

Know Who You Really Are

By Elder Brik V. Eyre
Of the Seventy

Vid, hvem I virkelig er

Ældste Brik V. Eyre
De Halvfjerds

October 2025 general conference

Regardless of where we are on our path of discipleship, our lives will fundamentally change if we better understand who we really are.

Several years ago our daughter had a profound experience on her mission. With her approval, I share an excerpt of what she wrote to us that week:

“Yesterday a returning member asked us to come over as soon as possible. When we arrived, we found her on the floor, sobbing uncontrollably. Through the tears, we found out that she had lost her job, was going to be evicted from her apartment, and once again become homeless.”

Our daughter continued: “I started frantically searching my scriptures, trying to find something—anything—to help her. As I was looking for the perfect verse, I thought, ‘What am I doing? This is not what Christ would do. This is not a problem that I can solve, but this is a literal daughter of God who needs my help.’ So I closed my scriptures, knelt beside her, and held her while we cried together, until she was ready to stand up and face this trial.”

After this woman was comforted, our daughter then used the scriptures to try and help her understand the reality of her divine worth and to teach her one of the most fundamental truths of our existence—that we are beloved sons and daughters of God, a God that feels perfect compassion for us when we suffer and is ready to assist us as we stand back up.

It is insightful that the first point of doctrine that our missionaries teach is that God is our loving Heavenly Father. Every subsequent truth

Uanset hvor vi befinder os på disciplens sti, ændres vores liv fundamentalt, hvis vi får bedre forståelse for, hvem vi virkelig er.

For en del år siden havde vores datter en dybsindig oplevelse på sin mission. Med hendes godkendelse vil jeg læse et uddrag af det, hun skrev til os den uge:

»I går bad et tilbagevendende medlem os om at komme forbi så snart som muligt. Da vi kom, fandt vi hende siddende på gulvet i ukontrolleret gråd. Gennem tårerne erfarede vi, at hun havde mistet sit job, var ved at blive smidt ud af sin lejlighed og dermed igen blive hjemløs.«

Vores datter fortsatte: »Jeg begyndte febrilsk at søge i mine skrifter i et forsøg på at finde noget – hvad som helst – der kunne hjælpe hende. Mens jeg ledte efter det perfekte vers, tænkte jeg: Hvad er det, jeg gør? Det er ikke det, Kristus ville gøre. Det er ikke et problem, som jeg kan løse, men det er en bogstavelig datter af Gud, som har brug for min hjælp. Så jeg lukkede mine skrifter, knælede ned ved siden af hende og holdt om hende, mens vi græd sammen, indtil hun var klar til at rejse sig og håndtere denne udfordring.«

Da denne kvinde var blevet trøstet, brugte vores datter skrifterne til at forsøge at give hende forståelse for, at hun virkelig havde guddommelig værdi, og til at undervise hende om en af de mest fundamentale sandheder om vores eksistens – at vi er højt elskede sønner og døtre af Gud, en Gud, som har fuldkommen barmhjertighed med os, når vi lider, og som er parat til at hjælpe os, når vi rejser os igen.

Det er indsigtfuldt, at den første lærdom, som vores missionærer underviser om, er, at Gud er vores kærlige himmelske Fader. Enhver efter-

builds on the foundational understanding of who we really are.

Susan H. Porter, Primary General President, taught: “When you know and understand how completely you are loved as a child of God, it changes everything. It changes the way you feel about yourself when you make mistakes. It changes how you feel when difficult things happen. It changes your view of God’s commandments. It changes your view of others and of your capacity to make a difference.”

This change is illustrated as we read about the experience Moses had when talking with God face-to-face. During that conversation, God repeatedly taught Moses of his divine heritage, saying, “Moses, ... thou art my son.” God explained that Moses was in the similitude of His Only Begotten. Moses came to understand clearly who he was, that he had a work to do, and that he had a loving Heavenly Father.

After this experience, the adversary came tempting him and immediately addressed him by saying, “Moses, son of man.” This is a common and dangerous tool in the arsenal of the adversary. While our Heavenly Father consistently and lovingly reminds us that we are His children, the adversary will always try to label us by our weaknesses. But Moses had already learned that he was more than a “son of man.” He declared to Satan: “Who art thou? For behold, I am a son of God.” Similarly, when we are confronted with the challenges of mortality or when we feel like anyone is trying to label us by our weaknesses, we need to stand strong in the knowledge of who we truly are. We must seek validation vertically, not horizontally. And as we do, we too can boldly proclaim, “I am a child of God.”

