

The Words of Christ and the Holy Ghost Will Lead Us to the Truth

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Kristi ord og Helligånden vil føre os til sandheden

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Knowing this incredible plan will help us know we are children of God and we can become like Him.

God is our Father in Heaven. We are His spirit children, and we are created after His image. Therefore, each of us, as a child of God, has a divine potential to become like Him.

We lived with Him as spirits before we came to this earth. Heavenly Father, as our spirit parent, loves us, wants the best for us, and prepared a plan for us to receive His greatest blessings, which are immortality and eternal life. According to the plan, we, as spirit children, would be given agency to choose His plan. By coming to the earth, we would leave God's presence, forget our premortal life, receive bodies of flesh and bones, gain our own experience, and develop faith. With our bodies of flesh and bones, as natural men we would succumb to temptation, become unclean and distant from God, and not be able to return to His holy presence. Because of Heavenly Father's infinite love for us, He sent His Firstborn Son, Jesus Christ, to be our Savior. Through His sacrifice, the Atonement, Jesus Christ made it possible for us to be redeemed from our sins and be resurrected and receive eternal life.

I am extremely grateful for these glorious truths—what we call the Father's plan of salvation, His plan of mercy, or His great plan of happiness. Learning these important truths has helped me know my true identity and the great blessings of exaltation and eternal life God has prepared for us. The prophet Nephi taught us the way: "Wherefore, ... feast upon the words of Christ; for behold, the words of Christ will tell

Kendskab til denne utrolige plan vil hjælpe os til at vide, at vi er Guds børn, og at vi kan blive som ham.

Gud er er vores himmelske Fader. Vi er hans åndelige børn, skabt i hans billede. Derfor har vi alle som Guds børn et guddommeligt potentiale til at blive som ham.

Vi boede med ham som ånder, før vi kom til denne jord. Vor himmelske Fader, som er vores åndelige Forælder, elsker os, ønsker det bedste for os og har forberedt en plan for, hvordan vi kan modtage hans største velsignelser, som er udødelighed og evigt liv. I henhold til den plan ville vi som åndelige børn få handlefrihed til at vælge hans plan. Ved at komme til jorden ville vi forlade Guds nærhed, glemme vores førjordiske liv, modtage legemer af kød og ben, få vores egen erfaring og udvikle tro. Med vores kroppe af kød og ben ville vi som naturlige mennesker bukke under for fristelser, blive urene og fjerne os fra Gud og ikke være i stand til at vende tilbage til hans hellige nærhed. På grund af vor himmelske Faders uendelige kærlighed til os, sendte han sin førstefødte Søn, Jesus Kristus, for at være vor Frelser. Gennem sit offer, forsoningen, gjorde Jesus Kristus det muligt for os at blive forløst fra vores synder og opstå og få evigt liv.

Jeg er meget taknemmelig for disse herlige sandheder – det, vi kalder Faderens frelsesplan, hans barmhjertighedsplan eller hans plan for lykke. At lære disse vigtige sandheder har hjulpet mig til at kende min sande identitet og de store velsignelser i form af ophøjelse og evigt liv, som Gud har forberedt til os. Profeten Nephi lærte os om vejen: »Derfor ... tag for jer af Kristi ord; for se, Kristi ord vil fortælle jer alt det, som I skal

you all things what ye should do.” He added, “If ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do.” Today I would like to share how the words of Christ and the Holy Ghost helped me find these important peace-giving truths in my teenage years.

The Words of Christ Will Tell You All Things What You Should Do

Just like Nephi stated in the opening verse of the book of 1 Nephi, I was also “born of goodly parents.” I grew up in Nagano, Japan, in a home where honesty, diligence, and humility were strongly encouraged and conformity to the old customs was strictly followed. My father was a very religious man. I watched him praying in front of the Shinto and Buddhist altars every morning and every night. Even though I had no idea whom he was praying to and what he was praying for, I believed some sort of unseen power or God would be “mighty to save” or help us if we prayed sincerely.

Like other teenagers, I experienced many hardships. I struggled, thinking that life was unfair and had lots of ups and downs. I felt lost, not having a sense of direction in my life. Life seemed so fleeting because it would end when I died. Life without knowing the plan of salvation was confusing.

