

His Hand Ready to Help Us

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Hans hånd er parat til at hjælpe os

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As we reach out to Jesus Christ in faith, He will always be there.

When I was a child, as a family we went on vacation to a beach on the coast of my native country, Chile. I was excited to spend some days enjoying the summer with my family. I was also thrilled because I thought I could finally join in and do what my two older brothers usually did for fun on the water.

One day my brothers went to play where the waves were breaking, and I felt big and mature enough to follow them. As I moved toward that area, I realized the waves were larger than they appeared from the shore. Suddenly, a wave rapidly approached me, taking me by surprise. I felt like the power of nature had taken over me, and I was dragged into the depths of the sea. I couldn't see or feel any reference point as I was tossed around. Just as I thought my adventure on the earth might be coming to an end, I felt a hand pulling me toward the surface. Finally, I could see the sun and catch my breath.

My brother Claudio had seen my attempts to act as a grown-up and had come to my rescue. I was not far from the shore. Even though the water was shallow, I was disoriented and had not realized I could have helped myself. Claudio told me that I needed to be careful and, if I wanted, he could teach me. Despite the gallons of water I had swallowed, my pride and desire to be a big boy were stronger, and I said, "Sure."

Claudio told me I needed to attack the waves. I told myself I would surely lose that battle

Når vi rækker ud til Jesus Kristus i tro, vil han altid være der.

Da jeg var barn, tog vi på familieferie til en strand i mit hjemland, Chile. Jeg glædede mig til at bruge nogle dage på at nyde sommeren med min familie. Jeg glædede mig også helt vildt, fordi jeg troede, at jeg endelig kunne være med til at lave alle de sjove ting i vandet, som mine to ældre brødre plejede at gøre.

En dag gik mine brødre ud for at lege, der hvor bølgerne brydes, og jeg følte mig stor og moden nok til at tage med dem. Efterhånden som jeg bevægede mig ud mod det område, indså jeg, at bølgerne var større, end de så ud til at være inde fra stranden. Pludselig slog en bølge hurtigt ind mod mig, hvilket jeg ikke havde forventet. Det føltes som om, at naturens kræfter havde overvundet mig, og jeg blev trukket ned i havets dyb. Jeg kunne hverken se eller mærke noget holdepunkt, da jeg blev hvirvlet rundt. Lige da jeg troede, at mit eventyr på denne jord måske var ved at nærme sig sin afslutning, mærkede jeg en hånd, der trak mig op mod overfladen. Endelig kunne jeg se solen og få vejret igen.

Min bror Claudio havde set mit forsøg på at opføre mig som en voksen og var kommet mig til undsætning. Jeg var ikke langt fra kysten. Selvom vandet var lavt, var jeg desorienteret og indså ikke, at jeg kunne have hjulpet mig selv. Claudio sagde til mig, at jeg skulle passe på, og hvis jeg ville, kunne han godt lære mig hvordan. Til trods for de mange liter vand, jeg havde slugt, var min stolthed og mit ønske om at være en stor dreng stærkere, og jeg sagde: »Helt fint.«

Claudio fortalte mig, at jeg måtte angribe bølgerne. Jeg sagde til mig selv, at jeg helt sikkert

against what seemed like a huge wall of water.

As a new big wave approached, Claudio quickly said, "Look at me; this is how you do it." Claudio ran toward the incoming wave and dove into it before it broke. I was so impressed with his dive that I lost sight of the next incoming wave. So again I was sent to the depths of the sea and tossed by the forces of nature. A few seconds later, a hand grasped mine, and I was again pulled toward the surface and air. The flame of my pride was extinguishing.

This time my brother invited me to dive with him. As per his invitation, I followed him, and we dove together. I felt as if I was conquering the most complicated challenge. Certainly, it was not very easy, but I did it, thanks to the help and example shown by my brother. His hand rescued me twice; his example showed me how to deal with my challenge and be victorious that day.

President Russell M. Nelson has invited us to think celestial, and I want to follow his advice and apply it to my summer story.

The Savior's Power over the Adversary

If we think celestial, we will understand that in our lives we will face challenges that seem greater than our capacity to overcome them. During our mortal time, we are subject to the attacks of the adversary. Like the waves that had power over me that summer day, we can feel powerless and want to give in to a stronger fate. Those "malicious waves" could jostle us from side to side. But do not forget who has power over those waves and, in fact, over all things. That is our Savior, Jesus Christ. He has the power to help us out of every miserable condition or adverse situation. Regardless of whether we feel close to Him, He still can reach us where we are as we are.

As we reach out to Him in faith, He will always be there, and in His time, He will be ready and willing to grasp our hands and pull us up to a safe place.