In a worldwide devotional for young adults, our beloved President Russell M. Nelson taught: “So who are you? First and foremost, you are a child of God, a child of the covenant, and a disciple of Jesus Christ. As you embrace these truths, our Heavenly Father will help you reach your ultimate goal of living eternally in His holy presence.”

It is no coincidence that in likely the most repeated scripture, God reminds us of our relationship with Him. Of all the names He could be identified by in the sacrament prayer, He has asked to be called “God, the Eternal Father.”

As we come to truly know who we are, we will believe more strongly that our loving

følgende sandhed bygger på den fundamentale forståelse af, hvem vi virkelig er.

Søster Susan H. Porter, Primarys hovedpræsident, har sagt: »Når I ved og forstår, hvor fuldt ud I er elsket som et barn af Gud, forandrer det alt. Det ændrer, hvordan I har det med jer selv, når I begår fejl. Det ændrer, hvordan I har det, når der sker svære ting. Det ændrer jeres syn på Guds bud. Det ændrer jeres syn på andre, og jeres evne til at gøre en forskel.«

Denne forandring bliver illustreret, når vi læser om den oplevelse, Moses havde, da han talte med Gud ansigt til ansigt. Under den samtale belærte Gud gentagne gange Moses om hans guddommelige arv, idet han sagde: »Moses ... du er min søn.« Gud forklarede, at Moses var skabt i den Enbårnes billede. Moses lærte tydeligt at forstå, hvem han var, at han havde et værk at udføre, og at han havde en kærlig himmelsk Fader.

Efter denne oplevelse kom modstanderen og fristede ham og kaldte ham straks: »Moses, menneskesøn.« Dette er et almindeligt og farligt redskab i modstanderens arsenal. Mens vor himmelske Fader konsekvent og kærligt minder os om, at vi er hans børn, vil modstanderen altid forsøge at kalde os ved vores svagheder. Men Moses havde allerede lært, at han var mere end en »menneskesøn«. Han erklærede til Satan: »Hvem er du? For se, jeg er søn af Gud.« Når vi tilsvarende konfronteres med jordelivets udfordringer, eller når vi føler, at nogen forsøger at fremhæve vores svagheder, må vi stå fast i kundskaben om, hvem vi virkelig er. Vi må søge bekræftelse vertikalt, ikke horisontalt. Og når vi gør det, kan vi også frimodigt proklamere: »Jeg er Guds barn.«

Ved et verdensomspændende møde for unge voksne sagde vores elskede præsident Russell M. Nelson: »Hvem er I så? Først og fremmest er I Guds barn, pagtens barn og en Jesu Kristi discipel. Når I tager imod disse sandheder, vil vor himmelske Fader hjælpe jer til at nå jeres ultimative mål om at leve for evigt i hans hellige nærhed.«

Det er ikke tilfældigt, at Gud i det sandsynligvis oftest gentagne skriftsted minder os om vores forhold til ham. Af alle de navne, han kunne identificeres ved i nadverbønnen, har han bedt om at blive kaldt »Gud, du evige Fader«.

Når vi virkelig lærer, hvem vi er, vil vi tro mere på, at vor kærlige himmelske Fader har lagt

Heavenly Father has provided a plan for us to return to live with Him again. Elder Patrick Kearon taught: “Our Father’s beautiful plan, even His ‘fabulous’ plan, is designed to bring you home, not to keep you out. ... God is in relentless pursuit of you.” Think about that for a moment—our all-powerful, loving Father is in “relentless pursuit of you.”

Regardless of where we are on our path of discipleship, our lives will fundamentally change if we better understand who we really are. May I suggest two ways in which we can deepen this understanding.

First, Prayer

As the Savior was beginning His mortal ministry, he was led into the wilderness to “be with God.” Perhaps we should shift our mindset away from simply saying our prayers to taking sufficient time to really commune with and “be with God” each day.

I have found that the quality of my prayers improves as I take a few minutes to prepare to talk to my Father. The scriptures show us that this is a pattern that works. Whether it is Joseph Smith; Nephi, the son of Helaman; or Enos, all have some form of pondering and reflecting prior to their recorded communication with God. Enos said that his soul hungered as the words of his father sunk deep into his heart. Each of these examples teaches us the need to spiritually prepare for our time each day to “be with God.”