Not long after I started to learn English in junior high school, all the students in our school received a copy of the New Testament. Though we had barely begun our study of English, our teacher told us we should study English by reading it. I opened it and reviewed its contents. The words in the New Testament were extremely difficult for me. The words in Japanese were equally difficult. However, I was drawn to a list of statements and questions of the soul that had been included just before the biblical text in this Gideon Bible—questions about feeling lonely, lacking confidence, being confused, facing life’s trials, and so on. Each item on the list was followed by a reference to verses and pages in the New Testament. I was especially drawn to the statement “When you are weary.” The reference led me to open Matthew 11:28–30, in which Jesus said to His disciples:

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.

gøre. «Han tilføjede: »Hvis I går ind ad vejen og modtager Helligånden, vil den vise jer alt, hvad I skal gøre.« I dag vil jeg gerne tale om, hvordan Kristi ord og Helligånden hjalp mig med at finde disse vigtige fredfyldte sandheder i mine teenageår.

Kristi ord vil fortælle jer alt det, som I skal gøre

Ligesom Nephi sagde i det første vers i 1 Nephi, blev jeg også »født af agtværdige forældre«. Jeg voksede op i Nagano i Japan, i et hjem, hvor ærlighed, flid og ydmyghed blev stærkt tilskyndet, og hvor man nøje fulgte de gamle skikke. Min far var en meget religiøs mand. Jeg så ham bede foran altre til Shinto og Buddha hver morgen og hver aften. Selv om jeg ikke anede, hvem han bad til, og hvad han bad om, troede jeg, at en eller anden usynlig kraft eller Gud ville være »mægtig til at redde« eller hjælpe os, hvis vi bad oprigtigt.

Som andre teenagere oplevede jeg mange vanskeligheder. Jeg kæmpede og tænkte, at livet var uretfærdigt, og jeg havde masser af op- og nedture. Jeg følte mig fortabt uden nogen retning i livet. Livet virkede så flygtigt, fordi det ville slutte, når jeg døde. Livet uden kendskab til frelsesplanen var forvirrende.

Ikke længe efter at jeg var begyndt at lære engelsk i junior high school, fik alle eleverne på vores skole et eksemplar af Det Nye Testamente. Selv om vi kun lige var begyndt at studere engelsk, sagde vores lærer, at vi skulle studere engelsk ved at læse den. Jeg åbnede den og gennemgik indholdet. Ordene i Det Nye Testamente var ekstremt svære for mig. Ordene på japansk var lige så svære. Men jeg blev tiltrukket af en liste med udsagn og sjælelige spørgsmål, som var indsat lige før bibelteksten i denne Gideon-bibel – spørgsmål om at føle sig ensom, mangle selv-tillid, være forvirret, møde livets prøvelser og så videre. Hvert punkt på listen var efterfulgt af en henvisning til vers og sider i Det Nye Testamente. Jeg blev især tiltrukket af udsagnet: »Når du er udkørt«. Henvisningen fik mig til at slå op i Matthæus 11:28–30, hvor Jesus sagde til sine disciple:

»Kom til mig, alle I, som slider jer trætte og bærer tunge byrder, og jeg vil give jer hvile.

“Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

“For my yoke is easy, and my burden is light.”

This was the first time I remember reading the words of Jesus Christ. Though I did not understand all the words He said, His words comforted me, lifted my soul, and gave me hope. The more I read His words, the more I felt like I should try the virtue of His words. I had never felt like I felt that day. I felt I was loved. I felt that Jesus Christ was someone I knew.

As I continued studying, I felt as though He were speaking directly to me when He said, “Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”

His words filled my heart, even though I could not describe my feelings well at that time. Although Jesus Christ lived many centuries ago in a land unfamiliar to me, I thought I could trust His words with all my heart. I hoped someday in the future I might learn more about Jesus Christ.

The Holy Ghost Will Show You All Things What You Should Do

That someday came only a few years later. I met very dedicated, young, full-time missionaries of The Church of Jesus Christ of Latter-day Saints. And I soon met a small group of kind and joyful Latter-day Saints striving to follow Jesus Christ. Despite it taking me a while to fully trust them, I came to see in the restored gospel what I yearned for when I studied the New Testament—the words of Jesus Christ and the hope and peace that come from them.

