

# Live Up to Your Privileges

By President Emily Belle Freeman  
*Young Women General President*

## Lev op til jeres privilegier

Præsident Emily Belle Freeman  
*Unge Kvinders hovedpræsident*

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*Learn how priesthood ordinances and covenant promises will allow God's power to flow into your life.*

Recently my husband, Greg, received a diagnosis that would require an intensive surgery and months of chemotherapy. Like many of you who have faced a similar situation, we immediately began praying for heaven's help and God's power. The Sunday following Greg's surgery, the sacrament was delivered to our hospital room.

On this occasion, I was the only one taking the sacrament. One piece of bread. One cup of water. At church, my mind often focuses on the delivery system of the sacrament—the preparing, the blessing, and the passing. But on that afternoon, I pondered the gift of God's power available to me through the sacred ordinance itself and the covenant promise I was making as I took that piece of bread and that cup of water. This was a time when I needed power from heaven. In the midst of great heartache, exhaustion, and uncertainty, I wondered about this gift that would allow me to draw upon the power from Him that I so desperately needed. Partaking of the sacrament would increase my companionship with the Spirit of the Lord, allowing me to draw upon the gift of God's power, including the ministering of angels and the Savior's enabling strength to overcome.

I don't think I had ever realized with this much clarity before that it's not only who officiates in the ordinance that matters—what the ordinance and our covenant promise unlock also deserves the focus of our attention. Priesthood ordinances and covenant promises allow God to sanctify us and then work wonders in our lives.

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*Lær, hvordan præstedømmeordinancer og pagtsløfter vil lade Guds kraft flyde ind i jeres liv.*

For nylig fik min mand, Greg, en diagnose, der ville kræve en omfattende operation og flere måneder med kemoterapi. Ligesom mange af jer, der har stået i lignende situationer, begyndte vi straks at bede om himmelsk hjælp og Guds kraft. Søndagen efter Gregs operation fik vi leveret nadveren på vores hospitalsværelse.

Ved den lejlighed var jeg den eneste, der tog nadveren. Et stykke brød. Et bæger vand. I kirken kredser mit sind ofte om systemet bag nadveren – forberedelsen, velsignelsen og omdelingen. Men den eftermiddag tænkte jeg på den gave af Guds kraft, der er tilgængelig for mig gennem denne hellige ordinance i sig selv og det pagtsløfte, jeg aflagde, da jeg tog det stykke brød og det vandbæger. Det var et tidspunkt, hvor jeg havde brug for himlens kraft. Midt i stor hjertesorg, udmattelse og usikkerhed, spekulerede jeg over denne gave, der tillod mig at trække på den kraft fra Gud, som jeg havde så desperat brug for. Deltagelse i nadveren øgede mit fællesskab med Herrens Ånd, tillod mig at trække på Guds kraft, heriblandt engles betjening og Frelserens opbyggende styrke til at stå imod.

Jeg tror ikke, at jeg nogensinde med så stor klarhed havde indset, at det ikke kun er hvem, der forretter ordinancen, der er vigtig – det som ordinancen og vores pagtsløfte åbner op for, fortjener også vores opmærksomhed. Præstedømmeordinancer og pagter giver Gud mulighed for at helliggøre os og derpå udvirke mirakler i vores

But how does this happen?

First, in order for an ordinance to manifest the power of God in our lives, it must be done with authority from the Son of God. The delivery system is important. The Father entrusted Jesus Christ with the keys and authority to oversee the delivery of His priesthood ordinances. Under His direction, within the order of His priesthood, the sons of God have been ordained to stand in place of the Son of God.

Second, we don't just make covenant promises—we must keep them. In many gospel ordinances, we make sacred covenants with God; He promises to bless us as we keep those covenants. Do we realize it is the combination of priesthood ordinances along with the keeping of covenant promises that allows us to draw upon God's power?

That afternoon I wondered if I, a covenant daughter of God, fully understood how to access the gift of God's power through priesthood ordinances and if I truly recognized how God's power works within me.

In 2019 a prophetic invitation was extended to the women of the Church, teaching us how to draw the Savior's power into our lives. President Russell M. Nelson invited us to study Doctrine and Covenants 25, a revelation given to Emma Smith in Harmony, Pennsylvania. Accepting that invitation changed my life.

Last month I had an unexpected opportunity to visit Harmony. There, under the maple trees, the priesthood was restored to Joseph Smith and Oliver Cowdery. Close to those trees is the front door of Joseph and Emma's home. Across from the fireplace in that home there is a window. I stood at that window and wondered what Emma might have thought as she looked out across the trees.

