1; Alma 37:36–37; 3 Nifae 20:1.)

Tingting kwaet longtaem truaot long dei long skripja mo ol narafala buk we oli kam tru long insperesen; gohed blong prea

Long plante wei, step 11 i wan nomol wei blong gohed long ol hadwok blong yu long step 10 blong yu save gud long trutok long laef blong yu. Taem yu stap mekem plan blong ol dei blong yu, go stap mekem ol aktiviti blong yu, mo go silip long bed long naet, letem hat blong yu i go aot long God long prea oltaem. Wan aedia i blong tekem wan tingting long wanem yu bin ridim long ol stadi blong yu long moning, mo tingting kwaet long hem longtaem, long ful taem blong aktiviti blong yu long dei. Praktis ia bae i helpem yu blong kipim maen blong yu i stap long trutok.

Olsem wan fasin blong yumi oltaem, bae yumi no gat disiplin; be yet, taem yumi lukluk long Jisas Kraes mo ek-sampol we Hem i givim, bae yumi faenem wei blong putum tingting i stap daon blong gohed blong mekem samting folem tingting blong Papa. Olsem Sevyu, bae yumi save talem wetem tru hat, “plis, yu mekem olsem we yu yu wantem” (Matiu 26:42) truaot long dei. Laet blong Kraes bae i lidim yu mo i mekem yu rere blong kasem Tabu Spirit olsem kompanion. Bae yu gat Tabu Spirit olsem kompanion moa oltaem, mo paoa blong yu blong luksave mo testifae abaot trutok bae i kam antap moa.

olsem wanem nao we taem yu bin holem taet yu, hem i bin mekem se yu gat moa paoa blong gat spirit blong revelesen.

Revelesen blong yuwan

Sevya i bin talem se bae Hem i talem long yumi tru long maen mo tru long hat blong yumi, tru long Tabu Spirit. ...Wan tingting we i kam long maen, i talem stret samting. Yu save harem ol stret toktok, o filim o raetem olgeta olsem se wan man i stap talemaot ol toktok ia long yu. Wan komunikesen we i go long hat i wan toktok we i moa jeneral" (Richard G. Scott, "Helping Others to Be Spiritually Led," Doctrine and Covenants and Church history symposium, August 11, 1998, 2).

- *Taem we save blong yu abaot fasin blong revelesen blong yuwan i kam antap, bae yu luksave moa revelesen ia mo bae yu luk i kam long plante kaen wei. Raet abaot olsem wanem yu bin gat eksperiens blong kasem ol tingting mo ol revelesen we oli kam long Lod.*

"Aedia ia, se fasin blong ridim ol skripja i save lidim yumi long insperesen mo revelesen, i openem doa long trutok se wan skripja i no stop nomo long wanem mining blong hem long taem we oli bin raetem, be tu, hem i tekem wanem we skripja ia i minim long wan we i ridim tedei. Moa long hemia, fasin blong ridim skripja i save lidim yu blong kasem revelesen blong taem blong yu long wanem moa Lod i wantem blong talemaot long yu long taem ia. Yumi no ade-map o mekem toktok i kam bigwan taem yumi talem se skripja i save stap olsem Yurim mo Tumim blong givhan long wanwan long yumi blong kasem revelesen blong yumiwan" (Dallin H. Oaks, "Scripture Reading and Revelation," *Ensign*, Jen. 1995, 8).

- *Blong lanem lanwis blong ol skripja i olsem blong lanem wan lanwis blong wan narafala ples. Wei we i moa gud blong lanem, i blong daeva insaed long hem, blong ridim mo blong stadi long hem evri dei. Raet abaot wan ples long skripja we i open long yu, mo i kam olsem wan revelesen blong yuwan.*

"Luk, mi talem long yufala se, Tabu Spirit blong God i bin mekem mi save ol samting ia [we mi bin tokbaot]. Luk, mi bin livim kakae mo prea plante dei blong mi save ol samting ia mi wan. Mo nao mi save long mi wan se oli tru; from Lod God i bin soemaot olgeta long mi tru long Tabu Spirit blong hem; Mo hemia spirit blong revelesen we i stap long mi" (Alma 5:46).

