

Cheering Each Other On

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Hep på hinanden

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Førsterådgiver i Hjælpeforeningens hovedpræsidentskab

October 2025 general conference

Only the Lord fully knows our individual limitations and capacity, and because of that, He is the only one fully qualified to judge our performance.

Recently I read of an experience that touched me deeply. It took place at the USA Masters Track and Field National Championship—a competition for seniors.

One of the participants in the 1,500-meter event was 100-year-old Orville Rogers. The author writes:

“When the starter pistol fired, the runners took off, with Orville settling immediately into last place, where he remained alone for the entire race, shuffling along very slowly. [When] the last runner besides Orville finished, Orville still had two and a half laps to go. Nearly 3,000 spectators sat quietly watching him slowly make his way around the track—completely, silently, and uncomfortably alone.

“[But] when he began his final lap, the crowd rose to their feet, cheering and applauding. By the time he hit the homestretch, the crowd was roaring. With the cheering encouragement of thousands of spectators, Orville called on his last reserves of energy. The crowd erupted with delight as he crossed the finish line and was embraced by his competitors. Orville humbly and gratefully waved to the crowd and walked off the track with his new friends.”

This was Orville’s fifth race of the competition, and in each of the other events, he had also taken last place. Some might have been tempted to judge Orville, thinking that he shouldn’t have even competed at his age—that he didn’t belong on the track because he greatly prolonged his ev-

Kun Herren kender vores individuelle begrænsninger og evner fuldt ud, og derfor er han den eneste, der er fuldt kvalificeret til at bedømme vores præstation.

Jeg læste for nylig om en begivenhed, der rørte mig dybt. Den fandt sted ved et USA Masters-mesterskab i atletik – en konkurrence for seniorer.

En af deltagerne i 1.500 meterløbet var den 100-årige Orville Rogers. Forfatteren skrev:

»Da startpistolen blev affyret, satte løberne i gang, og Orville lagde sig straks ind på sidstepladsen, hvor han forblev alene under hele løbet og slæbte sig langsomt af sted. [Da] den sidste løber udover Orville var færdig, havde Orville stadig to og en halv omgang tilbage. Næsten 3.000 tilskuere sad stille og så ham bevæge sig langsomt rundt på banen – komplet, stille og ubehageligt alene.

[Men] da han begyndte sin sidste omgang, rejste publikum sig op og jublede og klappede. Men da han nåede slutspurten, var publikum brølende. Med den jublende opmuntring fra tusindvis af tilskuere fandt Orville sin sidste energi frem. Publikum eksploderede i glæde, da han krydsede målstregen og blev omfavnet af sine konkurrenter. Orville vinkede ydmygt og taknemmeligt til publikum og forlod banen med sine nye venner.«

Dette var Orvilles femteløb i konkurrencen, og i hver af de andre begivenheder havde han også taget sidstepladsen. Nogle kunne have været fristet til at dømme Orville og tænke, at han ikke skulle have konkurreret i sin høje alder – at han ikke hørte hjemme på banen, fordi han i høj grad

ents for everyone else.

But even though he always finished last, Orville broke five world records that day. No one watching him race would have believed that possible, but neither the spectators nor his competitors were the judges. Orville didn't break any rules, and the officials didn't lower any standards. He ran the same race and fulfilled the same requirements as all the other competitors. But his degree of difficulty—in this case, his age and limited physical capacity—was factored in by placing him in the 100-plus age division. And in that division, he broke five world records.

Just as it took Orville great courage to step out on that track each time, it also takes great courage for some of our sisters and brothers to step into the arena of life every day, knowing they may be judged unfairly even though they're doing the best they can against daunting odds to follow the Savior and honor their covenants with Him.

No matter where we live in the world, no matter our age, it is a basic human need for all of us to feel a sense of belonging, to feel that we are wanted and needed and that our lives have purpose and meaning, no matter our circumstances or limitations.

