

His Hand Ready to Help Us

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Ti Imana a Nakasagana a Tumulong Kadatayo

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Ti Pitupulo

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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

No danonentayo ni Jesucristo a sipapammati, addanto a kanayon sadiay.

Idi ubingak pay, nagbakasionkami a sangapamiliaan iti maysa nga aplaya iti kosta ti nakayanakak a pagilian, ti Chile. Naragsakanak a nangbubos iti sumagmamano nga aldaw iti kal-gaw a kaduak ti pamiliak. Naragsakanak pay ta impagarupko nga iti kamaudianan makikaduaak ket aramidek ti gagangay nga ar-aramiden ti dua a manongko iti danum a pagraragsakan.

Maysa nga aldaw, napan nagay-ayam dagiti manongko iti yan dagiti dadakkel a dalluyon, ket nariknak a dakkalakon a sumurot kadakuada. Bayat ti panagturongko iti lugar, naamirisko a dakdakkell dagiti dalluyon ngem iti panagkitak iti takdang. Pagammuan, naklaatak iti napardas nga immasideg kaniak a dalluyon. Kasla ti bileg ti nakaparsuaan ti nangsakup kaniak, ket naguy-odak iti kaunggan ti baybay. Diak makita wenno marikna ti aniaman a reperensia a punto bayat ti pannakayanudko. Ket idi impagarupko a mabalin nga agpatinggan ti biagkon ditoy daga, nariknak ti maysa nga ima a nangguyod kaniak iti rabaw ti danum. Kamaudiananna, makitak ti init ken makaangesakon.

Nakita ti kabsatko a Claudio ti panangpa-dasko nga agtignay kas nataengan ket inispal-nak. Saanak nga adayo iti takdang. Nupay saan nga adalem ti danum, nariribukannak ket diak naamiris a matulongak koma ti bagik. Imbaga ni Claudio a masapul nga agannadak, ken no kayatko, mabalinnak nga isuro. Iti laksid dagiti adu a danum a nainumko, napigpigsa ti panag-pannakkell ken tarigagayko nga agbalin a dakkell nga ubing, ket kinunak, "Sigurado."

Imbaga ni Claudio a kasapulak a labanan

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.” 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.

dagiti dalluyon; Imbagak iti bagik a sigurado a maabakak iti dayta a laban kontra iti kasla pader a danum.

Idi umas-asideg ti baro a dakkal a dalluyon, dagus a kinuna ni Claudio: “Kitaennak; kastoy ti aramidem.” Nagtaray ni Claudio nga agturong iti umay a dalluyon ket linangoyna daytoy sakbay a nagawan. Nasdaawak unay iti panaglangoyna isu a diak makita ti sumaruno nga umayen a dalluyon. Gapuna, manen, nairaremnak iti kaunggan ti baybay ket nayanudak. Sumagmamano a segundo kalpasanna, adda ima a nangtengngel iti imak, ket naguyodak manen iti rabaw ken angin. Ti apuy ti kinapannakkelko ket kumapkapuy.

Iti dayoy a gundaway, inawisnak ti kabsatko a makilangoy kenkuana. Kas iti awisna, simmur-otak kenkuana, ket naggiddankami a naglangoy. Kasla parmek ti karikrikut a karit. Sigurado a saan unay a nalaka dayta, ngem naaramidko, gapu iti tulong ken ulidan nga impakita ti kabsatko. Namindua nga inispalnak ti imana; impakita kaniak ti ulidanna no kasano a tamingek ti karitko ken agballigi iti dayta nga aldaw.

Inawisnatayo ni Presidente Russell M. Nelson nga agpanunot iti celestial, ket kayatko a surotan ti balakadna ken yaplikar daytoy iti estoriak iti kalgaw.

Ti Bileg ti Mangisalakana iti Kabusor

No agpanunottayo iti celestial, maawatantayo a maipasangotayo kadagiti karit a kasla dakdakkel ngem iti kabaelantayo a mangparmek kadagito. Bayat ti biagtayo iti daga, maipasangotayo kadagiti panangraut ti kabusor. Kas kadagiti dalluyon a mangparmek kaniak iti dayta nga aldaw ti kalgaw, mariknatayo nga awan ti bilegtayo ken kayattayon ti sumuko. Mabalina nga iduronnatayo dagita a “dakes a dalluyon” iti amin a suli. Ngem diyo liplipatan no siasino ti addaan bileg kadagita a dalluyon, ken kinapudnona, iti amin a banag. Isu ti Mangisalakantayo, ni Jesucristo. Adda bilegna a tumulong kadatayo iti tunggal nakalkaldaang a kasasaad wenno dakes a situation. Uray no saantayo a marikna a nasingedtayo Kenkuana, matulongannatayo latta aniaman ti kasasaadtayo.

Bayat ti panangdanontayo Kenkuana nga addaan iti pammati, kanayonto nga adda Isuna, ket nakasagana ken situtulok a mangtengngel kadagiti imatayo ken mangguyod kadatayo nga ipan iti natalged a lugar.

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.