In July of 1830, Emma was 26 years old; she was so young. She was three and a half years into her marriage. She had lost a baby boy—her first. His little grave is just down the lane from her home. As I stood at that window, it was not hard for me to imagine what might have filled her thoughts. Surely she worried about their finances, about the increasing persecution that threatened their safety, about their future. And yet the work of God was everywhere around her. Did she also wonder about her place in the plan, her purpose in His kingdom, and her potential in the eyes of God?

liv. Men hvordan sker det?

For at en ordinance kan tilkendegive Guds kraft i vores liv, må den for det første udføres med myndighed fra Guds Søn. Leveringssystemet er vigtigt. Faderen betroede Jesus Kristus med nøgler og myndighed til at føre tilsyn med leveringen af hans præstedømmeordinancer. Guds sønner er under hans ledelse, indenfor hans præstedømmes orden, blevet ordineret til at stå i stedet for Guds Søn.

For det andet, vi afgiver ikke bare pagtsløfter – vi må holde dem. I mange evangeliske ordinancer indgår vi hellige pagter med Gud. Han lover at velsigne os, når vi holder de pagter. Indser vi, at det er kombinationen af både præstedømmeordinancer og at holde pagtsløfter, der gør det muligt for os at trække på Guds kraft.

Den eftermiddag spekulerede jeg på, om jeg, en Guds pagtsdatter, helt forstod, hvordan jeg får adgang til gaven i form af Guds kraft gennem præstedømmeordinancer, og om jeg vitterligt indså, hvordan Guds kraft virkede i mig.

I 2019 blev en profetisk opfordring givet til Kirkens kvinder, der lærte os, hvordan vi trækker på Frelserens kraft. Præsident Russell M. Nelson opfordrede os til at studere Lære og Pagter 25, en åbenbaring, der blev givet til Emma Smith i Harmony i Pennsylvania. At tage imod den opfordring ændrede mit liv.

Sidste måned fik jeg en uventet mulighed for at tage til Harmony. Der, under ahorntræerne, blev præstedømmet gengivet til Joseph Smith og Oliver Cowdery. Tæt på de træer er hoveddøren til Joseph og Emmas hjem. Over for pejsen i hjemmet er der et vindue. Jeg stod ved det vindue og spekulerede på, hvad Emma må have tænkt, da hun så ud på de træer.

I juli 1830 var Emma 26 år gammel, hun var så ung. Hun havde været gift i tre et halvt år. Hun havde mistet sin søn som spæd – sit første barn. Hans lille gravsted ligger lige nede ad vejen fra hendes hjem. Da jeg stod ved det vindue, var det ikke svært at forestille sig, hvad der kunne have fyldt hendes tanker. Hun bekymrede sig helt sikkert om deres økonomi, om den tiltagende forfølgelse, der truede deres sikkerhed, og om deres fremtid. Og alligevel var Guds værk overalt omkring hende. Undrede hun sig over sin plads i planen, sit formål i hans rige og sit potentiale i Guds øjne?

I think she may have.

Just across the way, the gift of God's priesthood authority and keys had been restored to the earth. This was a time when Emma actually needed power from heaven. In the midst of great heartache, exhaustion, and uncertainty, I imagine Emma wondered about this gift of God's priesthood that could unlock the power from Him that she so desperately needed.

But Emma didn't just stand at that window and wonder.

While the Prophet Joseph was being tutored in keys, offices, ordinances, and how to assist in the service of the priesthood, the Lord Himself, through His prophet, gave a revelation to Emma. Not Nauvoo-Relief-Society-president Emma—this revelation was given to 26-year-old Emma in Harmony. Through revelation, Emma would learn about the inward sanctification and covenant connection that would increase the ability of those priesthood ordinances to work in her life.

First, the Lord reminded Emma of her place in His plan, including who she was and whose she was—a daughter in His kingdom. She was invited to “walk in the paths of virtue,” a path that included ordinances that would unlock God's power if Emma held on to her covenants.

Second, in her season of deep mourning, the Lord gave her purpose. Emma didn't just have a front-row seat to the Restoration; she was an essential participant in the work taking place. She would be set apart “to expound scriptures, and to exhort the church.” Her time would “be given to writing, and to learning much.” Emma was given a sacred role to help prepare the Saints to worship; their songs unto the Lord would be received as prayers and “answered with a blessing upon their heads.”