- *Alma i bin testifae se taem hem i bin prea mo i bin livim kakae, paoa blong hem blong kasem revelesen i bin kam antap. Taem yu holem taet yu long wanem yu gat adiksen long hem, yu save tekem se i wan wei blong livim kakae. Raet abaot*



SEVES

KI PRINSIPOL: Afta we yu bin wekap long saed blong spirit from Atonmen blong Jisas Kraes, serem mesej ia wetem ol narafala mo praktisim ol prinsipol ia long evri samting we yu stap mekem.

Seves bae i helpem yu blong gro long laet blong Spirit truaot long laef blong yu we i stap. Long step 10, yu bin lanem blong skelem laef blong yu evri dei mo blong yu stap akaontebol long ol aksen blong yu. Long step 11, yu bin lanem blong tingbaot Sevyu, long wan taem mo wan nara taem, blong mekem se yu gat Tabu Spirit i lidim yu oltaem, olsem we i posibol. Step 12 i tekem nambatri angka—seves i go long ol narafala man—we i mekemsua we yu livim adiksen fogud mo yu kam klin aot long sin.

Blong stap fri long adiksen, yu mas kamaot long yu-wan mo yu givim seves. Blong wantem blong helpem ol narafala man i wan risal blong stap wekap long saed blong spirit.

Yu gat wan mesej blong hop blong ol narafalawan we oli gat adiksen, blong evriwan we oli harem nogud, mo ol pipol we oli gat trabol, we oli wantem blong lisin long wan wei long saed blong spirit blong jenisim laef blong olgeta, mo blong eniwan we i stap lukaotem trutok mo stret mo gud fasin. Mesej ia i we God i wan God blong ol merikel, semmak olsem Hem i bin stap (luk long Moronae 7:29). Laef blong yu i pruvum hemia. Yu stap kam wan niu man o woman tru long Atonmen blong Jisas Kraes. Bae yu serem mesej ia long wan moa gud wei taem yu stap givim seves long ol narafalawan. Taem yu stap givim seves, andastaning blong yu, mo save blong yu abaot rod ia, bae i kam strong moa mo i bigwan moa.

Blong stap serem testimoni blong yu abaot sore blong Hem mo gladhat blong Hem i wan long ol seves we i moa impoten we yu save givim. Blong stap tekem ol hevi samting blong ol narafalawan tru ol aksen we oli kaen mo tru long seves we yu no tingbaot yuwan, i pat blong niufala laef blong yu, olsem wan we i folem Kraes (luk long Mosaea 18:8).

Presiden Esra Taft Benson i bin tijim: “Ol man mo ol woman we oli tanem laef blong olgeta long God bae oli faenemaot se Hem i save mekem plante samting moa aot long laef blong olgeta bitim we oli save mekem. Bae Hem i mekem oli gat bigfala glad, i mekem visen blong olgeta oli go longwe moa, i mekem maen blong olgeta i tingting kwik, i mekem masel blong bodi i kam strong moa, i leftemap spirit blong olgeta, mo i dabdabilem ol blesing,

i mekem oli gat moa janis, i kamfotem ol sol blong olgeta, i resemapi ol fren blong olgeta, mo i givim fulap pis. Huia bae i lusum laef blong hem taem hem i wok blong God, bae i faenem laef we i no save finis” (“Jesus Christ—Gifts and Expectations,” *Ensign*, Dis. 1988, 4).

