

# Proved and Strengthened in Christ

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## Prøvet og styrket i Kristus

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*Proving moments are not evidence that the Lord has abandoned you. Rather, they are evidence that He loves you enough to refine and strengthen you.*

My dear brothers and sisters, I feel the love of the Lord as we meet together. I am humbled to speak with you. I pray that the Spirit will carry into your hearts what the Lord would have you hear, far beyond the words which I will speak.

Long ago I sought to learn physics and mathematics in my college years. I felt overwhelmed. I began to feel that I was trying to learn something that was beyond me. The more I felt overwhelmed, the less I felt the strength to keep trying. My discouragement led me to feel that my efforts were almost fruitless. I began to think of quitting, of doing something easier.

I felt weak. As I prayed, I felt the quiet assurance of the Lord. I felt Him say to my mind, “I am proving you, but I am also with you.”

I did not know then all that those words meant. But I knew what to do—I went to work.

By pondering and working during the years that followed, I came to understand this message of encouragement in the scriptures: “I can do all things through Christ which strengtheneth me.”

I learned that my struggle with physics was actually a gift from the Lord. He was teaching me that with His help, I could do things that seemed impossible if I had the faith that He would be there to help me. Through this gift, the Lord was working to prove and strengthen me.

The word *prove* has several meanings. To prove something is not simply to test it. It is to

*Øjeblikke, hvor I bliver prøvet, er ikke bevis på, at Herren har forladt jer. De er snarere bevis på, at han elsker jer nok til at forædle og styrke jer.*

Mine kære brødre og søstre, jeg føler Herrens kærlighed, når vi mødes. Jeg er ydmyg over at skulle tale til jer. Jeg beder til, at Ånden vil bringe dét ind i jeres hjerte, som Herren ønsker, I skal høre, langt ud over de ord, som jeg vil tale.

For længe siden stræbte jeg efter at lære om fysik og matematik i mine universitetsår. Jeg følte mig overvældet. Jeg begyndte at føle, at jeg prøvede at lære noget, der var langt over min formåen. Jo mere overvældet jeg blev, jo mindre følte jeg styrken til at blive ved med at prøve. Mit mismod fik mig til at føle, at min indsats næsten var frugtesløs. Jeg begyndte at tænke på at give op, på at gøre noget, der var lettere.

Jeg følte mig svag. Mens jeg bad, følte jeg Herrens stille forvisning. I mit sind følte jeg ham sige: »Jeg sætter dig på prøve, men jeg er også med dig.«

Dengang vidste jeg ikke helt, hvad de ord betød. Men jeg vidste, hvad jeg skulle gøre – jeg gik i gang med arbejdet.

Gennem granskning og arbejde i de år, der fulgte, fik jeg en forståelse af dette opmuntrende budskab i skrifterne: »Alt formår jeg i ham, der giver mig kraft.«

Jeg lærte, at min kamp med fysik faktisk var en gave fra Herren. Han lærte mig, at jeg med hans hjælp kunne gøre ting, der virkede umulige, hvis jeg havde tro på, at han ville være der og hjælpe mig. Gennem denne gave arbejdede Herren på at afprøve og styrke mig.

Ordet *prøve* kan bruges på forskellige måder. At afprøve noget er ikke bare at teste det. Det er

increase its strength. To prove a piece of steel is to place it under strain. Heat, weight, and pressure are added until its true nature is enhanced and revealed. The steel is not weakened by the proving. In fact, it becomes something that can be trusted, something strong enough to bear greater burdens.

The Lord proves us in much the same way to strengthen us. That proving does not come in moments of ease or comfort. It comes in moments when we feel stretched beyond what we thought we could bear. The Lord teaches that we are to continue to grow and never tire in our efforts, that we never give up, that we keep trying.

When we continue to have faith in Jesus Christ—even when things might feel impossible to us at the moment—we become spiritually stronger. The sacred scriptural records emphasize this truth.

The prophet Moroni, for instance, was proved and strengthened in such a way. He lived his final years alone. He wrote that he had no friends, that his father had been killed, that his people had been destroyed. He was hunted by those who sought his life.

Yet Moroni did not despair. Instead, he engraved his testimony of Jesus Christ on plates for people he would not live to see, including the descendants of the people who desired to kill him. He wrote for us. He knew that some would mock his words. He knew that some would reject them. Yet he kept writing.

In his proving, Moroni's faith was refined and strengthened. It became more pure. His words carry the power of one who endured faithfully to the end. We can feel that power as we read his testimony:

“Now I, Moroni, write somewhat as seemeth me good; and I write unto my brethren, the Lamanites; and I would that they should know that more than four hundred and twenty years have passed away since the sign was given of the coming of Christ.

“And I seal up these records, after I have spoken a few words by way of exhortation unto you.

