

Holiness to the Lord in Everyday Life

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Hellighed for Herren i dagligdagen

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Holiness to the Lord makes daily living sacred. It draws us closer and happier to the Lord and each other.

Our recent Gong family reunion included a fun talent show, complete with a dad jokes contest.

But this contest was unusual. On one team was Grandpa (me) and two of the grandchildren, ages 12 and 11. On the other team was an artificial intelligence (AI) program prompted by a cousin to tell dad jokes in the style of Gerrit W. Gong. Grandpa Gerrit Gong versus AI Gerrit Gong.

The grandchildren and I went first.

What do you call a dinosaur who crashes his car? Tyrannosaurus Wrecks.

AI Gerrit Gong was instructed—think like Gerrit W. Gong. Talk like him.

AI Gerrit Gong—“Here is a dad joke as if spoken by Gerrit W. Gong, embracing his warm, thoughtful, and uplifting style: Why did the humble tree make people smile? Because it was rooted in love and reached out with branches of kindness. Like that tree, we too can find strength in our roots and joy in extending kindness to others.”

Well, what do you think? That’s why they’re called dad jokes.

All around us are opportunities to laugh, delight, see with grateful eyes. Ours is a gospel of joy and holiness in everyday life. Holiness sets things apart for sacred purpose. But holiness also invites us to infuse daily living with the sacred—to rejoice in daily bread amidst this world’s thistles and thorns. To walk with the Lord, we must become holy, for He is holy, and to help us

Hellighed for Herren helliggør hverdagslivet. Det bringer os tættere på Herren og hinanden og gør os lykkeligere.

Vores seneste familiesammenkomst omfattede et sjovt talentshow, som blev fuldendt med en konkurrence i far-vittigheder.

Men denne konkurrence var usædvanlig. Det ene hold bestod af bedstefar (mig) og to af børnebørnene på 11 og 12 år. Det andet hold bestod af et kunstigt intelligens-program (AI) styret af en fætter i familien til at fortælle far-vittigheder i samme stil som Gerrit W. Gong. Bedstefar Gerrit Gong mod AI Gerrit Gong.

Børnebørnene og jeg lagde ud.

Hvad kalder man en dinosaur, der kommer til skade? Tyrannos-AV-rus.

AI Gerrit Gong blev instrueret til at tænke som Gerrit W. Gong. Tale ligesom ham.

AI Gerrit Gong: »Her er en far-vittighed, fortalt som Gerrit W. Gong med hans varme, eftertænksomme og opløftende stil: Hvorfor fik det ydmyge træ folk til at smile? Fordi det var rodfæstet i kærlighed og rakte ud med grene af venlighed. Ligesom det træ kan vi også finde styrke i vores rødder og finde glæde i at række ud til andre med venlighed.«

Nå, hvad synes I? Det er derfor, de kaldes far-vittigheder.

Overalt omkring os er der muligheder for at le, finde glæde og iagttage taknemmelighed. Vores evangelium handler om glæde og hellighed i dagligdagen. Hellighed giver visse ting et helligt formål. Men hellighed indbyder os også til at tilføre hverdagen det hellige – at fryde os over det daglige brød midt iblandt denne verdens tidsler og torne. For at vandre med Herren må vi blive

become holy, the Lord invites us to walk with Him.

We each have a story. As Sister Gong and I meet you—Church members and friends in many places and circumstances—your stories of holiness to the Lord in everyday life inspire us. You live seven Cs: communion with God, community and compassion with each other, commitment and covenant with God, family, and friends—centered in Jesus Christ.

Growing evidence highlights this striking fact: religious believers are on average happier, healthier, and more fulfilled than those without spiritual commitment or connection. Happiness and life satisfaction, mental and physical health, meaning and purpose, character and virtue, close social relationships, even financial and material stability—on each measure, religious practitioners flourish.

They enjoy better physical and mental health and greater life satisfaction across all ages and demographic groups.

What researchers call “religious structural stability” offers clarity, purpose, and inspiration amidst life’s twists and turns. The household of faith and community of Saints combat isolation and the lonely crowd. Holiness to the Lord says no to the profane, no to snarky cleverness at others’ expense, no to algorithms that monetize anger and polarization. Holiness to the Lord says yes to the sacred and reverent, yes to our becoming our freest, happiest, most authentic, best selves as we follow Him in faith.