Stap prea taem yu stap tingting long ol defren wei blong givim seves, mo lukaotem oltaem blong Tabu Spirit i lidim yu. Sapos yu wantem, bae yu faenem ol janis blong serem ol prinsipol long saed blong spirit, we yu bin lanem. Bae yu faenem ol wei blong serem testimoni blong yu wetem ol narawan, mo ol janis blong givim seves long olgeta long plante wei. Taem yu stap givim seves long ol narawan, bae yu gohed blong putum tingting blong yu i stap daon taem yu lukluk nomo long ol prinsipol blong gospel mo ol praktis we yu bin lanem. Long taem ia nomo, bae yu save stret se ol tingting mo insperesen blong yu, oli gud. Yu mas mekemsua se bae yu givim samting i fri, yu no wet se bae wan risal i hapen. Respektem fridom blong joes blong ol narafalawan. Tingbaot se plante long yumi i bin “foldaon daon evriwan” bifo yumi bin rere blong stadi mo yusum ol prinsipol ia. Sem samting i tru long plante long yufala we i wantem blong help.

Taem yu kam blong save abaot ol narafalawan we oli fesem adiksen long laef blong olgeta, o long laef blong olgeta we yu lavem olgeta, bae yu wantem blong letem olgeta oli save abaot gaed ia mo LDS Famle Seves Program blong Livim Adiksen. Sapos oli filim blong tokbaot, letem olgeta oli mekem. Talem sam pat blong stori blong yu blong letem olgeta oli save se yu save andastanem olgeta. Yu no givim advaes, o traem blong fiksime olgeta wantaem. Be simpol nomo, talemaot olgeta abaot program ia, mo ol prinsipol long saed blong spirit we oli bin blesem laef blong yu.

Ating bae yu faenem se wan we i gat adiksen i no rere blong akseptem ol prinsipol long saed blong spirit, ating wan memba blong famle o wan fren blong hem we i gat adiksen bae i akseptem. Evriwan we i stap laef long taem ia we i fulap long denja i save kasem samting taem hem i lanem mo yusum ol prinsipol blong gospel. Wanwan taem, bae yu filim insperesen blong givim wan kopi blong gaed ia wetem wan Buk blong Momon. Taem yu mekem olsem, bae yu serem ol tul we oli bin helpem yu blong bildimbak laef blong yu, taem yu bin kam long Kraes.

Taem yu mekem wan samting blong wan narawan, o serem mesej blong hop mo fasin blong livim adiksen, yu no mas letem wan narawan i kam blong dipen tumas long yu. Responsabiliti blong yu i blong leftemap tingting

blong ol narawan we oli traehad blong oli tanem olgeta i go long Papa long Heven mo Sevyā blong Tufala i lidim olgeta mo givim paoa long olgeta. Antap long hemia, yu no mas holem taet yu blong leftemap tingting blong olgeta blong tanem olgeta long ol wokman blong Lod, we oli kasem raet from. Ol bigfala blesing oli save kam long Lod tru long olgeta we oli holem ol ki blong prishud.

Taem yu stap traem blong helpem ol narawan, yu mas andastanem se bae i had blong olgeta blong stap livim adiksen sapos ol memba blong famle blong olgeta oli no sapotem olgeta, o oli no andastanem se fasin blong livim adiksen, i tekem fulap taem. Eniwan i save livim adiksen nomata olsem wanem ol narafalawan—we oli ol stret famle blong olgeta—oli jusum blong mekem samting long fored blong olgeta.

Taem yu stap karem mesej blong livim adiksen tru long ol prinsipol blong gospel i go long ol narawan, yu mas save wet longtaem mo no stap flas. I no gat ples long niufala laef blong yu blong stap presem yuwan, o gat filing ia se yu moa hae long nara man. Neva fogetem se yu kamaot wea i kam, mo olsem wanem nao gladhat blong God i bin sevem yu. Jisas Kraes bae i mekem sem samting “long evri taem” long olgeta we oli sakem sin mo oli tanem olgeta long Hem (Mosaea 29:20).

