

His Hand Ready to Help Us

By Elder Juan Pablo Villar
Of the Seventy

Tema käed on valmis meid aitama

Vanem Juan Pablo Villar
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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 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."

Kui me usus Jeesust Kristust otsime, on Ta alati olemas

Kui ma olin laps, käisime perega puhkamas minu kodumaa Tšiili rannikul. Mul oli hea meel veeta paar päeva perega suve nautides. Samuti olin vaimustuses, sest arvasin, et saan lõpuks liituda oma vanemate vendadega, kes alati suurtes lainetes mängisid.

Ühel päeval läksid mu vennad mängima sinna, kus lained murdusid, ja ma tundsin end piisavalt suure ja küpsena, et neile järgneda. Laintele lähenedes mõistsin, et need on palju suuremad, kui kaldalt paistsid. Ühtäkki tabas üks laine mind ootamatult. Tundsin, kuidas looduse jõud minu enda võimusesse võttis ja mind meresügavusse rebis. Laintes heideldes ei teadnud ma, mis on all, mis ülal. Just siis, kui arvasin, et mu seiklus maa peal on lõppemas, tundsin üht kätt mind vee peale tõmbamas. Lõpuks nägin päikest ja sain hinge tõmmata.

Mu vend Claudio oli näinud mind nendele järgnemas ja tõttas mulle appi. Ma ei olnud kaldast kaugel. Kuigi vesi oli madal, olin ma sedavõrd segaduses, et ei mõistnud, et oleksin saanud ennast ise aidata. Claudio ütles mulle, et pean olema ettevaatlik ja kui tahan, võib ta mind õpetada. Hoolimata liitrite jagu veest, mida olin alla neelanud, said minu uhkus ja soov olla suur poiss ebamugavusest võitu ning ma vastasin: „Jah.”

Claudio seletas, et pean laineid ründama. Mõtlesin endamisi, et jään lahingus selle tohutu veeseinaga kaotajaks.

Uue suure laine lähenedes ütles Claudio kiiresti: „Vaata mind, tee minu järgi.” Claudio

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 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.

jooksis läheneva laine poole ja sukeldus sellesse, enne kui see murdus. Tema sukeldumine avaldas mulle nii suurt muljet, et mul jäi märkamata järgmine lähenev laine. Taas rebisid loodusjõud mu meresügavustesse ja heitsid mind ringi. Mõni sekund hiljem haaras käsi minu käest ja tõmbas mu taas pinnale õhu kätte. Minu uhkuse leek oli kustumas.

Seekord kutsus mu vend mind endaga koos sukelduma. Tema kutsel järgnesin talle ja me sukeldusime koos. Tundsin, nagu oleksin alistanud kõige keerulisema väljakutse. Kindlasti ei olnud see väga lihtne, aga sain hakkama tänu venna abile ja eeskujule. Tema käsi päästis mu kaks korda; tema eeskuju õpetas mulle, kuidas oma väljakutsega toime tulla ja sel päeval võidukas olla.

President Russell M. Nelson on kutsunud meid mõtlema selestiliselt ja ma tahan järgida tema nõuannet ja rakendada seda oma suveloos.

Päästja vägi vastase üle

Kui mõtleme selestiliselt, mõistame, et seisame oma elus silmitsi väljakutsetega, mis tunduvad suuremad kui meie võime neid ületada. Oma sureliku elu ajal oleme vastase rünnakute all. Nagu lained, mis tol suvepäeval minu üle võimutsesid, võime tunda end jõuetuna ja soovida tugevamale saatusele järele anda. Need pahatahtlikud lained võivad meid küljelt küljele tõugata. Kuid ärge unustage, kellel on vägi nende lainete ja tegelikult kõige üle. See on meie Päästja Jeesus Kristus. Tal on vägi aidata meid välja igast viletsast või ebasoodsast olukorrast. Olenemata sellest, kas me tunneme end Talle lähedal, võib Ta sirutada meile abikäe seal, kus me oleme.

Kui me usus Teda otsime, on Ta alati olemas ja omal ajal on Ta valmis meil käest kinni haarama ja meid turvalisse kohta tõmbama.

