

Simple Is the Doctrine of Jesus Christ

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Jesu Kristi lære er enkel

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I bear witness of the sacred work of teaching Heavenly Father's children the simple doctrine of Jesus Christ.

All of us have family members we love who are being tempted and tried by the seemingly constant forces of Satan, the destroyer, who would make all God's children miserable. For many of us, there have been sleepless nights. We have tried to surround the people who are at risk with every force for good. We have pled in prayer for them. We have loved them. We have set the best example we could.

Alma, a wise prophet from ancient times, faced similar trials. The people he led and loved were frequently under attack by a ferocious enemy, yet they were still trying to rear righteous children in a world of wickedness. Alma felt his only hope of victory was a force which at times we underestimate and often use too little. He pled for God's help.

Alma knew that for God to help, repentance was required by those he led, as well as his adversaries. Thus, he opted for a different approach to battle.

The Book of Mormon describes it this way: "And now, as the preaching of the word had a great tendency to lead the people to do that which was just—yea, it had ... more powerful effect upon the minds of the people than the sword, or anything else, which had happened unto them—therefore Alma thought it was expedient that they should try the virtue of the word of God."

The word of God is the doctrine taught by Jesus Christ and by His prophets. Alma knew that the words of doctrine had great power.

In the 18th section of the Doctrine and Cov-

Jeg bærer mit vidnesbyrd om det hellige arbejde med at undervise vor himmelske Faders børn i Jesu Kristi enkle lære.

Vi har allesammen familiemedlemmer, vi elsker, som bliver fristet og prøvet af det, der føles som konstante påvirkninger fra ødelæggeren, Satan, som ønsker at gøre alle Guds børn ulykkelige. For mange af os har det medført søvnløse nætter. Vi har forsøgt at omgive dem, der er i fare, med al god indflydelse. Vi har bedt for dem. Vi har elsket dem. Vi har været det bedste eksempel, vi kunne være.

Alma, en vis profet fra fordums tid, stod over for lignende prøvelser. Det folk, han ledte og elskede, blev ofte angrebet af en voldsom fjende, alligevel forsøgte de stadig at opdrage retskafne børn i en verden af ugudelighed. Alma følte, at hans eneste håb om sejr var en styrke, som vi til tider undervurderer, og ofte bruger for lidt. Han bønbad Gud om hjælp.

Alma vidste, at for at Gud kunne hjælpe, var omvendelse påkrævet af dem, han ledte, såvel som af hans modstandere. Derfor valgte han en anden tilgang til kampen.

Mormons Bog beskriver det således: »Og se, eftersom forkyndelsen af ordet havde en stærk tendens til at få folket til at gøre det, der var retfærdigt – ja, den havde ... en større virkning på folkets sind end sværdet eller noget som helst andet, der var hændt dem – mente Alma derfor, at det var tjenligt, at de skulle prøve virkeevnen af Guds ord.«

Guds ord er den lære, som Jesus Kristus og hans profeter forkynder. Alma vidste, at lærens ord havde stor kraft.

Idet 18. afsnit i Lære og Pagteråbenbarer

enants, the Lord revealed the foundation of His doctrine:

“For, behold, I command all men everywhere to repent. ...

“For, behold, the Lord your Redeemer suffered death in the flesh; wherefore he suffered the pain of all men, that all men might repent and come unto him.

“And he hath risen again from the dead, that he might bring all men unto him, on conditions of repentance.”

“And you shall fall down and worship the Father in my name.

“... You must repent and be baptized, in the name of Jesus Christ.”

“Ask the Father in my name in faith, believing that you shall receive, and you shall have the Holy Ghost.”

“And now, after ... you have received this, you must keep my commandments in all things.”

“Take upon you the name of Christ, and speak the truth in soberness.

“And as many as repent and are baptized in my name, which is Jesus Christ, and endure to the end, the same shall be saved.”

In those few passages, the Savior gives us the perfect example of how we should teach His doctrine. This doctrine is that faith in the Lord Jesus Christ, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end blesses all of God’s children.

As we teach these principles to those we love, the Holy Ghost will help us to know the truth. Because we need the promptings of the Holy Ghost, we must avoid speculation or personal interpretation that goes beyond teaching true doctrine.

That can be hard to do when you love the person you are trying to influence. He or she may have ignored the doctrine that has been taught. It is tempting to try something new or sensational. But the Holy Ghost will reveal the spirit of truth only as we are cautious and careful not to go beyond teaching true doctrine. One of the surest ways to avoid even getting near false doctrine is to choose to be simple in our teaching. Safety is gained by that simplicity, and little is lost.