“Behold, I would exhort you that when ye shall read these things, if it be wisdom in God that ye should read them, that ye would remember how merciful the Lord hath been unto the children of men, from the creation of Adam even

at øge dets styrke. Prøvning af et stykke stål er at sætte det under pres. Varme, vægt og tryk tilsættes, indtil dets sande egenskaber er forstærket og afsløret. Stålet svækkes ikke af prøvningen. Faktisk bliver det noget, man kan regne med, noget der er stærkt nok til at bære større byrder.

Herren prøver os på lignende vis for at styrke os. Den prøvning kommer ikke i øjeblikke, der er nemme og behagelige. Den kommer i øjeblikke, hvor vi føler os mere presset, end hvad vi troede, vi kunne bære. Herren lærer os, at vi skal fortsætte med at vokse og aldrig blive trætte i vores bestræbelser, at vi aldrig må give op, og at vi må blive ved med at forsøge.

Når vi fortsætter med at have tro på Jesus Kristus – selv når tingene kan føles umulige for os i selve øjeblikket – bliver vi åndeligt stærkere. De hellige skrifter understreger denne sandhed.

For eksempel blev profeten Moroni prøvet og styrket på en sådan måde. Han var alene sine sidste år. Han skrev, at han ingen venner havde, at hans far var blevet dræbt, og at hans folk var blevet udryddet. Han blev jaget af dem, der stræbte ham efter livet.

Alligevel fortvivlede Moroni ikke. I stedet indgraverede han sit vidnesbyrd om Jesus Kristus på plader til mennesker, han ikke ville leve længe nok til at se, herunder efterkommere af det folk, der ønskede at slå ham ihjel. Han skrev til os. Han vidste, at nogle ville håne hans ord. Han vidste, at nogle ville afvise dem. Alligevel blev han ved med at skrive.

I sin prøvelse blev Moronis tro forædlet og styrket. Den blev mere ren. Hans ord bærer kraften fra en, der holdt trofast ud til enden. Vi kan føle den kraft, når vi læser hans vidnesbyrd:

»Se, jeg, Moroni, skriver noget af det, der synes mig godt; og jeg skriver til mine brødre lamanitterne; og jeg vil, at de skal vide, at der er gået mere end fire hundrede og tyve år, siden tegnet på Kristi komme blev givet.

Og jeg forsegler disse optegnelser, efter at jeg har talt nogle få formaningsord til jer.

Se, jeg vil formane jer til, at I, når I læser dette, hvis Gud anser det for vist, at I læser det, at I husker på, hvor barmhjertig Herren har været mod menneskenes børn fra Adams skabelse helt op til den tid, da I modtager dette, og grunder

down until the time that ye shall receive these things, and ponder it in your hearts.

“And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost.

“And by the power of the Holy Ghost ye may know the truth of all things.”

Moroni's testimony was refined in loneliness, but it shines with light to guide all generations to seek our Father in Heaven and the Savior Jesus Christ.

Another Book of Mormon prophet, Jacob, was proved and strengthened as a child who experienced afflictions and much sorrow. But his father, Lehi, taught him God would bless him through his trials.

“And behold, in thy childhood thou hast suffered afflictions and much sorrow, because of the rudeness of thy brethren.

“Nevertheless, Jacob, my firstborn in the wilderness, thou knowest the greatness of God; and he shall consecrate thine afflictions for thy gain.

“Wherefore, thy soul shall be blessed, and thou shalt dwell safely with thy brother, Nephi; and thy days shall be spent in the service of thy God. Wherefore, I know that thou art redeemed, because of the righteousness of thy Redeemer; for thou hast beheld that in the fulness of time he cometh to bring salvation unto men.”

The Prophet Joseph Smith experienced such proving and strengthening when he was in Liberty Jail. In the depths of his anguish, the Prophet Joseph cried out:

“O God, where art thou? ...

“How long shall thy hand be stayed?”

The Lord saw in Joseph's suffering the sanctifying effect of his enduring it well when He replied:

“My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment;

“And then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes.”

The greatest example of proving and strengthening occurred through the Savior's Atonement. He took upon Him the sins of the world. He bore our pains and our sorrows. He

over det i hjertet.

Og når I modtager dette, vil jeg formane jer til, at I spørger Gud, den evige Fader, i Kristi navn, om ikke dette er sandt; og hvis I spørger af et oprigtigt hjerte, med oprigtig hensigt, idet I har tro på Kristus, så vil han tilkendegive sandheden af det for jer ved Helligåndens kraft.

Og ved Helligåndens kraft kan I kende sandheden af alt.«

Moroni's vidnesbyrd blev forædlet i ensomhed, men det skinner som et lys for at vejlede alle generationer til at søge vor Fader i himlen og Frelseren Jesus Kristus.

En anden profet i Mormons Bog, Jakob, blev prøvet og styrket som barn, da han oplevede trængsler og megen sorg. Men hans far, Lehi, lærte ham, at Gud ville velsigne ham gennem hans prøvelser.

»Og se, i din barndom har du lidt trængsler og megen sorg på grund af dine brødres voldsomhed.

Alligevel, Jakob, min førstefødte i ørkenen, kender du Guds storhed, og han vil hellige dine trængsler til gavn for dig.