Päästja ja Tema teenimise eeskuju

Kui mõtleme selestiliselt, siis näeme Jeesuses Kristuses teenimise veatut eeskuju. Pühakirjades on meile antud muster, kui Tema või Tema jüngrid sirutavad käe abi, päästmist või õnnistust vajava inimese poole. Oma loos teadsin, et mu vend on minu jaoks olemas, kuid sellest üksi ei piisanud. Claudio teadis, et olen hädas, ja aitas mu veest välja.

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 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

Aeg-ajalt mõtleme, et peame vaid abivajaja jaoks olema olema, kuid sageli saame teha enamat. Igavikuline vaatenurk võib aidata meil saada ilmutust, et pakkuda õigeaegset abi teistele abivajajatele. Võime toetuda Püha Vaimu juhatusel ja inspiratsioonile, et mõista, millist abi on vaja, olgu selleks siis ajalik toetus, nagu emotsionaalne trööst, toit, abi igapäevaste ülesannete täitmisel või vaimne juhatus, et aidata teisi nende teekonnal, et valmistuda sõlmima ja austama pühasid lepinguid.

Päästja on valmis meid päästma

Kui vanemapostel Peetrus „kõndis vee peal ja tuli Jeesuse juurde .., lõi ta kartma ja hakkas vajuma, kisendas ning ütles: „Issand, päästa mind!” Jeesus teadis, millist usku Peetrus oli rakendanud, et tulla Tema juurde vee peale. Ta oli teadlik ka Peetruse hirmust. Ülestähenduse sõnade kohaselt „Jeesus sirutas sedamaid oma käge, haaras temast kinni ja ütles talle: „Sa nõdrausuline, miks sa kahtlesid?” Tema sõnade eesmärk ei olnud Peetrusega riielda, vaid meelde tuletada, et Tema, Messias, oli koos Peetruse ja jüngritega.

Kui mõtleme selestiliselt, saame oma südamesse kinnituse, et Jeesus Kristus on tõepoolest meie Päästja, meie eestkostja Isa juures ja meie Lunastaja. Kui me rakendame Temasse usku, päästab Ta meid langenud seisundist, aitab meid kõigi väljakutsete, nõrkuste ja vajadustega selles ajalikus elus ning annab meile kõigist andidest suurima, mis on igavene elu.

Päästja ei anna meie suhtes alla

Tol päeval ei andnud minu vend minu suhtes alla, vaid aitas mind, kuni õppisin, kuidas seda ise teha. Ta aitas mind, isegi kui selleks oli vaja mindkaks korda päästa. Ta aitas mind isegi siis, kui ma sellest alguses aru ei saanud. Ta jätkas abistamist, et võiksin sellest väljakutsest üle saada ja edu saavutada. Kui mõtleme selestiliselt, mõistame, et meie Päästja on meiega nii mitu korda kui vaja, et aidata, kui soovime õppida, muutuda, üle saada, toime tulla või edu saavutada kõiges, mis toob meie ellu tõelise ja igavese õnne.

Päästja käed

Pühakirjades on jäädvustatud Päästja käte sümbol ja tähendus. Tema lepitusohvri osana torgati Tema käed naelte läbi, et Teda risti

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.

külge naelutada. Pärast ülestõusmist ilmus Ta oma jüngritele täiusliku kehaga, kuid jäljed Tema kätes olid alles, et meenutada meile Tema lõputut ohverdust. Tema käed on alati meie jaoks olemas, isegi kui me seda alguses ei näe ega tunne, sest meie Taevane Isa valis Ta meie Päästjaks, kogu inimkonna Lunastajaks.

Jay Bryant Ward. Meie haardeulatuses

Yongsung Kim. Jumala käsi

Kui ma mõtlen seestiliselt, siis tean, et meid ei ole selles elus üksi jäetud. Kuigi me peame seisma silmitsi väljakutsete ja katsumustega, teab meie Taevane Isa meie võimeid ja et suudame oma raskusi taluda või ületada. Peame tegema oma osa ja pöörduma Tema poole usus. Tema armastatud Poeg Jeesus Kristus on meie Päästja ja on alati meiega. Tema pühal nimel, Jeesuse Kristuse nimel, aamen.