Teaching simply allows us to share the saving doctrine early on, while children remain untouched by the deceiver’s temptations that will

Herren grundlaget for sin lære:

»For se, jeg befaler alle mennesker overalt at omvende sig ...

for se, Herren, jeres forløser, led døden i kødet; således led han alle menneskers smerter, for at alle mennesker kunne omvende sig og komme til ham.

Og han er opstået igen fra de døde, for at kunne føre alle mennesker til sig på betingelse af omvendelse.«

»Og I skal falde ned og tilbede Faderen i mit navn ...

I må omvende jer og blive døbt i Jesu Kristi navn.«

»Bed Faderen i mit navn i tro, overbevist om at I skal modtage, så skal I få Helligånden.«

»Og se, efter at I har modtaget dette, må I holde mine befalinger i alt.«

»Påtag jer Kristi navn, og tal sandheden med alvor.

Og så mange, som omvender sig og bliver døbt i mit navn, hvilket er Jesus Kristus, og holder ud til enden, de skal blive frelst.«

I disse få vers giver Frelseren os det fuldkomne eksempel på, hvordan vi bør undervise i hans lære. Den lære er: tro på Herren Jesus Kristus, omvendelse, dåb, modtagelse af Helligåndsgaven og at holde ud til enden velsigner alle Guds børn.

Når vi underviser dem, vi elsker, i disse principper, vil Helligånden hjælpe os til at kende sandheden. Da vi har brug for Helligåndens tilskyndelser, må vi undgå spekulationer eller personlige fortolkninger, der går udover andet end at undervise i den sande lære.

Det kan være svært at gøre, når man elsker den person, som man prøver at påvirke. Vedkommende kan have ignoreret de lærdomme, der er blevet undervist i. Det er fristende at forsøge med noget nyt eller sensationelt. Men Helligånden vil kun åbenbare sandhedens ånd, når vi er forsigtige og påpasselige med ikke at undervise i andet end den sande lære. En af de sikreste måder, hvorpå vi kan sørge for ikke at komme i nærheden af falsk lære, er ved at være enkle i vores undervisning. Sikkerhed opnås ved den enkelhed, og meget lidt går tabt ved den.

Når vi underviser med enkelhed, betyder det, at vi kan dele frelsende lærdomme tidligt, mens børn stadig er uberørte af bedragerens fristelser,

later confront them, long before the truths they need to learn are drowned out by the noise of social media, peers, and their own personal struggles. We should seize every opportunity to share the teachings of Jesus Christ with children. These teaching moments are precious and far fewer compared to the relentless efforts of opposing forces. For every hour spent instilling doctrine into a child's life, there are countless hours of opposition filled with messages and images that challenge or ignore those saving truths.

Some of you may wonder whether it might be better to draw your children closer to you through having fun, or you may ask whether the child may start to feel overwhelmed by your teachings. Instead, we should consider, "With so little time and so few opportunities, what words of doctrine can I share that will strengthen them against the inevitable challenges to their faith?" The words you share today could be the ones they carry with them, and today will soon pass.

I have always admired my great-grandmother Mary Bommeli's devotion to sharing the doctrine of Jesus Christ. Her family was taught by missionaries in Switzerland when she was 24.

After being baptized, Mary desired to join the Saints in America, so she made her way from Switzerland to Berlin and found work with a woman who employed her to weave cloth for the family's clothing. Mary lived in a servant's room and set up her loom in the home's living area.

At that time, teaching the doctrine of The Church of Jesus Christ of Latter-day Saints was illegal in Berlin. But Mary found she could not keep from sharing the things she had learned. The woman of the house and her friends would gather around the loom to hear Mary teach. She spoke of the appearance of Heavenly Father and Jesus Christ to Joseph Smith, the visitation of angels, and the Book of Mormon. Remembering the accounts of Alma, she taught about the doctrine of the Resurrection. She testified that families can be reunited in the celestial kingdom.

Mary's enthusiasm to share the doctrine of the restored gospel soon caused trouble. It was not long before the police took Mary off to jail. On the way, she asked the policeman for the name of the judge she was to appear before the next morning. She also asked about his family and if he was a good father and husband. The

som senere vil møde dem, længe før sandhederne, de har brug for at lære, drukner i larmen fra de sociale medier, jævnaldrende og deres egne personlige udfordringer. Vi bør gribe enhver mulighed for at undervise børn om Jesu Kristi lærdomme. Disse undervisningsøjeblikke er dyrebare, og der er ikke så mange af dem sammenlignet med den utrættelige modstand. For hver time der bruges på at indgyde læren i et barns liv, er der utallige timers modsætninger fyldt med budskaber og billeder, der udfordrer og ignorerer disse frelsende sandheder.

