

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

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Kristuse sõnad ja Püha Vaim juhatavad meid tõeni

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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 you all things what ye should do." He added, "If

Selle imelise plaani tundmine aitab meil teada, et oleme Jumala lapsed ja võime saada Tema sarnaseks.

Jumal on meie Taevaisa. Me oleme Tema vaimulapsed ja meid loodi Tema näo järgi. Seega on meil kõigil Jumala lastena jumalik potentsiaal Tema sarnaseks saada.

Me elasime Tema juures vaimudena, enne kui tulime siia maa peale. Meie vaimuvanemana armastab Taevane Isa meid, soovib meile parimat ja on valmistanud meile plaani, et me võiksime saada Tema suurimaid õnnistusi, milleks on surematus ja igavene elu. Plaani järgi anti meile vaimulastena valikuvabadus Tema plaani kasuks otsustada. Tulles maa peale, lahkusime Jumala juurest, unustasime surelikkusele eelnenud elu, saime lihast ja luust keha, saame omi kogemusi ja tugevdame usku. Loomupäraste inimestena alistasime lihast ja luust kehaga kiusatustele, määrime end ja kaugeneme Jumalast ega saa naasta Tema juurde Ta pühasse asupaika. Kuna Taevane Isa meid lõputult armastab, saatis Ta oma Esmasündinud Poja Jeesuse Kristuse meile Päästjaks. Oma ohverduse ehk lepituse kaudu tegi Jeesus Kristus meile võimalikuks pattude lunastamise, ülestõusmise ja igavese elu.

Ma olen nende hiilgavate tõdede eest, mida me nimetame Isa päästmisplaaniks, Tema halastusplaaniks või Ta suureks õnnepaaniks, äärmiselt tänulik. Nendest tähtsatest tõdedest teada saamine on aidanud mul teada, kes ma tegelikult olen ja milliseid suuri ülenduse ja igavese elu õnnistusi on Jumal meile valmistanud. Prohvet Nephi on seda meile õpetanud: „Mispärast, .. toituge rõõmuga Kristuse sõnadest; sest vaata, Kristuse sõnad ütlevad teile kõik, mida te peate

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.

“Take my yoke upon you, and learn of me;

tegema.” Ta lisas: „Kui te sisenete teed pidi ja saate Püha Vaimu, siis see näitab teile kõik, mida te peate tegema.” Täna soovin ma jagada, kuidas Kristuse sõnad ja Püha Vaim aitasid mul need olulised rahu andvad tõed mu teismee aastatel üles leida.

Kristuse sõnad ütlevad teile kõik, mida te peate tegema

Nii nagu Nefi teatas 1. Nefi raamatu algus-salmis, nii olen ka mina „sündinud headest vanematest”. Minu kodus Jaapanis Naganos, kus ma üles kasvasin, kehtitati rangelt usin ja alandlik olema ning järgiti täpselt vanu tavasid. Mu isa oli väga usklik mees. Nägin teda igal hommikul ja õhtul sintoistlike ja budistlike altarite ees palvetamas. Kuigi mul polnud aimugi, kelle poole ta palvetas ja mille eest ta palvetas, uskusin ma, et mingisugune nähtamatu vägi või Jumal on meid „vägev päästma” või aitama, kui me siiralt palvetame.

Teiste teismeealiste sarnaselt oli ka mul palju raskusi. Ma nägin vaeva, arvates, et elu on ebaõiglane ning selles on palju tõuse ja mõõnu. Tundsin end eksinuna, kuna mul polnud elus suunda. Elu näis nii üürike, kuna lõpeb meie surmaga. Ilma päästmisplaani teadmata paistis elu segadust tekitav.

Peagi pärast seda, kui ma hakkasin gümnaasiumis inglise keelt õppima, said kõik õpilased meie koolis endale Uue Testamendi. Kuigi me olime alles hakanud inglise keelt õppima, pidas meie õpetaja vajalikuks, et me õpiksime inglise keelt seda lugedes. Ma avasin selle ja silmitsesin sisukorda. Uue Testamendi sõnad olid minu jaoks äärmiselt rasked. Ka jaapani keeles olid need sõnad sama rasked. Kuid mind kütkestas rida avaldusi ja hinge küsimusi, mis oli lisatud sellele Gideonide Piiblile vahetult enne piibliteksi. Need küsimused puudutasid üksildustunnet, enesekindluse puudust, segadust, elukatsumusi jne. Igale teemale nimekirjas järgnes salmiviide ja leheküljenumber Uues Testamendis. Mind kütkestas eriti avaldus „Kui sa oled kurnatud”. Viide juhatas mind avama Matteuse 11. peatüki 28.–30. salmi, kus Jeesus ütles oma jüngritele:

„Tulge minu juurde kõik, kes olete vaevatud ja koormatud, ja mina annan teile hingamise!

Võtke endi peale minu ike ja õppige minust,

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 person-

et mina olen tasane ja südamealt alandlik; ja te leiate hingamise oma hingedele.

Sest minu ike on hea ja minu koorem on kerge!”

See oli esimene kord, mil mäletan Jeesuse Kristuse sõnade lugemist. Kuigi ma ei saanud kõikidest Ta sõnadest aru, pakkusid Ta sõnad mulle tröösti, ülendasid meelt ja andsid mulle lootust. Mida enam ma Ta sõnu lugesin, seda enam tundsin, et pean Ta sõnade jõu järele proovima. Ma polnud kunagi tundnud midagi sellist nagu tol päeval. Ma tundsin, et mind armastatakse. Mulle tundus, et Jeesus Kristus on keegi, keda ma tunnen.