What does holiness to the Lord in everyday life look like?

Holiness to the Lord in everyday life looks like two faithful young adults, married for a year, sharing with authenticity and vulnerability gospel covenants, sacrifice, and service in their unfolding lives.

She begins, “In high school, I was in a dark place. I felt like God wasn’t there for me. One night, a text from a friend said, ‘Hey, have you read Alma 36 ever?’”

“As I started reading,” she said, “I was overcome with peace and love. I felt like I was being given this big hug. When I read Alma 36:12, I knew Heavenly Father saw me and knew exactly how I was feeling.”

She continues, “Before we got married, I was honest with my fiancé that I didn’t have a great

hellige, for han er hellig; og som hjælp til at blive hellig opfordrer Herren os til at vandre med ham.

Vi har hver især en historie. Når søster Gong og jeg møder jer – kirkemedlemmer og venner på mange steder og i mange situationer – inspirerer jeres historier om hellighed for Herren i dagligdagen os. I efterlever syv F’er: Forbindelse med Gud, fællesskab og finfølelse over for hinanden, – fast forsæt, og forpligtelse over for Gud, familie og venner – fokus på Frelseren Jesus Kristus.

Flere og flere beviser tyder på dette slående faktum: Religiøse mennesker er i gennemsnit lykkeligere, sundere og mere tilfredse end folk uden åndelig forpligtelse eller forbindelse. Lykke og tilfredshed i livet, mental og fysisk sundhed, mening og formål, karakter og dyder, nære sociale relationer, selv økonomisk og materiel stabilitet – de, der udøver deres religion, blomstrer i alle kategorierne.

De har en bedre fysisk og mental sundhed og større tilfredshed i livet på tværs af alder og demografi.

Det, forskere kalder »religiøs strukturel stabilitet«, giver klarhed, formål og inspiration trods livets mange uventede drejninger. Troens husstand og de helliges fællesskab bekæmper isolation, ensomhed og at føle sig fremmed. Hellighed for Herren siger nej til det vanhellige, nej til spydige smarte kommentarer på andres bekostning, nej til algoritmer, der tjener penge på vrede og polarisering. Hellighed for Herren siger ja til det hellige og ærbødige, ja til, at vi bliver vores frieste, lykkeligste og mest autentiske og bedste selv, når vi følger ham i tro.

Hvordan ser hellighed for Herren ud i dagligdagen?

Hellighed for Herren i dagligdagen ser ud som to trofaste unge voksne, der har været gift i et år, og som med autenticitet og sårbarhed deler evangeliske pagter, ofre og tjeneste, i takt med at deres liv udfolder sig.

Hun begynder: »I gymnasiet var jeg et mørkt sted. Jeg følte ikke, at Gud var der for mig. En aften skrev en ven i en sms: »Hej, har du nogensinde læst Alma 36?«

»Da jeg begyndte at læse,« siger hun, »blev jeg overvældet af fred og kærlighed. Jeg følte, at jeg fik et stort kram. Da jeg læste Alma 36:12, vidste jeg, at vor himmelske Fader så mig og vidste præcis, hvordan jeg havde det.«

Hun fortsætter: »Inden vi blev gift, var jeg ærlig over for min forlovede og fortalte ham, at

testimony of tithing. Why did God need us to give money when others had so much to give? My fiancé helped explain it's not about money but following a commandment asked of us. He challenged me to start paying tithing.

"I really saw my testimony grow," she said. "Sometimes money gets tight, but we saw so many blessings, and somehow paychecks were enough."

Also, "in my nursing class," she said, "I was the only member of the Church and the only one married. Many times I left class frustrated or crying because I felt classmates singled me out and made negative comments about my beliefs, my wearing my garments, or my being married so young."

Yet she continues, "This past semester I learned how to better voice my beliefs and be a good gospel example. My knowledge and testimony grew because I was tested in my ability to stand alone and be strong in what I believe."

The young husband adds, "Before my mission I had offers to play college baseball. Making the difficult decision, I put those offers aside and went to serve the Lord. I wouldn't trade those two years for anything."