Derfor vil din sjæl blive velsignet, og du skal bo trygt sammen med din bror Nephi; og dine dage skal tilbringes i din Guds tjeneste. Derfor ved jeg, at du er forløst på grund af din forlørsers retfærdighed; for du har set, at han i tidens fylde kommer for at bringe frelse til mennesker.«

Profeten Joseph Smith oplevede en sådan prøvning og styrkelse, da han var i fængslet i Liberty. I dyb lidelse udbrød profeten Joseph Smith:

»O Gud, hvor er du? ...

Hvor længe skal din hånd holdes tilbage?«

Herren så i Josephs lidelser den helligørende virkning af, at han udholdte vel, da han svarede:

»Min søn, lad der være fred i din sjæl, din modgang og dine trængsler skal kun vare et øjeblik,

og så skal Gud, hvis du udholder dem vel, ophøje dig i det høje; du skal sejre over alle dine fjender.«

Det største eksempel på at blive prøvet og styrket fandt sted gennem Frelserens forsoning. Han påtog sig verdens synder. Han bar vores smerter og sorger. Han drak det bitre bæger. Han

drank the bitter cup. He proved faithful in every moment.

Because of His glorious Atonement, Jesus Christ can strengthen us in our times of trial. He knows how to succor us because He has felt all the challenges that we will ever feel in mortality. “He will take upon him the pains and the sicknesses of his people ... that he may know according to the flesh how to succor his people according to their infirmities.”

We learn that while in the Garden of Gethsemane, the Savior did ask the Father if the trial could pass over Him—but then He also said that if it was the Father’s will, then the Savior would do it. In other words, the Savior even took on doubt and uncertainty, but He had faith in His Heavenly Father.

Brothers and sisters, your proving and strengthening may not look like Moroni’s or Jacob’s or the Prophet Joseph’s. But it will come. It may come quietly, through the trials of family life. It may come through illness or disappointment or grief or loneliness.

I bear witness that these moments are not evidence that the Lord has abandoned you. Rather, they are evidence that He loves you enough to refine and strengthen you. He is making you strong enough to carry the weight of eternal life.

If we remain faithful in our service, the Lord will refine us. He will strengthen us. And one day we will look back and see that those very trials were evidence of His love. We will see that He was shaping us to be able to stand with Him in glory. As the Lord’s Apostle Paul stated at the end of his own life, “I have fought a good fight, I have finished my course, I have kept the faith.”

I testify that God knows you. He knows the trials you face. He is with you. He will not forsake you. I testify that Jesus Christ is the Son of God. He is our strength, our Redeemer, our hope. If we trust Him, He will make our spiritual power equal to every trial we are called to bear. I so testify in the sacred name of Jesus Christ, amen.

viste sig trofast i hvert øjeblik.

På grund af sin storslåede forsoning kan Jesus Kristus styrke os i vores prøvelser. Han ved, hvordan han skal bistå os, fordi han har oplevet alle de udfordringer, vi nogensinde vil opleve i jordelivet. »Han vil påtage sig sit folks smerter og sygdomme ... så han, hvad angår kødet, kan vide, hvorledes han kan bistå sit folk, hvad angår deres skrøbeligheder.«

Vi lærer, at da Frelseren var i Getsemane have, spurgte han Faderen, om prøvelsen kunne gå ham forbi – men så sagde han også, at hvis det var Faderens vilje, så ville Frelseren gøre det. Med andre ord påtog Frelseren sig tilmed tvivl og usikkerhed, men han havde tro på sin himmelske Fader.

Brødre og søstre, jeres prøve og styrkelse ligner måske hverken Moronis eller Jakobs eller profeten Josephs. Men den vil komme. Den kan komme stille gennem familielivets prøvelser. Den kan komme gennem sygdom, skuffelse, sorg eller ensomhed.

Jeg bærer vidnesbyrd om, at disse øjeblikke ikke er bevis på, at Herren har forladt jer. De er snarere bevis på, at han elsker jer nok til at forædle og styrke jer. Han gør jer stærke nok til at bære det evige livs vægt.

Hvis vi forbliver trofaste i vores tjeneste, vil Herren forædle os. Han vil styrke os. Og en dag vil vi se tilbage og se, at netop disse prøvelser var bevis på hans kærlighed. Vi vil se, at han formede os til at blive i stand til at stå med ham i herlighed. Som Herrens apostel Paulus sagde mod slutningen af sit liv: »Jeg har stridt den gode strid, fuldført løbet og bevaret troen.«

Jeg vidner om, at Gud kender jer. Han kender til de prøvelser, I møder. Han er med jer. Han vil ikke svigte jer. Jeg bærer vidnesbyrd om, at Jesus Kristus er Guds Søn. Han er vores styrke, vores Forløser, vores håb. Hvis vi stoler på ham, vil han sørge for, at vores åndelige kraft kan stå mål med enhver prøve, vi bliver kaldet til at bære. Det vidner jeg om i Jesu Kristi hellige navn. Amen.