On the last lap of the race, the crowd overwhelmingly cheered Orville on, giving him the strength to keep going. It didn't matter that he finished last. For the participants and the crowd, this was about far more than a competition. In many ways, this was a beautiful example of the Savior's love in action. When Orville finished, they all rejoiced together.

Just like the Masters Championship, our congregations and families can be gathering places where we cheer each other on—covenant communities fueled by the love of Christ for one another—helping each other overcome whatever challenges we face, giving each other strength and encouragement without judging one another. We need each other. Divine strength comes from unity, and that is why Satan is intent on dividing us.

Unfortunately, for some of us, attending church can be hard at times for many different reasons. It could be someone struggling with questions of faith or someone with social anxiety or depression. It could be someone from a different country or race or someone with different life experiences or ways of seeing things who

forlængedesinebegivenheder for alle andre.

Men selvom han hver gang kom ind sidst, slog Orville fem verdensrekorder den dag. Ingen, der så ham deltage, ville have troet det muligt, men hverken tilskuerne eller hans konkurrenter var dommerne. Orville brød ingen regler, og dommerne sænkede ingen standarder. Han fuldførte det samme løb og opfyldte de samme krav som alle de andre konkurrenter. Men hans sværhedsgrad – i dette tilfælde hans alder og begrænsede fysiske kapacitet – blev indregnet ved at placere ham i aldersdivisionen 100plus. Og i den division slog han fem verdensrekorder.

Ligesom det krævede stort mod af Orville at træde ud på den bane hver gang, kræver det også stort mod for nogle af vores søstre og brødre at træde ind på livets arena hver dag, velvidende at de kan blive dømt uretfærdigt, selvom de gør deres bedste mod skræmmende odds for at følge Frelseren og ære deres pagter med ham.

Uanset hvor i verden vi bor, eller hvor gamle vi er, er det et grundlæggende menneskeligt behov for os alle at føle, vi hører til, at føle, vi er ønskede og nødvendige, og at vores liv har formål og mening, vores omstændigheder eller begrænsninger uagtet.

På løbets sidste omgang heppede publikum helt overvældende på Orville og gav ham styrken til at fortsætte. Det var lige meget, at han kom ind sidst. For deltagerne og publikum handlede det om langt mere end en konkurrence. På mange måder var dette et smukt eksempel på Frelserens kærlighed i funktion. Da Orville kom i mål, glædede de sig alle sammen.

Ligesom i atletikmesterskabet kan vores forsamlinger og familier være samlingssteder, hvor vi hepper på hinanden – pagtsfællesskaber, hvor vi næres af Kristi kærlighed til hinanden – og hjælper hinanden med at overvinde alle de udfordringer, vi står over for, og giver hinanden styrke og opmuntring uden at dømme hinanden. Vi har brug for hinanden. Guddommelig styrke kommer af enighed, og det er grunden til, at Satan er opsat på at splitte os.

Desværre kan det for nogle af os til tider være svært at komme i kirke af mange forskellige årsager. Det kan være nogen, der kæmper med trosspørgsmål eller nogen med social angst eller depression. Det kan være nogen fra et andet land eller en anden race eller nogen med andre livserfaringer eller måder at se tingene på, som måske

may feel they don't fit the mold. It could even be sleep-deprived and emotionally stretched parents of babies and young children or someone who is single in a congregation full of couples and families. It could also be someone mustering the courage to return after years of being away or someone with a nagging feeling that they just don't measure up and will never belong.

President Russell M. Nelson said: "If a couple in your ward gets divorced, or a young missionary returns home early, or a teenager doubts his testimony, they do not need your judgment. They need to experience the pure love of Jesus Christ reflected in your words and actions."

Our experience at church is meant to provide vital connections with the Lord and with each other that are so needed for our spiritual and emotional well-being. Inherent in the covenants we make with God, beginning with baptism, is our responsibility to love and care for each other as members of the family of God, members of the body of Christ, and not just to check off a box on a list of things we're expected to do.