"Returning home," he said, "I expected a difficult transition but found myself stronger, faster, and healthier. I was throwing harder than when I left. I had more offers to play than when I left, including my dream school. And, most importantly," he said, "I rely upon the Lord more than ever."

He concludes, "As a missionary I taught that Heavenly Father promises us power in our prayers, but sometimes I forget that for myself."

Our treasury of missionary holiness-to-the-Lord blessings is rich and full. Finances, timing, and other circumstances are often not easy. But when missionaries of all ages and backgrounds consecrate holiness to the Lord, things can work out in the Lord's time and way.

Now with a 48-year perspective, a senior missionary shares, "My dad wanted me to get a college education, not go on a mission. Shortly after that, he had a heart attack and died at age 47. I felt guilty. How could I make things right with my father?"

jeg ikke havde et stort vidnesbyrd om tiende. Hvorfor havde Gud brug for, at vi gav penge, når andre havde så meget at give? Min forlovede forklarede, at det ikke handler om penge, men om et bud, vi er blevet bedt om at efterleve. Han udfordrede mig til at begynde at betale tiende.

»Jeg så virkelig mit vidnesbyrd vokse,« siger hun. »Nogle gange blev pengene knappe, men vi så så mange velsignelser, og på en eller anden måde slog vores løn til.«

Og »på min sygeplejerskeuddannelse,« siger hun, »var jeg det eneste medlem af Kirken og den eneste, der var gift. Mange gange forlod jeg klassen frustreret eller grædende, fordi jeg følte, at mine klassekammerater var efter mig og kom med negative kommentarer om min tro, min tempelklædning eller at jeg var blevet gift så ung.«

Hun fortætter: »I det forgangne semester har jeg lært, hvordan jeg bedre kan sætte ord på min tro og være et godt eksempel på evangeliet. Min kundskab og mit vidnesbyrd er vokset, fordi min evne til at stå alene og være stærk i det, jeg tror på, er blevet prøvet.«

Den unge ægte mand tilføjer: »Inden min mission fik jeg tilbud om at spille baseball på college. Jeg traf den svære beslutning, og jeg lagde tilbuddene til side og tog af sted for at tjene Herren. Jeg vil ikke bytte de to år for noget andet.

Da jeg vendte hjem,« siger han, »forventede jeg en svær overgang, men jeg opdagede, at jeg var stærkere, hurtigere og sundere. Jeg kastede bedre, end da jeg tog afsted. Jeg har fået flere tilbud om at spille, end da jeg rejste, inklusive fra min drømmeskole. Og vigtigst af alt,« siger han, »stoler jeg mere end nogensinde på Herren.«

Han afslutter: »Som missionær lærte jeg, at vor himmelske Fader lover os kraft i vores bønner, men sommetider glemmer jeg det selv.«

Vores missions skatkammer af velsignelser ved hellighed-til-Herren er rigt og fyldigt. Ofte er økonomi, timing og andre omstændigheder ikke lette. Men når missionærer i alle aldre og med alle mulige baggrunde helliggør sig for Herren, kan tingene ordne sig til Herrens tid og på Herrens måde.

Nu med et perspektiv 48 år efter siger en seniormissionær: »Min far ønskede, at jeg fik en universitetsuddannelse, og at jeg ikke tog på mission. Kort tid efter fik han et hjerteanfald og døde i en alder af 47 år. Jeg følte mig skyldig. Hvordan kunne jeg gøre det godt igen med min far?

“Later,” he continues, “after I decided to serve a mission, I saw my father in a dream. Peaceful and contented, he was happy I would serve.”

This senior missionary continues, “As-Doctrine and Covenants section 138 teaches, I believe my father could serve as a missionary in the spirit world. I picture my father helping our great-grandfather, who left Germany at age 17 and was lost to the family, be found again.”

His wife adds, “Among the five brothers in my husband’s family, the four who served missions are the ones with college degrees.”

Holiness to the Lord in everyday life looks like a young returning missionary who learned to let God prevail in his life. Earlier, when asked to bless someone who was very sick, this missionary said, “I have faith; I will bless him to recover. Yet,” the returning missionary says, “I learned in that moment to pray not for what I wanted but for what the Lord knew the person needed. I blessed the brother with peace and comfort. He later passed away peacefully.”