To the Nephites, the Savior instructed, “When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father.”

Whether it is in a closet or a bedroom, the principle is to find a place where you can be alone to pray, to allow your soul to be still, and to feel the promptings of the “still small voice.” We can prepare by pondering on the things that we are grateful for and the questions or concerns that we would like to bring to our Father. We should strive not to have a rote manner of prayer but to talk with our Father, out loud if possible.

I realize that in the chaos of our lives, when we are wrestling with toddlers or running between meetings, we may not have the luxury of quiet closets and thoughtful preparation—but those silent, quick, and urgent prayers can be much more meaningful when we have made an

en plan for os om at vende tilbage for at bo hos ham igen. Ældste Patrick Kearon har sagt: »Vor Faders smukke plan, ja hans »fantastiske« plan, er beregnet til at føre jer hjem, ikke at holde jer ude ... Gud søger jer uophørligt.« Tænk over det et øjeblik – vor almægtige, kærlige Fader »søger jer uophørligt«.

Uanset hvor vi befinder os på disciplens sti, ændres vores liv fundamentalt, hvis vi får bedre forståelse for, hvem vi virkelig er. Må jeg foreslå to måder, hvorpå vi kan uddybe denne forståelse.

For det første – bøn

Da Frelseren begyndte sin tjenestegerning på jorden, blev han ledt ud i ørkenen »for at være sammen med Gud«. Måske bør vi ændre vores tankegang fra blot at sige vores bønner til at afse tilstrækkelig tid til virkelig at samtale med og »være sammen med Gud« hver dag.

Jeg har erfaret, at kvaliteten af mine bønner forbedres, når jeg bruger nogle minutter på at forberede mig på at tale med min Fader. Skriftterne viser os, at det er et mønster, der virker. Uanset om det var Joseph Smith, Nephi, Helamans søn eller Enosh, så havde de alle en form for overvejelse og refleksion forud for deres kommunikation med Gud, som vi læser om. Enosh sagde, at hans sjæl hungrede, mens hans fars ord sank dybt ned i hans hjerte. Hvert af disse eksempler lærer os om behovet for åndeligt at forberede os til vores daglige tid »sammen med Gud«.

Frelseren instruerede nefitterne: »Når du beder, så gå ind i dit kammer, og når du har lukket din dør, så bed til din Fader.«

Uanset om det er et kammer eller et soveværelse, er princippet at finde et sted, hvor I kan være alene for at bede, for at gøre det muligt for jeres sjæl at finde ro og for at føle tilskyndelserne fra den »stille, sagte røst«. Vi kan forberede os ved at overveje det, vi er taknemmelige for, og de spørgsmål eller bekymringer, som vi gerne vil bringe til vor Fader. Vi bør stræbe efter ikke at have en fastlagt bøn, men at tale med vor Fader, og om muligt sige det højt.

Jeg forstår godt, at vi midt i livets kaos, når vi kæmper med småbørn eller løber mellem møder, måske ikke har den luksus at have et stille kammer eller tankefuld forberedelse – men disse stille, hurtige og presserende bønner kan være meget mere meningsfulde, når vi har gjort en

effort to “be with God” earlier in the day.

There may be some who haven’t prayed for a long time or others who haven’t felt that their prayers are being heard. I promise you that your Heavenly Father knows you, loves you, and wants to hear from you. He wants to communicate with you. He wants you to remember who you are.

Elder Jeffrey R. Holland recently taught: “However much you are praying, pray more. However hard you are praying, pray harder.”

In addition to increasing the frequency and fervency of our prayers, studying the Book of Mormon daily and worshipping in the temple will help prepare our minds for revelation. As we strive to improve our communication with our Heavenly Father, He will bless us to feel more profoundly that we are His children.

Second, Come to Know That Jesus Is the Christ

The greatest manifestation of Heavenly Father’s love for us as His children is the reality that He sent His Son, our own personal Savior, to help us come home. Therefore, we need to come to know Him.

Years ago, while serving as a stake president, I submitted a recommendation for a brother to serve as an ordinance worker in the temple. After explaining what a wonderful ordinance worker he would be, I inadvertently pressed “Do not endorse,” which submitted the recommendation. After unsuccessfully trying to recall the message, I called the temple president and said, “I have made a horrible mistake.” Without hesitation, this good temple president said, “President Eyre, there is nothing that you have done that can’t be forgiven and ultimately corrected.” What a great truth. Indeed, Jesus Christ is “mighty to save.”