Nogle af jer spekulerer muligvis på, om det måske var bedre at komme jeres børn nærmere gennem sjov, eller I spørger måske, om barnet muligvis begynder at føle sig overvældet af jeres undervisning. I stedet bør vi overveje: »Med så lidt tid og så få muligheder, hvilke lærdomsord kan jeg så dele, som vil styrke dem mod de uundgåelige udfordringer, deres tro vil stå over for?« De ord, I siger i dag, kan blive dem, de bærer med sig, og i dag vil snart være ovre.

Jeg har altid beundret min oldemor Mary Bommeli og hendes hengivenhed for at fortælle andre om Jesu Kristi lære. Hendes familie blev undervist af missionærer i Schweiz, da hun var 24.

Da Mary var blevet døbt, ønskede hun at slutte sig til de hellige i Amerika, så hun tog fra Schweiz til Berlin og fandt arbejde hos en kvinde, som ansatte hende til at væve stof til familiens tøj. Mary boede i et værelse for tjenestefolk og satte sin væv op i hjemmets stue.

På den tid var det ulovligt at undervise i Jesu Kristi Kirke af Sidste Dages Helliges lære i Berlin. Men Mary opdagede, at hun ikke kunne lade være med at dele det, hun havde lært. Husets frue og hendes venner samledes rundt om væven for at høre Mary undervise. Hun talte om vor himmelske Faders og Jesu Kristi tilsynkomst for Joseph Smith, englebesøg og Mormons Bog. Med tanke på Almas beretninger underviste hun om læren om opstandelsen. Hun bar vidnesbyrd om, at familier kan blive genforenet i det celestiale rige.

Marys entusiasme for at fortælle andre om det gengivne evangeliums lære voldte snart problemer. Det varede ikke længe, før politiet kom og førte Mary væk. På vejen til fængslet bad hun politimanden om navnet på den dommer, hun skulle stilles for næste morgen. Hun spurgte også ind til hans familie, og om han var en god far og

policeman described the judge as a man of the world.

In the jail, Mary requested a pencil and some paper. She spent the night writing a letter to the judge, bearing witness to the Resurrection of Jesus Christ as described in the Book of Mormon, discussing the spirit world, and explaining repentance. She suggested that the judge would need time to reflect on his life before facing final judgment. She wrote that she knew he had much to repent of, much which would deeply sadden his family and bring him great sorrow. In the morning, when she had finished her letter, she gave it to the policeman and asked him to deliver it to the judge, and he agreed to do so.

Later, the policeman was summoned by the judge to his office. The letter Mary had written was irrefutable evidence that she was teaching the doctrine of the restored gospel and, by so doing, breaking the law. However, it wasn't long before the policeman returned to Mary's cell. He told her that all charges were dismissed and that she was free to go. Her teaching the doctrine of the restored gospel of Jesus Christ had caused her to be cast into jail. And her declaring the doctrine of repentance to the judge got her cast out of jail.

Mary Bommeli's teaching did not end with her release. The record of her words passed true doctrine down through generations yet unborn. Her belief that even a new convert could teach the doctrine of Jesus Christ has ensured that her descendants will be strengthened in their own battles.

As we do our best to teach those we love about the doctrine of Jesus Christ, some may still not respond. Doubts may creep into your mind. You might question whether you know the Savior's doctrine well enough to teach it effectively. And if you've already made attempts to teach it, you may wonder why the positive effects aren't more visible. Don't give in to those doubts. Turn to God for help.

“Yea, and cry unto God for all thy support; ... let the affections of thy heart be placed upon the Lord forever.”

“And now I would that ye should be humble, and be submissive and gentle; easy to be entreat-

ægtemand. Politimanden beskrev dommeren som en verdslig mand.

I fængslet bad Mary om en blyant og noget papir. Hun tilbragte natten med at skrive et brev til dommeren, hvori hun bar vidnesbyrd om Jesu Kristi opstandelse, som den er beskrevet i Mormons Bog, hun fortalte om åndeverdenen og forklarede omvendelse. Hun indikerede, at dommeren ville have brug for tid til at reflektere over sit liv, før han stod over for den endelige dom. Hun skrev, at hun vidste, at han havde meget at omvende sig fra, og at meget af det ville bedrøve hans familie dybt og bringe ham stor sorg. Om morgenen, da hun var færdig med sit brev, gav hun det til politimanden og bad ham om at aflevere det til dommeren, og det indvilligede han i at gøre.