Kui ma uurimist jätkasin, tundus mulle, nagu räägiks Ta vahetult minuga, kui Ta ütles: „Õndsad on need, kellel nälg ja janu on õiguse järele, sest nemad rahuldatakse.”

Tema sõnad täitsid mu südame, isegi kui ma ei osanud tookord oma tundeid hästi kirjeldada. Kuigi Jeesus Kristus elas palju sajandeid tagasi ja minu jaoks võõral maal, tundsin, et saan Ta sõnu kogu südamest usaldada. Lootsin, et ühel tulevasel päeval võin õppida rohkem Jeesuse Kristuse kohta.

Püha Vaim näitab teile kõik, mida te peate tegema

See tulevane päev saabus juba mõne aasta pärast. Ma kohtusin Viimse Aja Pühade Jeesuse Kristuse Kiriku väga pühendunud noorte põhimisjonäridega. Ja peagi sain ma kokku väikese rühma toredate ja rõõmsate viimse aja pühadega, kes Jeesust Kristust järgida püüdsid. Kuigi selleks kulus mõnda aega, kuni ma neid täielikult usaldas, hakkasin nägema taastatud evangeeliumis seda, mida ma Uut Testamenti uurides taga igatsesin – Jeesuse Kristuse sõnu ja neist lähtuvat rahu.

Üks eriti püha kogemus oli see, kui misjonärid mind palvetama õpetasid. Ma sain teada, et me peaksime pöörduma Jumala poole nimepidi. Kui me palvetame, peaksime rääkima sellest, mis on meil südamele, väljendama tänu ning jagama oma lootusi ja soove. Kui me oleme öelnud kõik, mida öelda tahtsime, lõpetame oma palve sõnadega „Jeesuse Kristuse nimel, amen”. Me teeme nii, sest Jeesus käskis meil palvetada Tema nimel. Taevase Isa poole palvetamine aitas mul teada, kes Ta on ja kuidas ma olen Temaga seotud – et ma olen Ta armas vaimupoeg. Ma sain teada, et kuna Taevane Isa tunneb ja armastab mind, rää-

ally, uniquely, and in ways I would understand through the Holy Ghost.

There was a time when I really could not 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

gib Ta minuga isiklikult, ainulaadselt ja nii, nagu me Püha Vaimu kaudu mõistame.

Mingil hetkel ei osanud ma tegelikult Püha Vaimu märgata. Ma sain valesti aru ja arvasin, et selleks, et midagi rabavat toimuks, pean vaid palve samme järgima. Ühel päeval lahkusin ma misjonäride tunnist, et pausi teha. Ma olin ikka veel segaduses, mida oma eluga peale hakata, kui Jeesuse Kristuse taastatud evangeelium tõeks osutub.

Kui ma olin naasmas ruumi, kus misjonärid ootasid, kuulsin ühe misjonäri häält. Ma kuulsin oma nime. Selle asemel et ust avada, kuulasin ma häält teiselt poolt ust. Ma olin hämmastunud. Nad palvetasid lihtsalt Taevase Isa poole. See, kes palvet tegi, palus, et Jumal mu palvet kuuleks. Kuigi ta jaapani keel polnud sorav, pehmendas tema siira palve kuulmine mu südant. Ma imetasin, miks nad minust nii palju hoolivad. Ma mõistsin, et minu eest tehtud palve peegeldas, kui väga Taevane Isa ja Päästja mind armastavad. See armastus andis mulle lootust ning ma palusin pärast seda Jumalat usu ja tõsise kavatsusega. Ma tundsin seda tehes rõõmuküllast ja rahulikku tunnet, et ma olen tõesti Jumala laps, ning et mul on jumalik potentsiaal ja saatuse. Päästmisplaan vajus mulle sügavale südamesse.

President Russell M. Nelson on öelnud: „See, kuidas te oma tõelisest minast mõtlete, [mõjutab] kõiki otsuseid, mida te kunagi langetate.” See on minu puhul täiesti tõsi. Otsus järgida Päästjat Jeesust Kristust ristimise ja Püha Vaimu anni vastuvõtmise kaudu õnnistasid minu elu rohkem, kui suutsin ette kujutada. Me lubame Jumalaga ristimislepingut sõlmides, et oleme nõus võtma enda peale Jeesuse Kristuse nime, pidama Jumala käskle ja teenima Teda kogu ülejäänud elu. Meie Taevane Isa lubab omakorda, et Tema Vaim võib olla alati koos meiega – me võime Pühalt Vaimult jätkuvalt juhatust saada.

Ma kutsun teid uskuma Nefi õpetatud sõnumit, et Kristuse sõnad ja Püha Vaim näitavad teile „kõik, mida te peate tegema”. Kõik! See on imeline Jumala kingitus.

Vennad ja õed! Ma olen tänulik meie Taevase Isa päästmisplani eest. Kuna Ta armastab meid, valmistas Ta võimaluse, kuidas oma Ainusündinud Poja kaudu Tema juurde naasta. Selle imelise

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

plaani tundmine aitab meil teada, et oleme Jumala lapsed ja võime saada Tema sarnaseks. Ma olen selle olulise tõe eest tänulik. Ma jagan teiega oma tunnistust, et Jeesuse Kristuse sõnad ja Püha Vaim juhatavad meid igavesse ellu. Ma tean, et see on tõsi. Jeesuse Kristuse pühal nimel, aamen.