Last, the Lord outlined a process of inward sanctification that would prepare Emma for exaltation. “Except thou do this,” the Lord explained to her, “where I am you cannot come.”

If we read section 25 carefully, we discover an important progression taking place. Emma would go from being a daughter in the kingdom to “elect lady” to queen. Aaronic and Melchizedek Priesthood ordinances, combined with the keeping of her covenant promises, would increase her companionship with the Spirit and with angels, empowering her to navigate her life with divine guidance. Through His divine power, God

Det tror jeg, at hun gjorde.

På den anden side af vejen var Guds myndighed og nøglerblevet gengivet til jorden. Det var et tidspunkt, hvor Emma faktisk havde brug for himlens kraft. Midt i stor hjertesorg, udmattelse og usikkerhed, kan jeg forestille mig, at Emma spekulerede over denne gave i form af Guds præstedømme, der kunne åbne for hans kraft, som hun så desperat havde brug for.

Men Emma stod ikke bare ved vinduet og spekulerede.

Mens profeten Joseph Smith blev undervist om nøgler, embeder, ordinancer, og hvordan man tjener i præstedømmet, gav Herren selv, gennem sin profet, en åbenbaring til Emma. Ikke Hjælpeforeningspræsidenten Emma i Nauvoo – denne åbenbaring blev givet til 26-årige Emma i Harmony. Gennem den lærte Emma om den indre helliggørelse og pagtsforbindelse, der ville øge muligheden for, at disse præstedømmeordinancer kunne virke i hendes liv.

Først mindede Herren Emma om hendes plads i hans plan, heriblandt hvem hun var, og hvis datter hun var – en datter i hans rige. Hun blev indbudt til at vandre »på dydens stier«, en sti, der omfattede ordinancer, der ville åbne op for Guds kraft, hvis Emma holdt fast i sine pagter.

For det andet gav Herren hende et formål i en tid med stor sorg. Emma var ikke alene vidne til genoprettelsen fra forreste række, hun var en afgørende deltager i det værk, der fandt sted. Hun blev indsat »til at udlægge skrifterne og til at formane kirken«. Hendes tid skulle hun »anvende på at skrive og på at lære meget«. Emma fik en hellig rolle i at være med til at forberede de hellige på at tilbede, deres sange til Herren ville blive modtaget som bønner og »besvaret med en velsignelse på deres hoved«.

Til sidst beskrev Herren en proces for en indre helliggørelse, som ville forberede Emma på ophøjelse. »Medmindre du gør dette,« forklarede Herren hende, »kan du ikke komme der, hvor jeg er.«

Hvis vi læser afsnit 25 nøje, kan vi se en vigtig udvikling finde sted. Emma gik fra at være en datter i riget til en »udvalgt kvinde« til dronning. Ordinancer i Det Aronske og Det Melkisedekske Præstedømme ville i kombination med hendes pagtsløfter øge Åndens og engles ledsagelse, og give hende kraft til at navigere gennem livet med guddommelig vejledning. Gennem Guds guddommelige kraft ville han hele hendes hjerte,

would heal her heart, enlarge her capacity, and transform her into the version of herself He knew she could become. And through the ordinances of the Melchizedek Priesthood, “the power of godliness [would be] manifest” in her life, and the Lord would part the veil so she could receive understanding from Him. This is what it looks like for God’s power to work within us.

President Russell M. Nelson taught:

“Everything that happened in [Harmony] has profound implications for your lives. The restoration of the priesthood, along with the Lord’s counsel to Emma, can guide and bless each of you. ...

“... Accessing the power of God in your life requires the same things that the Lord instructed Emma and each of [us] to do.”

There were important things happening on both sides of that window in Harmony, including the revelation given to the elect lady whom the Lord had called—a revelation that would strengthen, encourage, and instruct Emma Smith, God’s daughter.

When our granddaughter Isabelle was given a name and a blessing, her father blessed her with an understanding of the priesthood; that she would continue to grow in and learn about the blessing it would provide in her life; and that her faith in the priesthood would grow as she continued to grow in understanding.

It is not often a little girl is blessed to understand the priesthood and to learn how those priesthood ordinances and covenant promises will help her to access God’s power. But I remembered Emma and thought to myself, Why not? This tiny daughter has the potential to become an elect lady in His kingdom and eventually a queen. Through His priesthood ordinances and the keeping of her covenant promises, God’s power will work in and through her to help her overcome whatever life brings and become the woman God knows she can become. This is something I want each girl in the kingdom to understand.