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

Ti Mangisalakán ken ti Pagwadanna iti Ministering

No agpanunottayo ti celestial, bigbigentayo ni Jesucristo kasawan pakapilawanna nga ulidan ti ministerio. Adda pagtuladantayo iti nasantuan a kasuratan nga idi timmulong a kaduana dagiti disipulona iti maysa a tao a nagkasapulan iti tulong, pannakaispal, wenno bendision bayat ti panangyawatda kadagiti imada. Kas iti estoriak, ammok nga adda sadiay ti kabsatko, ngem saan nga umdas ti kaaddana sadiay para kaniak. Ammo ni Claudio a marigatanak, ket timmulong a nangilung-aw kaniak iti danum.

Sangpaminsan, ipagaruptayo a kasapulan laeng nga addatayo sadiay para iti maysa nga agkasapulan, ngem adu a panawen nga ad-adu pay ti maaramidantayo. Ti kaadda ti agnanayon a pannirigan ti makatulong kadatayo nga umawat iti paltiing tapno mangipaay iti naintiempuan a tulong kadagiti agkasapulan. Mabalintayo ti agpannuray iti pannarabay ken pammaregta ti Espiritu Santo a mangilasin no ania ti tulong a kasapulan, no temporal a suporta a kas iti liwliwa iti rikna, taraon, tulong kadagiti inaldaw nga aramid, wenno naespirituan a tarabay a pangtulong iti dadduma iti panagdaliasatda nga agsagana, agaramid, ken agdayaw kadagiti sagrado a katulaganda.

Nakasagana ti Mangisalakán a Mangisapal Kadatayo

Idi ni Pedro, ti senior nga Apostol, “nagna iti rabaw ti danum, tapno mapan ken ni Jesus ... nagbuteng; ket nangrugin a lumned,” kalpasanna “inyikkisna, a kunkunana, Apo, isalakannak.” Ammo ni Jesus ti pammati ni Pedro nga umasideg Kenkuana iti rabaw ti danum. Ammona met ti buteng ni Pedro. Segun iti salaysay, ni Jesus ket “dagus nga ... inyunnatna ti imana, ket inigamanna,” nga insaona ti sumaganad a balikas: “O sika a bassit ti pammatina, apay a nagduaduaka?” Dagiti balikasna ket saan a mangbabalaw ken ni Pedro no di mangipalagip nga Isu, ti Mesias, ket kaduana ken dagiti disipulonana.

No agpanunottayo ti celestial, awatentayo ti pammatalged iti pusotayo a ni Jesucristo ket pudno a Mangisalakantayo, Manangitandudotayo iti Ama, ken Mannubbottayo. Bayat ti panangaramattayo iti pammati Kenkuana, isalakannatayo manipud iti managbasol a kasasaadtayo, iti labes dagiti karit, kinakapuy, ken kasapulantayo ditoy

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 metwice. 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 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.

temporal a biag, ken itedna kadatayo ti kadakkelan iti amin a sagut, a ti biag nga agnanayon.

Saan a Sumuko Kadatayo ti Mangisalak-an

Saan a simmuko kaniak ti kabsatko iti dayta nga aldaw no di ket nagtultuloy tapno masursurok no kasano nga aramiden dayta iti bukodko. Nagtultuloy, uray no kasapulan dayta ti panangis-palna kaniak itimamindua. Nagtultuloy, uray no diak nagun-od dayta idi damo. Nagtultuloy tapno maparmekko dayta a karit ken agballigiak. No agpanunottayo ti celestial, mabigbigtayo nga addanto iti adu a gundaway ti Mangisalakantayo a mangipaay iti tulong no kayattayo ti agsursuro, agbalbaliw, mangparmek, mangdaer, wenno agballigi iti aniaman a mangyeg iti pudno ken agnanayon a ragsak iti biagtayo.

Dagiti Ima ti Mangisalak-an

Ipalagip ti nasantuan a kasuratan ti agnanayon a simbolo ken kaipapanan dagiti ima ti Mangisalak-an. Iti pangsubbot a sakripisiona, naduyok dagiti imana kadagiti lansa a mangipadepa Kenkuana iti krus. Kalpasan ti Panagungarna, nagparang kadagiti disipulona iti naan-anay a bagi, ngem nagtalinaed dagiti lamma kadagiti imana a kas palagip iti awan patinggana a sakripisiona. Kanayon nga idiyana ti imana kadatayo, uray no ditayo makita wenno marikna dayta iti damo, gapu ta Isu ti pinili ti Nailangitan nga Amatayo nga agbalin a Mangisalakantayo, ti Mannubbot iti amin a sangkatawan.

Matengngeltayo, ni Jay Bryant Ward
Ti Ima ti Dios, ni Yongsung Kim

No panunotek ti celestial, ammok a saantayo a mabaybay-an nga agmaymaysa iti daytoy a biag. Bayat a sanguentayo dagiti karit ken pan-nubok, ammo ti Nailangitan nga Amatayo dagiti kabaelantayo ken ammona a kabaelantayo nga ibturan wenno parmeken dagiti pakarigatantayo. Masapul nga aramidentayo ti pasettayo ken agturongtayo Kenkuana nga addaan pammati. Ti Ipatpategna nga Anak, ni Jesucristo, ti mangisalak-an kadatayo ken kanayonto nga adda. Iti naganna, ti sagrado a nagan ni Jesucristo, amen.