Holiness to the Lord in everyday life feels like a spark arcing across the veil to connect, comfort, and strengthen. An administrator at a major university says he feels individuals he knows only by reputation praying for him. Those individuals devoted their lives to the university and continue to care about its mission and students.

A sister does her best each day, after her husband was unfaithful to her and the children. I deeply admire her and others like her. One day while folding laundry, her hand on a stack of garments, she sighed to herself, “What’s the point?” She felt a tender voice assure her, “Your covenants are with me.”

For 50 years, another sister yearned for a relationship with her father. “Growing up,” she says, “there were my brothers and my dad, and then there was me—the only daughter. All I ever wanted was to be ‘good enough’ for my dad.

“Then my mom passed away! She was my only liaison between my dad and me.

“One day,” the sister said, “I heard a voice say, ‘Invite your dad and take him to the temple with you.’ That was the beginning of a twice-a-month date with my daddy to the house of the Lord. I

»Senere,« fortsætter han, »efter jeg havde besluttet mig for at tage på mission, så jeg min far i en drøm. Han var fredfyldt, tilfreds og glad for, at jeg ville tjene.«

Denne seniormissionær fortsætter: »Som der står i Lære og Pagter afsnit 138, tror jeg, at min far kunne tjene som missionær i åndeverdenen. Jeg ser for mig, at min far hjælper min oldefar, der som 17-årig forlod Tyskland og blev væk fra sin familie, med at blive fundet igen.«

Hans hustru tilføjer: »Blandt de fem brødre i min mands familie er det de fire, der tog på mission, der har en videregående uddannelse.«

Hellighed for Herren i dagligdagen ligner en ung hjemvendt missionær, der lærte at lade Gud råde i sit liv. Da denne missionær tidligere var blevet bedt om at velsigne en, der var meget syg, sagde han: »Jeg har tro. Jeg vil velsigne ham til at komme sig. Men,« siger den hjemvendte missionær, »jeg lærte i det øjeblik, at jeg ikke skulle bede om det, jeg ønskede, men om det, Herren vidste, at personen havde brug for. Jeg velsignede den bror med fred og trøst. Han gik senere fredfyldt bort.«

Hellighed for Herren i dagligdagen føles som en gnist, der rækker over sløret for at forbinde, trøste og styrke. En administrator på et stort universitet siger, at han kan mærke, at personer, han kun kender af omdømme, beder for ham. Disse personer har viet deres liv til universitetet og fortsætter med at bekymre sig om dets mission og studerende.

En søster gør sit bedste hver dag, efter at hendes mand var hende utro og forlod hende og børnene. Jeg beundrer hende, og andre som hende, dybt. En dag, mens hun lagde vasketøj sammen, lagde hun hånden på en stak tempelklædninger og sukkede for sig selv: »Hvad nytter det?« Hun følte en blid stemme forsikre hende: »Dine pagter er med mig.«

I 50 år længtes en anden søster efter et forhold til sin far. »Da jeg voksede op,« siger hun, »var der mine brødre og min far, og så var der mig – den eneste datter. Det eneste jeg nogensinde ønskede mig, var at være ›god nok‹ i min fars øjne.

Så døde min mor! Hun var det eneste bindeled mellem min far og mig.

»En dag,« siger søsteren, »hørte jeg en stemme sige: ›Inviter din far til at tage med dig til templet.‹ Det var begyndelsen på at have aftaler to gange om måneden med min far i Herrens

told my dad I loved him. He told me he loved me too.

“Spending time in the house of the Lord has healed us. My mom could not help us on earth. It took her being on the other side of the veil to help mend what was broken. The temple completed our journey to wholeness as an eternal family.”

The father says, “The temple dedication was a great spiritual experience for me and my only daughter. Now we attend together and feel our love strengthen.”

Holiness to the Lord in everyday life includes tender moments when loved ones pass. Earlier this year, my dear mother, Jean Gong, slipped into the next life days before her 98th birthday.

If you asked my mother, “Would you like rocky road, white chocolate ginger, or strawberry ice cream?” Mom would say, “Yes, please, may I taste each one?” Who could say no to your mother, especially when she loved all of life’s flavors?

I once asked Mom which decisions had most shaped her life.