“Live up to your privileges.”

Learn how priesthood ordinances and covenant promises will allow God’s power to flow into your life with greater efficacy, working in and through you, empowering and equipping you to reach your full purpose and potential.

Carefully study and ponder the Aaronic and the Melchizedek Priesthood ordinances, the cov-

øge hendes evner og transformere hende til den udgave af sig selv, han vidste, hun kunne blive. Og gennem ordinancerne i Det Melkisedekske Præstedømme ville »guddommelighedens kraft« blive tilkendegivet i hendes liv, og Herren ville løfte sløret, så hun kunne modtage forståelse fra ham. Deter sådan, det ser ud, når Guds kraft virker i os.

Præsident Russell M. Nelson har sagt:

Alt, der skete i [Harmony], har stor betydning for jeres liv. Præstedømmets gengivelse kan tillige med Herrens råd til Emma vejlede og velsigne jer alle ...

Det kræver det samme, som Herren bad Emma og [os] hver især om at gøre, at få adgang til Guds kraft.«

Der skete vigtige begivenheder på begge sider af det vindue i Harmony, heriblandt den åbenbaring, der blev givet til en udvalgt kvinde, som Herren havde kaldet – en åbenbaring, der gav Emma Smith, en Guds datter, styrke, opmuntring og instruktioner.

Da vores barnebarn Isabella fik sit navn og en velsignelse, velsignede hendes far hende med en forståelse af præstedømmet, og at hun ville fortsætte med at udvikle sig og lære om den velsignelse, det ville være for hende, og at hendes tro på præstedømmet ville vokse, efterhånden som hun fortsatte med at udvikle sin forståelse.

Det er ikke ofte, at en lille pige bliver velsignet med at forstå præstedømmet og at lære, hvordan de præstedømmeordinancer og pagtsløfter vil give hende adgang til Guds kraft. Men jeg huskede Emma og tænkte: Hvorfor ikke? Denne lille datter har potentialet til at blive en udvalgt kvinde i hans rige og i sidste ende en dronning. Gennem Guds præstedømmeordinancer og overholdelse af hendes pagtsløfter vil Guds kraft virke i og gennem hende som en hjælp til at overvinde, hvad som helst livet byder på, og hun vil blive den kvinde, Gud ved, hun kan blive. Det er noget, jeg ønsker, at alle piger i riget forstår.

»Lev op til jeres privilegier.«

Lær, hvordan præstedømmeordinancer og pagtsløfter vil lade Guds kraft flyde ind i jeres liv med større virkning, virke i jer og gennem jer, give jer kraft og udruste jer til at nå jeres fulde mål og potentiale.

Studer nøje og tænk over ordinancerne i Det Aronske og Det Melkisedekske Præstedømme,

enant promises we make with each, and the power of God we access through those ordinances.

Remember, it's not only who officiates in the ordinance that matters; what the ordinance and your covenant promise unlock also deserves the focus of your attention.

Partaking of the bread and water is a weekly reminder of His power working in you to help you overcome. Wearing the garment of the holy priesthood is a daily reminder of the gift of His power working in you to help you become.

We all have access to the gift of God's power.

Every time we partake of the sacrament.

Every time we cross the threshold of a temple.

This is the highlight of my Sabbath. This is why I cherish my temple recommend.

"In the ordinances thereof, the power of godliness is manifest."

Of this gift I bear witness in the name of Jesus Christ, amen.

de pagtsløfter, vi indgår med hver, og den Guds kraft, vi har adgang til gennem disse ordinancer.

Husk, det er ikke alene, hvem der forretter ordinancer, der har betydning; det som ordnan-  
cen og pagtsløftet åbner op for, fortjener også  
jeres fokus.

Når vi nyder brød og vand, er det en ugentlig påmindelse om hans kraft, der virker i jer som hjælp til at overvinde. Når vi klæder os i det hellige præstedømmes klædning er det en daglig påmindelse om hans krafts gave, der virker i jer som hjælp til at blive til endnu mere.

Vi har alle adgang til Guds krafts gave.

Hver gang vi nyder nadveren.

Hver gang vi træder over tærsklen til et tempel.

Det er højdepunktet på min sabbat. Derfor elsker jeg min tempelanbefaling.

»Guddommelighedens kraft [tilkendegives] i dets ordinancer.«

Jeg bærer vidnesbyrd om denne gave i Jesu Kristi navn. Amen.