A particularly sacred experience was when the missionaries taught me to pray. I learned that we should address God by name. When we pray, we should speak from our hearts, express our gratitude, and share our hopes and desires. Once we have said all that we want to say, we end our prayer by saying, “In the name of Jesus Christ, amen.” We do this because Jesus commanded us to pray in His name. Praying to Heavenly Father helped me know who He is and my relationship with Him—that I was His beloved spirit son. I learned that because Heavenly Father knows and loves me, He would speak to me personally, uniquely, and in ways I would understand through the Holy Ghost.

There was a time when I really could not

Tag mit åg på jer, og lær af mig, for jeg er sagtmødig og ydmyg af hjertet, så skal I finde hvile for jeres sjæle.

For mit åg er godt, og min byrde er let.»

Det var første gang, jeg kan huske, at jeg læste Jesu Kristi ord. Selv om jeg ikke forstod alle de ord, han sagde, trøstede hans ord mig; de løftede min sjæl og gav mig håb. Jo mere jeg læste hans ord, jo mere følte jeg, at jeg skulle prøve at efterleve hans ord. Jeg havde aldrig før følt det, jeg følte den dag. Jeg følte, at jeg var elsket. Jeg følte, at jeg kendte Jesus Kristus.

Da jeg fortsatte med at studere, følte jeg, at han talte direkte til mig, da han sagde: »Salige er de, som hungre og tørster efter retfærdighed, for de skal mættes.«

Hans ord fyldte mit hjerte, selv om jeg på det tidspunkt ikke kunne beskrive mine følelser. Selv om Jesus Kristus levede for mange århundreder siden i et land, jeg ikke kendte, troede jeg på, at jeg kunne stole på hans ord af hele mit hjerte. Jeg håbede, at jeg en dag i fremtiden ville lære mere om Jesus Kristus.

Helligånden vil vise jer alt det, som I skal gøre

Den dag kom blot få år senere. Jeg mødte nogle meget dedikerede, unge fuldtidsmissionærer fra Jesu Kristi Kirke af Sidste Dages Hellige. Og jeg mødte snart en lille gruppe af venlige og glade sidste dages hellige, der stræbte efter at følge Jesus Kristus. Selv om det tog mig et stykke tid at stole fuldt ud på dem, fandt jeg i det genoprettede evangelium, hvad jeg havde længtes efter, da jeg studerede Det Nye Testamente – Jesu Kristi ord og det håb og den fred, der kommer fra dem.

En særlig hellig oplevelse var, da missionærerne lærte mig at bede. Jeg lærte, at vi skal tiltale Gud ved navn. Når vi beder, skal vi tale fra hjertet, udtrykke vores taknemmelighed og dele vores håb og ønsker. Når vi har sagt alt det, vi gerne vil sige, slutter vi vores bøn med at sige: »I Jesu Kristi navn. Amen.« Det gør vi, fordi Jesus har befalet os at bede i hans navn. At bede til min himmelske Fader hjalp mig til at vide, hvem han er, og hvad mit forhold til ham er – at jeg var hans elskede åndelige søn. Jeg lærte, at fordi min himmelske Fader kender og elsker mig, taler han til mig personligt og unikt, på måder som jeg vil forstå gennem Helligånden.

Der var en tid, hvor jeg virkelig ikke kunne

recognize the Holy Ghost. I misunderstood, thinking that all I had to do was follow the steps of prayer and something dramatic would happen. One day, during a lesson with the missionaries, I stepped out of the lesson to take a break. I was still confused about what I should do with my life if the restored gospel of Jesus Christ really was true.

As I was about to return to the room where the missionaries were waiting, I heard the voice of one of the missionaries. I heard my name. Instead of opening the door, I listened to the voice on the other side of the door. I was stunned. They were simply praying to Heavenly Father. The one saying the prayer was pleading to God that He would hear my prayer. Though his Japanese was not fluent, hearing his sincere prayer softened my heart. I wondered why they cared about me so much. Then I realized that their prayer in my behalf was a reflection of Heavenly Father and the Savior's love for me. That love gave me hope, and afterward I did ask God in faith and with real intent. When I did, I felt a joyful and peaceful feeling that I was indeed a child of God and that I had a divine potential and destiny. The plan of salvation sank deep into my heart.