She said, “Being baptized a member of The Church of Jesus Christ of Latter-day Saints and moving from Hawaii to the mainland, where I met your father.”

Baptized as a 15-year-old, the only member of her large family to join our Church, my mother had covenant faith and trust in the Lord that blessed her life and all our family generations. I miss my mother, as you miss members in your family. But I know my mother is not gone. She is just not here now. I honor her and all who pass as valiant examples of everyday holiness to the Lord.

Of course, holiness to the Lord in everyday life includes coming more often to the Lord in His holy house. This is true whether we are Church members or friends.

Three friends came to the Bangkok Thailand Temple open house.

“This is a place of super healing,” said one.

In the baptism, another said, “When I am here, I want to be washed clean and never sin again.”

The third said, “Can you feel the spiritual power?”

With nine sacred words, our temples invite and proclaim:

hus. Jeg fortalte min far, at jeg elskede ham. Han fortalte mig, at han også elskede mig.

Den tid vi har tilbragt i Herrens hus har helbredt os. Min mor kunne ikke hjælpe os på jorden. Det krævede, at hun var på den anden side af sløret for at kunne reparere det, der var i stykker. Templet fuldendte vores rejse mod at blive hel som en evig familie.«

Faren siger: »Tempelindvielsen var en stor åndelig oplevelse for mig og min eneste datter. Nu deltager vi sammen og føler vores kærlighed blive styrket.«

Hellighed for Herren i dagligdagen omfatter ømme øjeblikke, når ens kære går bort. Tidligere i år overgik min kære mor, Jean Gong, til det næste liv få dage før sin 98-års fødselsdag.

Hvis man havde spurgt min mor: »Vil du have en is med rocky road, ingefær med hvid chokolade eller jordbær?« Så ville min mor sige: »Ja tak, må jeg smage en af hver?« Hvem kan sige nej til sin mor, især når hun elsker alle livets smage?

Jeg spurgte engang min mor, hvilke beslutninger der havde formet hendes liv mest.

Hun sagde: »At blive døbt som medlem af Jesu Kristi Kirke af Sidste Dages Hellige og flytte fra Hawaii til fastlandet, hvor jeg mødte din far.«

Min mor blev døbt som 15-årig og var den eneste i sin store familie, der tilsluttede sig Kirken. Hun havde pagts-tro og tillid til Herren, som velsignede hende og hele vores slægt. Jeg savner min mor, ligesom I savner medlemmer af jeres familie. Men jeg ved, at min mor ikke er væk. Hun er bare ikke her lige nu. Jeg ærer hende og alle, der går bort som tapre eksempler på dagligdagens hellighed for Herren.

Hellighed for Herren i dagligdagen omfatter selvfølgelig at komme oftere til Herren i hans hellige hus. Det er sandt, uanset om vi er medlemmer eller venner af Kirken.

Tre venner kom til åbent hus i templet i Bangkok i Thailand.

»Det her er et superhelbredende sted,« sagde en.

I dåbsværelset sagde en anden: »Når jeg er her, vil jeg gerne vaskes ren og aldrig synde igen.«

Den tredje sagde: »Kan I mærke den åndelige kraft?«

Med fire hellige ord indbyder og erklærer vores templer:

“Holiness to the Lord.

“The House of the Lord.”

Holiness to the Lord makes daily living sacred. It draws us closer and happier to the Lord and each other and prepares us to live with God our Father, Jesus Christ, and our loved ones.

As did my friend, you may wonder if your Heavenly Father loves you. The answer is a resounding, absolute yes! We can feel His love as we make holiness to the Lord ours each day, happy and forever. May we do so, I pray in the sacred name of Jesus Christ, amen.

»Helliget Herren.

Herrens hus.«

Hellighed for Herren helliggør hverdagslivet. Det bringer os tættere på Herren og hinanden og gør os lykkeligere og forbereder os på at leve med Gud vor Fader, Jesus Kristus og vores kære.

Ligesom min ven, spekulerer I måske på, om jeres himmelske Fader elsker jer. Svaret er et rungende og absolut ja! Vi kan føle hans kærlighed, når vi gør hellighed for Herren til vores hver dag, lykkeligt og for evigt. Må vi gøre dette, det beder jeg om i Jesu Kristi navn. Amen.