Christlike love and care are higher and holier. The pure love of Christ is charity. As President Nelson taught, "Charity propels us 'to bear one another's burdens' [Mosiah 18:8] rather than heap burdens upon each other."

The Savior said, "By this shall all men know that ye are my disciples, if ye have love one to another." And President Nelson added: "Charity is the principal characteristic of a true follower of Jesus Christ." "The Savior's message is clear: His true disciples build, lift, encourage, persuade, and inspire. ... How we speak to and about others ... really matters."

The Savior's teaching on this is very simple. It's summed up in the Golden Rule: Do unto others as you would have others do unto you. Put yourself in that person's place and treat them the way you would want to be treated if you were in their shoes.

Christlike treatment of others goes far beyond our families and congregations. It includes our sisters and brothers of other faiths or no faith at all. It includes our brothers and sisters from other countries and cultures, as well as those of different political persuasions. We are all part of the family of God, and He loves all His children.

føler, at de ikke passer ind. Det kan endda være søvnberøvede og følelsesmæssigt brugte forældre til babyer og småbørn, eller en der er enig i en forsamling fyldt med par og familier. Det kan også være en, der samler mod til at vende tilbage efter mange års fravær, eller en med en nagende følelse af, at de bare ikke slår til og aldrig vil høre til.

Præsident Russell M. Nelson sagde: »Hvis et par i jeres menighed bliver skilt, eller en ung missionær vender tidligt hjem, eller en teenager tvivler på sit vidnesbyrd, har de ikke brug for jeres fordømmelse. De har brug for at opleve Jesu Kristi rene kærlighed, som afspejles i jeres ord og handlinger.«

Det er meningen, at vores oplevelse i kirken skal skabe de afgørende forbindelser med Herren og med hinanden, som er så nødvendige for vores åndelige og følelsesmæssige velbefindende. Indbygget i de pagter, vi indgår med Gud, begyndende med dåben, er det vores ansvar at elske og drage omsorg for hinandens medlemmer af Guds familie, medlemmer af Kristi legeme, og ikke blot for at krydse et felt af på en liste over ting, det forventes, at vi gør.

Kristuslignende kærlighed og omsorg er højere og helligere. Kristi rene kærlighed er næstekærlighed. Som præsident Nelson underviste: »Næstekærlighed driver os 'til at bære hinandens byrder' [Mosiah 18:8] snarere end at dynges hinanden til.«

Frelseren sagde: »Deraf kan alle vide, at I er mine disciple: hvis I har kærlighed til hinanden.« Og præsident Nelson tilføjede: »Næstekærlighed er det primære særkende ved en sand Jesu Kristi disciple.« »Frelserens budskab er klart: Hans sande disciple opbygger, opløfter, opmuntrer, tilskynder og inspirerer ... Hvordan vi taler til og om andre ... betyder virkelig noget.«

Frelserens lærdom om dette emne er meget enkel. Det er opsummeret i den gyldne regel: Gør mod andre, som I ønsker, at andre skal gøre mod jer. Sæt jer selv i den persons sted og behandl dem, som I ville ønske at blive behandlet, hvis I var i deres sted.

Kristuslignende behandling af andre rækker langt ud over vores familie og menighed. Det omfatter vores søstre og brødre fra andre trosretninger eller af slet ingen tro. Det omfatter også vores brødre og søstre fra andre lande og kulturer, såvel som dem med andre politiske overbevisninger. Vi er alle en del af Guds familie, og han

He desires that His children love Him and also one another.

The Savior's life was an example of loving, gathering, and lifting even those who society had judged as outcasts and unclean. His is an example we are commanded to follow. We are here to develop Christlike attributes and eventually become like our Savior. His is not a gospel of checklists; it is a gospel of becoming—becoming as He is and loving as He does. He wants us to become a Zion people.