Long bigfala gladhat blong yu blong helpem ol narafalawan, mekemsua se yu skelem gud bitwin blong serem mesej mo blong wok long program blong yuwan. Fas lukluk blong yu i mas gohed blong yu stap yusum ol prinsipol ia, yuwan fastaem. Ol hadwok blong yu blong serem ol tingting ia wetem ol narafalawan, bae oli wok nomo sapos yu gohed blong livim adiksen.

Ol prinsipol ia we yu bin lanem mo praktisim blong winim adiksen blong yu oli ol semmak prinsipol we bae oli lidim yu long evri saed blong laef blong yu, blong yu mekem samting folem plan blong Lod. Taem yu yusum ol prinsipol blong gospel ia, yu save stanap strong kasem en olsem we Lod i bin komandem yu, mo yu save mekem hemia wetem glad.

Ol Aksē Step

Talem testemoni blong yu long pablik; wok strong long ol koling blong yu mo ol talen blong yu taem yu givim seves long ol narafala man; bolem famle haos naet mo famle prea; rere blong go long tempol mo mekem wosip long ples ia

Testemoni blong yu abaot lav mo sore blong Papa long Heven mo Pikinini blong Hem we Hem i Lavem Tumas, Jisas Kraes, i nomo olsem wan tingting nomo we i stap. Hem i kam olsem wan tru samting. Yu bin gat eksperiens ia yuwan. Taem yu kam blong save abaot lav

we Hem i gat long yu, yu kam blong save tu abaot lav blong Hem long ol narafala man.

Presiden Howod W. Hanta i bin tijim, “Olgeta long yumi we oli bin testem Atonmen, oli gat diuti ia blong mas talemaot wan fetful testemoni abaot Lod mo Sevyā blong yumi” (“The Atonement and Missionary Work,” semina blong ol niu presiden, 21 Jun 1994, 2).

Talemaot testemoni blong yu long famle blong yu, tru long toktok mo aksē, long praevet fasin insaed long hom blong yuwan. Talemaot testemoni blong yu long ol famle haos naet, famle prea, mo famle skripja stadi we yu stap holem oltaem. Talemaot testemoni taem yu joen wetem famle blong yu long ol seves projek, mo taem yu stap laef folem wan laef we i olsem hemia blong Kraes. Yu save talemaot testemoni blong yu tu, long Jos, olsem long taem blong ol fast mo testemoni miting, o long ol klas, o taem yu stap mekem wan Jos seves.

Wok strong wetem ful tingting long ol koling blong Jos we yu stap kasem. Sapos yu no gat ol responsabiliti long wod blong yu o long stek blong yu, letem bisop blong yu i save se yu stap blong mekem wok. Yu save blesem ol narafala tu, taem yu tekem pat long wok blong famle histri mo taem yu stap rere blong mekem wosip mo givim seves insaed long tempol mo blong mekem ol kavenan long ples ia wetem Lod. Presiden Godon B. Hinkli i bin tijim, “Seves long tempol i wanem prodak we yumi givim long en blong evri tijing mo aktiviti blong yumi” (insaed long Conference Report, Okt. 2005, 3; o Ensign, Nov. 2005, 4). Ol prinsipol we oli tijim insaed long gaed ia bae i lidim yu i go long tempol; bae oli mekem se tingting blong yu blong wantem givim seves, bae i kam antap.

Nomata yu bin ting se bae i no posibol bifo, naolia yu save tingting se bae yu go, pasem ol doa blong tabu tempol, blong dring fulap long pis we i stap ia, mo stap filim kolosap long Lod insaed long haos blong Hem. Insaed long tempol, bae yu faenem paoa long saed blong spirit blong yu gohed blong livim adiksen. Elda Josef B. Witlin, blong Kworom blong Olgeta Twelef Aposol i bin testifae: “Blong mekem tempol wok oltaem, i save givim paoa long saed blong spirit. Hem i save stap olsem wan angka blong laef blong yu evri dei, wan ples blong kasem daereksen, proteksen, sekiuriti, pis mo revelesen” (insaed long Conference Report, Epril 1992, 123; o Ensign, Mei 1992, 88).