President Russell M. Nelson has said, "The way you think about who you ... are affects ... every decision you will ever make." It is so true for me. The decision to follow the Savior Jesus Christ by being baptized and receiving the gift of the Holy Ghost blessed my life more than I ever imagined. As we enter into the baptismal covenant with God, we promise that we are willing to take upon ourselves the name of Jesus Christ, keep the commandments of God, and serve Him for the remainder of our lives. Our Heavenly Father, in turn, promises us that we can always have His Spirit to be with us—the continued guidance from the Holy Ghost.

I invite you to have faith in the message Nephi taught us—that the words of Christ and the Holy Ghost will direct you to "all things what [you] should do." Everything! This is an incredible gift from God.

Brothers and sisters, I am grateful for our Heavenly Father's plan of salvation. Because He loves us, He prepared the way to return to His presence through His Only Begotten Son, Jesus Christ. Knowing this incredible plan will help us know we are children of God and we can become

genkende Helligånden. Jeg havde misforstået og troede, at alt, hvad jeg skulle gøre, var at følge bønnens trin, og så ville der ske noget dramatisk. En dag under en lektion med missionærerne gik jeg ud af lokalet for at tage en pause fra lektionen. Jeg var stadig forvirret over, hvad jeg skulle gøre med mit liv, hvis Jesu Kristi gengivne evangelium virkelig var sandt.

Da jeg skulle til at gå tilbage til det lokale, hvor missionærerne ventede, hørte jeg en af missionærernes stemme. Jeg hørte mit navn. I stedet for at åbne døren lyttede jeg til stemmen på den anden side. Jeg var målløs. De bad simpelthen til vor himmelske Fader. Den, der bad, bønfuldt Gud om, at han ville høre min bøn. Selv om han ikke talte flydende japansk, blev mit hjerte blødgjort, da jeg hørte hans oprigtige bøn. Jeg spekulerede på, hvorfor de holdt så meget af mig. Så indså jeg, at deres bøn på mine vegne var en afspejling af vor himmelske Faders og Frelserens kærlighed til mig. Den kærlighed gav mig håb, og bagefter bad jeg til Gud i tro og med oprigtig hensigt. Da jeg gjorde det, følte jeg en glæde og fred, om at jeg virkelig var et Guds barn, og at jeg havde et guddommeligt potentiale og en guddommelig skæbne. Frelsesplanen sank dybt ind i mit hjerte.

Præsident Russell M. Nelson har sagt: »Den måde, du tænker på, om hvem du er, påvirker ... enhver beslutning, du nogensinde vil træffe.« Det er så sandt for mig. Beslutningen om at følge Frelseren, Jesus Kristus, ved at blive døbt og modtage Helligåndens gave har været en større velsignelse, end jeg kunne forestille mig. Når vi indgår dåbspagten med Gud, lover vi, at vi er villige til at påtage os Jesu Kristi navn, holde Guds bud og tjene ham resten af vores liv. Vor himmelske Fader lover os til gengæld, at vi altid kan have hans Ånd hos os – den fortsatte vejledning fra Helligånden.

Jeg opfordrer jer til at tro på det budskab, Nephi lærte os – at Kristi ord og Helligånden vil lede jer til »alt, hvad [I] skal gøre«. Alt! Det er en utrolig gave fra Gud.

Brødre og søstre, jeg er taknemmelig for vor himmelske Faders frelsesplan. Fordi han elsker os, forberedte han en vej tilbage til hans nærhed for os gennem sin enbårne Søn, Jesus Kristus. Kendskab til denne utrolige plan vil hjælpe os til at vide, at vi er Guds børn, og at vi kan blive

like Him. I am grateful for this important truth. I bear you my witness that the words of Jesus Christ and the Holy Ghost will lead us to receive eternal life. I know these things are true. In the sacred name of Jesus Christ, amen.

som ham. Jeg er taknemmelig for denne vigtige sandhed. Jeg bærer vidnesbyrd om, at Jesu Kristi ord og Helligånden vil lede os til evigt liv. Jeg ved, at disse ting er sande. I Jesu Kristi hellige navn. Amen.