When I was in my late 20s, I went through a period of deep depression, and during that time, it was as if the reality that God existed was suddenly gone. I can't fully explain the feeling other than to say I felt completely lost. From the time I was a young child, I had always known that my Father in Heaven was there and that I could talk to Him. But during that time, I no longer knew if there was a God. I'd never experienced anything like that before in my life, and it felt like my whole foundation was crumbling.

As a result, it was hard for me to attend church. I went, but it was partly because I was afraid of being labeled "inactive" or "less faithful," and I was afraid of becoming someone's assigned project. What I really needed during that time was to feel genuine love, understanding, and support from those around me, not judgment.

Some of the assumptions I was afraid people would make about me, I myself had made about others when they didn't regularly attend church. That painful personal experience taught me some valuable lessons about why we've been commanded not to judge one another unrighteously.

Are there those among us who suffer in silence, afraid for others to know their hidden struggles because they don't know what the reaction will be?

Only the Lord fully knows the actual level of difficulty with which each of us is running our race of life—the burdens, the challenges, and the obstacles we face that often cannot be seen by others. Only He fully understands the life-changing wounds and trauma some of us may have experienced in the past that are still affecting us in the present.

Often we even judge ourselves harshly, thinking we should be much farther ahead on the track. Only the Lord fully knows our individual limitations and capacity, and because of that, He

elsker alles sine børn. Han ønsker, at hans børn elsker ham og også hinanden.

Frelserens liv var et eksempel på at elske, indsamle og opløfte selv dem, som samfundet havde dømt som udstødte og urene. Han er et eksempel, vi er blevet befalede at følge. Vi er her for at udvikle kristuslignende egenskaber og i sidste ende blive som vor Frelser. Hans evangelium består ikke af tjeklister; det er et evangelium om at blive—blive som han er og elske, som han gør. Han ønsker, at vi bliver et Zions folk.

Da jeg var sidst i tyverne, gennemgik jeg en periode med dyb depression, og i den periode var det som om, at den realitet, at Gud eksisterede, pludselig var væk. Jeg kan ikke helt forklare følelsen, udover at sige, at jeg følte mig helt fortabt. Fra jeg var barn, har jeg vidst, at vor himmelske Fader var der, og at jeg kunne tale med ham. Men i løbet af den tid vidste jeg ikke længere, om der var Gud. Jeg havde aldrig oplevet noget lignende før i mit liv, og det føltes som om, hele mit fundament smuldrede.

Derfor var det svært for mig at komme i kirke. Jeg tog afsted, men det var til dels, fordi jeg var bange for at blive stemplet som »inaktiv« eller »mindre trofast«, og jeg var bange for at blive nogens tildelte projekt. Det, jeg virkelig havde brug for i den tid, var at føle ægte kærlighed, forståelse og støtte fra dem omkring mig, ikke fordømmelse.

Nogle af de antagelser, jeg var bange for, at folk ville gøre sig om mig, havde jeg selv gjort om andre, når de ikke kom regelmæssigt i kirke. Denne smertefulde personlige oplevelse lærte mig nogle værdifulde lektier om, hvorfor vi er blevet befalede ikke at dømme hinanden uretfærdigt.

Er der dem blandt os, der lider i stilhed, i frygt for, at andre skal kende deres skjulte kampe, fordi de ikke ved, hvad reaktionen vil være?

Kun Herren kender det fulde omfang af de vanskeligheder, som vi hver især løber med på vores livsbane – de byrder, udfordringer og forhindringer, vi står over for, som andre ofte ikke kan se. Kun han forstår helt de livsændrende sår og traumer, som nogle af os måske har oplevet tidligere, og som stadig påvirker os.

Oftentimes vi tilmed os selv hårdt og tænker, at vi burde være meget længere fremme på banen. Kun Herren kender vores individuelle begrænsninger og evner fuldt ud, og derfor er han

is the only one fully qualified to judge our performance.