Givim seves long ol narafalawan we oli traehad wetem adiksen taem yu serem ol prinsipol blong livim adiksen; yusum ol prinsipol ia long evri saed blong laef

LDS Famle Seves Program blong Livim Adiksen i givim plante janis blong givim seves. Yu save givim seves long

ol narawan taem yu kam long ol miting, mo serem eksperiens blong yu, fet, mo hop blong yu. Yu save sapoltem ol narafalawan mo mekem olgeta oli kam strong.

Taem yu bin praktisim ol prinsipol blong gospel, yu bin lanem se Atonmen i blong evri saed blong laef. Presiden Boed K. Peka, blong Kworom blong Olgeta Twelef Aposol, i bin testifae: “from sam risen, yumi ting se Atonmen blong Kraes i kam nomo long en blong laef blong wol ia, blong pemaot yumi long Foldaon, long wan ded long saed blong spirit. Hem i moa long hemia. Hem i wan paoa we i stap oltaem we yumi mas singaotem evri dei long laef. Taem yumi harem nogud tumas, o kros, o gat tingting i fاسfas wetem rong o hevi tumas wetem harem nogud, Hem i save hilim yumi” (insaed long Conference Report, Epril 2001, 28; o *Ensign*, Mei 2001, 23).

Yu save serem mesej ia wetem ol narafalawan tru long eksampol blong yu, mo tru long ol toktok blong leftemap tingting. Taem yu mitim ol pipol truaot long dei, gritim olgeta wetem wan smael. Soem tangkyu blong yu from samting we oli stap mekem. Taem janis i kam, talemaot testemoni blong yu abaot hop we i kam tru long Atonmen blong Jisas Kraes.

Stadi mo Andastanem

Ol skripja mo ol tijing blong ol lida blong Jos bae oli helpem yu blong gohed blong livim adiksen fogud. Stadi long ol skripja mo toktok ia. Yusum olgeta wetem prea, blong tingting kwaet longtaem, blong stadi yuwan mo blong toktok raon long wan grup.

Fasin blong jenisim laef mo fasin blong livim adiksen

“Blong jenisim laef i minim blong tanem baksaed blong yu long wan bilif o rod mo tanem yu long wan narawan. Blong jenisim laef i wan jenis long saed blong spirit mo long saed blong fasin. *Blong jenisim laef*, i no minim nomo blong akseptem Jisas mo ol tijing blong Hem long tingting blong yu, be tu, i minim blong gat wan fet long Hem mo gospel blong Hem we i stap pusum yu—wan fet we i wokem wan bigfala jenis, wan jenis long fasin blong andastanem mining blong laef, mo promes blong hem long God long wanem intres bae hem i gat, long tingting mo long fasin” (Marion G. Romney, insaed long Conference Report, Guatemala Area Conference 1977, 8).

- Sevy a bin givim advaes long Pita blong mekem ol brata blong hem oli kam strong moa afta we hem i bin jenisim laef blong hem (luk long Luk 22:32). Raet abaot mining blong Presiden Romni abaot

fasin blong jenisim laef, mo olsem wanem hem i go wetem eksperiens blong yu blong livim adiksen.

- Olsem wanem nao yu filim blong stap mekem ol narafalawan oli kam strong moa taem oli stap livim ol fasin we oli gat adiksen long olgeta?

Ol bigfala progres aot long ol smol step

Lod i talem se yumi no mas taed blong mekem gud, blong we yumi stap putum fandesen blong wan bigfala wok. Mo aot long ol smol samting, ol bigfala samting oli stap kamtru (luk long D&C 64:33).

- Raet abaot ol filing we yu bin gat taem yu bin tingting blong laef folem ol prinsipol ia long evri saed blong laef blong yu. Olsem wanem hem i help blong luksave se ol bigfala wok oli kamtru tru long ol smol step?