In 2019 there was a profound change in the temple recommend questions. Previously, one question asked if you had a testimony of Jesus Christ’s role as Savior and Redeemer. It now asks if you have a testimony of His role as your Savior and Redeemer. Jesus Christ’s Atonement not only works for others; it works for you and for me. He is my Savior. He is your Savior. Individually. Only through Him can you and I return to be with our Father.

So, brothers and sisters, let us seek Him. Let us study His divine relationship with the Father

indsats for at »være sammen med Gud« tidligere på dagen.

Der er måske nogle, som ikke har bedt i lang tid, eller andre, som ikke har følt, at deres bønner bliver hørt. Jeg lover jer, at jeres himmelske Fader kender jer, elsker jer og ønsker at høre fra jer. Han vil gerne kommunikere med jer. Han ønsker, at I erindrer, hvem I er.

Ældste Jeffrey R. Holland har for nylig udtalt: »Uanset hvor meget I beder, så bed mere. Uanset hvor inderligt I beder, så bed mere inderligt.«

Ud over at øge frekvensen og inderligheden af vores bønner, vil dagligt studium af Mormons Bog og tilbedelse i templet forberede vores sind til åbenbaring. Når vi stræber efter at forbedre vores kommunikation med vor himmelske Fader, vil han velsigne os med en dybere følelse af, at vi er hans børn.

For det andet – få en viden om, at Jesus er Kristus

Den største tilkendegivelse af vor himmelske Faders kærlighed til os som hans børn er den kendsgerning, at han sendte sin Søn, vores personlige Frelser, for at hjælpe os med at komme hjem. Derfor er vi nødt til at lære ham at kende.

For mange år siden, mens jeg tjente som stavspræsident, indsendte jeg en anbefaling af en bror til at tjene som tempeltjener. Jeg forklarede først, hvor vidunderlig han ville være som tempeltjener, hvorpå jeg ved et uheld tastede på »anbefaler ikke«, hvilket indsendte anbefalingen. Jeg forsøgte uden held at trække beskeden tilbage, hvorpå jeg ringede til tempelpræsidenten og sagde: »Jeg har begået en forfærdelig fejl.« Uden tøven sagde denne gode tempelpræsident: »Præsident Eyre, der er intet, du har gjort, som ikke kan blive tilgivet og i sidste ende rettet.« Hvilken storslået sandhed. Jesus Kristus er virkelig »mægtig til at frelse«.

I 2019 kom der en væsentlig ændring i spørgsmålene til en tempelanbefaling. Tidligere lød et spørgsmål på, om I havde et vidnesbyrd om Jesu Kristi rolle som Frelser og Forløser. Nu lyder det, om du har et vidnesbyrd om Jesu Kristi rolle som din Frelser og Forløser. Jesu Kristi forsoning virker ikke kun for andre; den virker for jer og for mig. Han er min Frelser. Han er jeres Frelser. Personligt. Kun gennem ham kan I og jeg vende tilbage og være hos vor Fader.

Så, brødre og søstre, lad os søge ham. Lad os studere hans guddommelige forhold til Faderen

and with each of us. Let us experience the song of redeeming love that comes personally to each one of us through our Redeemer as we repent. As we come to know “him who is mighty to save,” we will come to understand that we, as children of God, are His joy—His most important focus—and we are indeed each worth saving.

I testify that we have a loving Heavenly Father. As we come to know this eternal truth through mighty prayer, personal revelation, and coming unto Jesus Christ, we can now and always boldly proclaim, “I am a child of God.” In the name of Jesus Christ, amen.

og til os hver især. Lad os opleve sangen om den forløsende kærlighed, der kommer til os personligt gennem vor Forløser, når vi omvender os. Når vi lærer ham at kende, »der er mægtig til at frelse«, vil vi erkende, at vi som Guds børn er hans glæde – hans vigtigste fokus – og vi er hver især virkelig værd at frelse.

Jeg vidner om, at vi har en kærlig himmelsk Fader. Når vi erfarer denne evige sandhed gennem inderlig bøn, personlig åbenbaring og ved at komme til Jesus Kristus, kan vi nu og altid frimodigt erklære, at »jeg er Guds kære barn«. I Jesu Kristi navn. Amen.