The Savior and His Ministering Example

If we think celestial, we will recognize Jesus Christ as a flawless example of ministry. There is

ville tabe kampen mod det, der syntes at være en kæmpemæssig mur af vand.

Da en ny stor bølge nærmede sig, sagde Claudio hurtigt: »Se på mig, det er sådan her, man gør.« Claudio løb hen mod bølgen og dykkede ind i den, før den brød. Jeg var så imponeret over hans dyk, at jeg ikke holdt øje med den næste bølge, der skyllede ind. Så endnu en gang blev jeg sendt ned på havets dyb og kastet rundt af naturens kræfter. Et par sekunder senere greb en hånd fat om min, og jeg blev igen trukket op mod overfladen og luften. Min stoltheds flamme var ved at gå ud.

Denne gang opfordrede min bror mig til at dykke sammen med sig. På hans opfordring fulgte jeg med ham, og vi dykkede sammen. Jeg havde det som om, jeg havde klaret den mest komplicerede udfordring. Det var bestemt ikke særligt let, men jeg klarede det takket være den hjælp og det eksempel, min bror viste mig. Hans hånd reddede mig to gange, og hans eksempel viste mig, hvordan jeg skulle håndtere min udfordring og stå som sejrherre den dag.

Præsident Russell M. Nelson har opfordret os til at tænke celestiale, og jeg ønsker at følge hans råd og anvende det på min sommerhistorie.

Frelserens magt over modstanderen

Hvis vi tænker celestiale, vil vi forstå, at vi vil få udfordringer i vores liv, der virker til at være større end vores evne til at overvinde dem. Under vores tid på jorden er vi genstand for modstanderens angreb. Ligesom bølgerne, der havde magt over mig den sommerdag, kan vi føle os magtesløse og ønske at give efter for en stærkere skæbne. Sådan nogle »ondskabsfulde bølger« kan slynge os fra side til side. Men glem ikke hvem, der har magt over disse bølger og faktisk over alt. Nemlig vor Frelser, Jesus Kristus. Han har magten til at hjælpe os ud af enhver elendig tilstand eller situation med modstand. Uanset om vi føler os tæt på ham eller ej, kan han stadig nå os, hvor vi er, og som vi er.

Når vi rækker ud til ham i tro, vil han altid være der, og i hans tid vil han være klar og villig til at gribe vores hænder og trække os op på et sikkert sted.

Frelseren og hans eksempel på omsorg

Hvis vi tænker celestiale, vil vi genkende Jesus Kristus som et fejlfrit eksempel på omsorg.

a pattern for us in the scriptures when He or His disciples reach out to someone in need of help, rescue, or a blessing as they reach out with their hands. As in my story, I knew my brother was there, but being there for me was not enough. Claudio knew I was in trouble, and he went to help lift me from the water.

Occasionally, we think that we only need to be there for someone in need, and many times there is more we can do. Having an eternal perspective can help us receive revelation to offer timely assistance to others in need. We can rely on the guidance and inspiration of the Holy Ghost to discern what kind of help is needed, whether it is temporal support like emotional comfort, food, or aid with daily tasks, or spiritual guidance to help others in their journey to prepare, make, and honor sacred covenants.

The Savior Is Ready to Rescue Us

When Peter, the senior Apostle, “walked on the water, to go to Jesus, ... he was afraid; and beginning to sink”; then “he cried, saying, Lord, save me.” Jesus knew the faith Peter had exercised to come unto Him on the water. He was also aware of Peter’s fear. According to the account, Jesus “immediately ... stretched forth his hand, and caught him,” saying the following words: “O thou of little faith, wherefore didst thou doubt?” His words were not to scold Peter but to remind him that He, the Messiah, was with him and the disciples.

If we think celestial, we will receive the confirmation in our hearts that Jesus Christ is indeed our Rescuer, our Advocate with the Father, and our Redeemer. As we exercise faith in Him, He will save us from our fallen state, beyond our challenges, infirmities, and needs in this temporal life, and give us the greatest of all gifts, which is eternal life.

The Savior Does Not Give Up on Us

My brother did not give up on me that day but persisted so I could learn how to do it for myself. He persisted, even if that required rescuing me twice. He persisted, even if I could not get it at first. He persisted so I could overcome that challenge and succeed. If we think celestial, we

Der er et mønster til os i skrifterne, når han eller hans disciple rækker ud til nogen, der har brug for hjælp, brug for at blive reddet eller har brug for en velsignelse, når de rækker deres hænder ud. Ligesom i min historie vidste jeg, at min bror var der, men det var ikke nok, at han bare var der for mig. Claudio vidste, at jeg var i vanskeligheder, og han gik ud for at hjælpe ved at løfte mig op af vandet.