Sisters and brothers, let's be like those spectators in the story and cheer each other on in our journey of discipleship no matter our circumstances! That doesn't require us to break rules or lower standards. It's actually the second great commandment—to love our neighbor as ourselves. And as our Savior has said, "Inasmuch as ye have done it unto one of the least of these ... , ye have done it unto me," for good or for ill. He has also told us, "If ye are not one ye are not mine."

There will be times in each of our lives when we will be the ones who need help and encouragement. Let's commit now to always do that for each other. As we do, we will develop greater unity and facilitate a space for the Savior to do His sacred work of healing and transforming each of us.

To each one of you who may feel you have lagged far behind in this race of life, this journey of mortality, please keep going. Only the Savior can fully judge where you should be at this point, and He is compassionate and just. He is the Great Judge of the race of life and the only one who fully understands the level of difficulty with which you are running or walking or shuffling. He will take into account your limitations, your capacity, your life experiences, and the hidden burdens you carry, as well as the desires of your heart. You may actually be breaking symbolic world records as well. Please don't lose hope. Please keep going! Please stay! You do belong! The Lord needs you, and we need you!

Wherever you live in the world, no matter how remote it may be, please always remember that your Father in Heaven and your Savior know you completely and love you perfectly. You are never forgotten to Them. They want to bring you home.

Keep your eye on the Savior. He is your iron rod. Don't let go of Him. I testify that He lives and that you can trust Him. I also testify that He is cheering you on.

May we all follow the Savior's example and cheer each other on is my prayer in the name of Jesus Christ, amen.

den eneste, der er fuldt kvalificeret til at bedømme vores præstation.

Søstre og brødre, lad os være ligesom tilskuerne i historien og opmuntre hinanden på vores rejse som disciple, uanset hvad vores omstændigheder er! Det kræver ikke, at vi bryder regler eller sænker standarder. Det er faktisk det andet store bud – at elske vores næste som os selv. Og som vor Frelser har sagt: »Alt, hvad I har gjort mod en af disse mine mindste ... det har I gjort mod mig«, på godt og ondt. Han har også fortalt os: »Hvis I ikke er ét, er I ikke mine.«

Der vil være tidspunkter i vores liv, hvor vi vil være dem, der har brug for hjælp og opmuntning. Lad os forpligte os nu til altid at gøre det for hinanden. Når vi gør det, vil vi udvikle større enighed og skabe et rum, hvor Frelseren kan udføre sit hellige værk med at hele og forandre os hver især.

Til hver af jer, der måske føler, at I er sakket langt bagud i livets løb på denne livsrejse, så bliv ved. Kun Frelseren kan til fulde bedømme, hvor I bør være på dette tidspunkt, og han er medfølelsende og retfærdig. Han er den store Dommer i livets løb og den eneste, der forstår fuldt ud, hvilken sværhedsgrad I løber, går eller slæber jer af sted med. Han vil tage hensyn til jeres begrænsninger, jeres evner, jeres livserfaringer og de skjulte byrder, I bærer på, såvel som jeres hjertes ønsker. Islår måske også verdensrekorder rent symbolsk. Mist ikke håbet. Bliv ved! Bliv her! Ihørertil! Herren har brug for jer, og vi har brug for jer!

Uanset hvor i verden I bor, uanset hvor langt væk det måtte være, så husk altid, at jeres Fader i himlen og jeres Frelser kender jer fuldt ud og elsker jer fuldkomment. I er aldrig glemt for dem. De ønsker at føre jer hjem.

Hold blikket rettet mod Frelseren. Han er jeres jernstang. Giv ikke slip på ham. Jeg vidner om, at han lever, og at I kan stole på ham. Jeg vidner også om, at han hepper på jer.

Må vi alle følge Frelserens eksempel og heppe på hinanden, det er min bøn i Jesu Kristi navn. Amen.