Senere blev politimanden indkaldt på dommerens kontor. Brevet, som Mary havde skrevet, var et uigendriveligt bevis på, at hun underviste i det gengivne evangeliums lære og derved brød loven. Det varede dog ikke længe, før politimanden vendte tilbage til Marys celle. Han fortalte hende, at alle anklager var blevet afvist, og at hun var fri til at forlade fængslet. Hendes forkyndelse af Jesu Kristi gengivne evangeliums lære havde ført til, at hun var blevet kastet i fængsel. Og hendes forkyndelse af læren om omvendelse for dommeren gjorde, at hun blev løsladt fra fængslet.

Mary Bommelis undervisning sluttede ikke med hendes frigivelse. Optegnelsen med hendes ord videreførte den sande lære gennem endnu ufødte generationer. Hendes tro på, at selv en nyomvendt kunne undervise i Jesu Kristi lære, har sikret, at hendes efterkommere kan blive styrket i deres egne kampe.

Når vi gør vores bedste for at undervise dem, vi elsker, om Jesu Kristi lære, er der nogle, der måske stadig ikke accepterer det. Tvivl vil måske krybe ind i jeres sind. I stiller måske spørgsmål ved, om I kender Frelserens lære godt nok til at undervise effektivt i den. Og hvis I allerede har forsøgt at undervise i den, undrer I jer måske over, hvorfor de positive virkninger ikke er mere synlige. Giv ikke efter for den tvivl. Vend jer til Gud for at få hjælp.

»Ja, og anråb Gud for hele [jeres] underhold ... lad [jeres] hjertes hengivenhed være rettet mod Herren for evigt.«

»Og se, jeg ønsker, at I skal være ydmyge og være underdanige og blide, beredvillige, fulde

ed; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive.”

If you pray, if you talk to God, and if you plead for His help for your loved one, and if you thank Him not only for help but for the patience and gentleness that come from not receiving all you desire right away or perhaps ever, then I promise you that you will draw closer to Him. You will become diligent and long-suffering. And then you can know that you have done all that you can to help those you love and those you pray for navigate through Satan’s attempt to derail them.

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

You can find hope in the scriptural record of families. We read of those who turned away from what they were taught or who were wrestling with God for forgiveness, such as Alma the Younger, the sons of Mosiah, and Enos. In their moments of crisis, they remembered the words of their parents, words of the doctrine of Jesus Christ. Remembering saved them. Your teaching of that sacred doctrine will be remembered.

I bear witness of the sacred work of teaching Heavenly Father’s children the simple doctrine of Jesus Christ, which allows us to be spiritually-cleansed and ultimately be welcomed into God’s presence, to live with Him and His Son in glory forever in families. In the name of Jesus Christ, amen.

af tålmodighed og langmodighed, være mådeholdne i alt, være flittige til på alle tidspunkter at holde Guds befalinger, bede om hvad som helst som I står i behov for, både åndeligt og timeligt, og altid give Gud tak for, hvad I end modtager.«

Hvis I beder, hvis I taler med Gud, og hvis I bønfaller om hans hjælp for jeres kære, og hvis I så takker ham, ikke blot for hjælpen, men også for den tålmodighed og mildhed, der kommer af måske ikke straks – eller nogensinde – at modtage alt, hvad I ønsker, så lover jeg jer, at I vil komme ham nærmere. I bliver udholdende og langmodige. Og så kan I vide, at I har gjort alt, hvad I kan for at hjælpe dem, I elsker, og dem, I beder for, til at navigere gennem Satans forsøg på at afspore dem.

»Men de, der håber på Herren, får nye kræfter, de får vinger som ørne. De løber uden at blive trætte, de vandrer uden at udmattes.«

I kan finde håb i de beretninger i skrifterne, der handler om familier. Vi læser om dem, som vendte sig bort fra det, de havde lært, eller som kæmpede med Gud for at få tilgivelse, såsom Alma den Yngre, Mosijas sønner og Enosh. I deres krisestunder huskede de deres forældres ord, Jesu Kristi læres ord. Det, de huskede, frelste dem. Jeres undervisning om denne hellige lære vil blive husket.

Jeg bærer vidnesbyrd om det hellige arbejde med at undervise vor himmelske Faders børn i Jesu Kristi enkle lære. Det gør det muligt for os at blive åndeligt rensat og i sidste ende blive budt velkommen i Guds nærhed og bo sammen med ham og hans Søn i herlighed for evigt som familie. I Jesu Kristi navn. Amen.