Vi tror måske indimellem, at vi bare skal at være der for nogen i nød, men mange gange er der mere, vi kan gøre. Det at have et evigt perspektiv kan hjælpe os til at modtage åbenbaring, hvorved vi kan yde rettidig hjælp til andre, der har behov for den. Vi kan stole på Helligåndens vejledning og inspiration til at kunne afgøre, hvilken slags hjælp, der er behov for, hvad enten det er timelig assistance, såsom følelsesmæssig støtte, mad, hjælp med hverdagsopgaver eller åndelig vejledning, der kan hjælpe andre på deres rejse mod at forberede sig til, indgå og holde hellige pagter.

Frelseren står parat til at redde os

Da seniorapostlen, Peter, »gik på vandet hen til Jesus ... blev han bange, og han begyndte at synke« og »råbte: Herre, frels mig.« Jesus vidste hvilken slags tro, Peter havde udøvet for at komme ud til ham på vandet. Han kendte også til Peters frygt. Ifølge beretningen rakte Jesus straks »hånden ud, greb fat i ham« og sagde følgende ord: »Du lidettroende, hvorfor tvivlede du?« Hans ord havde ikke til formål at skælde Peter ud, men at minde ham om, at det var ham, nemlig Messias, der var med ham og disciplene.

Hvis vi tænker celestiale, vil vi modtage en bekræftelse i vores hjerte på, at Jesus Kristus virkelig er vores redningsmand, vores talsmand hos Faderen og vor Forløser. Når vi udøver tro på ham, vil han frelse os fra vores faldne tilstand på trods af vores udfordringer, svagheder og behov i dette jordiske liv, og han vil give os den største af alle gaver, nemlig evigt liv.

Frelseren opgiver os ikke

Min bror gav ikke op overfor mig den dag, men var derimod vedholdende, så jeg kunne lære at gøre det selv. Han var vedholdende, selvom det krævede, at han reddede mig to gange. Han var vedholdende, selvom jeg ikke forstod det første gang. Han var vedholdende, så jeg kunne

will realize that our Savior will be there as many times as necessary to provide help if we want to learn, change, overcome, cope, or succeed in whatever will bring true and everlasting happiness to our lives.

The Savior's Hands

The scriptures immortalize the symbol and significance of the Savior's hands. In His atoning sacrifice, His hands were pierced by nails to affix Him to the cross. After His Resurrection, He appeared to His disciples in a perfect body, but the prints in His hands remain as a reminder of His infinite sacrifice. His hand will always be there for us, even if we cannot see it or feel it at first, because He was chosen by our Heavenly Father to be our Savior, the Redeemer of all humankind.

Within Our Grasp, by Jay Bryant Ward

The Hand of God, by Yongsung Kim

If I think celestial, I know that we are not left alone in this life. While we must face challenges and trials, our Heavenly Father knows our capabilities and knows we can bear or overcome our difficulties. We must do our part and turn to Him in faith. His Beloved Son, Jesus Christ, is our rescuer and will always be there. In His name, the sacred name of Jesus Christ, amen.

overvinde den udfordring og få succes. Hvis vi tænker celestialet, vil vi indse, at vor Frelser vil være der for at tilbyde hjælp, lige så mange gange det kræves, hvis vi ønsker at lære, forandre os, stå igennem, klare os godt og få succes med hvad som helst, der vil bringe sand og evigtvarende glæde ind i vores liv.

Frelserens hænder

Skrifterne udødeliggør symbolet og betydningen af Frelserens hænder. Som en del af Frelserens sonoffer blev hans hænder gennemboet af nagler for at fastgøre ham til korset. Efter hans opstandelse viste han sig for disciplene i et fuldkommengjort legeme, men mærkerne i hans hænder forbliver synlige som en påmindelse om hans uendelige offer. Hans hånd vil altid være der for os, selvom vi ikke umiddelbart kan se eller mærke den, fordi han blev udvalgt af vor himmelske Fader til at være vor Frelser, hele menneskeheds Forløser.

Indenfor vores rækkevidde [Within Our Grasp], af Jay Bryant Ward

Guds hånd [The Hand of God], af Yongsung Kim

Jeg ved, at hvis vi tænker celestialet, vil vi ikke blive overladt til os selv i dette liv. Selvom vi nødvendigvis må opleve udfordringer og prøvelser, kender vor himmelske Fader vores evner og ved, at vi kan bære eller overvinde vores vanskeligheder. Vi må gøre vores del og vende os til ham i tro. Hans elskede Søn, Jesus Kristus, er vores redningsmand og vil altid være der for os. I hans navn, Jesu Kristi hellige navn. Amen.