

Be Thou Clean

By Elder D. Martin Goury
Of the Seventy

Agbalinkayo a Nadalus

Ni Elder D. Martin Goury
Ti Pitupulo

October 2024 general conference

Daily repentance allows us to discern the guidance of the Lord through the Holy Ghost.

When I was about five years old, I was playing football with my friends behind the church in my small village in Côte d'Ivoire. I vividly remember the preacher's call to his congregation to cleanse their clothes in preparation for the Savior's arrival. Being young, I took this call literally. I ran home as fast as my little legs could carry me and begged my mother to clean my few clothes so that I could be spotless and ready for the Savior's coming the next day. Although my mother was skeptical about the Savior's imminent return, she still washed my best outfit.

The next morning, I put on the still slightly damp clothing and eagerly waited for the announcement of the Savior's arrival. As the day wore on and nothing happened, I decided to go to the meetinghouse. I was deeply disappointed to find that the church was empty and the Savior had not arrived. You can imagine my feelings as I slowly walked home.

Years later, as I was receiving the missionary lessons in preparation to join The Church of Jesus Christ of Latter-day Saints, I read the following: "And no unclean thing can enter into his kingdom; therefore nothing entereth into his rest save it be those who have washed their garments in my blood, because of their faith, and the repentance of all their sins, and their faithfulness unto the end."

Ti inaldaw a panagbabawi ti mangpalugod kadatayo a mangilasin iti panangiwannan ti Apo babaen ti Espiritu Santo.

Idi agarup lima ti tawenko, nakiay-ayamak iti football kadagiti gagayyemko iti likudan ti simbaan iti bassit a purokmi iti Côte d'Ivoire. Malagipko unay ti awag ti mangaskasaba iti kongregasionna a mangdalous kadagiti kawesda kas panagsagana iti isasangpet ti Mangisalakan. Gapu ta ubingak, literal ti pannakaawatko iti daytoy nga awag. Nagtarayak nga agawid kas kapartak iti kabaelan dagiti babassit a sakak ket nagpakaasiak ken ni nanangko a mangilaba kadagiti kawesko tapno awan mulitko ken nakasaganaak para iti yaay ti Mangisalakan iti kabigatanna. Nupay nagduadua ni nanangko maipapan iti asidegen a panagsubli ti Mangisalakan, linabaanna latta ti kapintasan a kawesko.

Kabigatanna, insuotko ti medio nabasa pay laeng a kawes ket sigagagar nga inur-urayko ti pannakaipadamag ti isasangpet ti Mangisalakan. Bayat ti panaglabas ti aldaw ken awan ti napasamak, inkeddengko ti mapan iti balay a pagmimitingan. Napalalo ti pannakaupayko idi nakitak nga awan ti tao iti simbaan ken saan a simmangpet ti Mangisalakan. Mailadawanyo ti riknak bayat ti nainnayad a pannagnak a nagawid.

Kalpasan ti adu a tawen, bayat ti panagawatko kadagiti adalen ti misionario kas panagsagana a makikappeng iti Ti Simbaan ni Jesucristo dagiti Santo iti Ud-udina nga Aldaw, nabasak ti sumaganad: "Ket awan ti narugit a banag a makastrek iti pagarianna; ngarud awan ti sumrek iti paginanaanna malaksid kadakuada a nanglaba iti kawesda iti darak, gapu iti pammatida, ken ti panangibabawida iti amin a basolda, ken ti kinat-

The clarification I received at that time helped me to understand the important truth that had eluded my young mind many years prior. The preacher's message was centered on the importance of spiritual purity. He urged the congregation to seek repentance, make changes in their lives, and turn to the Savior for redemption.

Our Heavenly Father understands our mortal journey and the inevitability of sin in our lives. I am deeply thankful that He has provided a Savior to atone for our transgressions. Through the Savior's redemptive sacrifice, each of us can repent and seek forgiveness and become clean. Repentance, a foundational principle of the gospel, is essential for our spiritual development and resilience as we navigate life's challenges.

During the April 2022 general conference, President Russell M. Nelson invited every member of the Church to experience the joy of daily repentance. He said:

"Please do not fear or delay repenting. Satan delights in your misery. Cut it short. Cast his influence out of your life! Start today to experience the joy of putting off the natural man. The Savior loves us always but especially when we repent. ...

"If you feel you have strayed off the covenant path too far or too long and have no way to return, that simply is not true."

If there is something that you have not fully repented of, I encourage you to heed President Nelson's call not to procrastinate your repentance. It may require some courage to engage in this process; however, I can assure you that the joy that emanates from genuine repentance surpasses understanding. Through repentance, our burdens of guilt are lifted and replaced with a sense of peace and tranquility. As we repent earnestly, we are sanctified through the Savior's blood, increasing our sensitivity to the promptings and influence of the Holy Ghost.

My eternal companion was born with a hearing impairment and as a result must wear

allugodda agingga iti panungpalan."

Nakatulong kaniak ti pannakalawlawag a naawatko iti dayta nga oras tapno maawatak ti napateg a kinapudno a saanko naawatan idi ubingak pay adun a tawen kasakbayanna. Naipukos ti mensahe ti mangaskasaba iti kinapateg ti naespirituan a kinadalus. Ginuyugoy na ti kongregasion nga agbabawi, agaramidda iti panagbalbaliw iti biagda, ken umasidegda iti Mangisalakan para iti pannakasubbot.

Maawatan ti Nailangitan nga Amatayo ti mortal a panagdaliasattayo ken agbasoltayo iti biagtayo. Agyamanak unay ta nangipaay Isuna iti Mangisalakan a mangsubbot kadagiti salungasingtayo. Babaen ti makasubbot a sakripisio ti Mangisalakan, makapagbabawi ti tunggal maysa kadatayo ken agsapul iti pammakawan ken agbalin a nadalus. Ti panagbabawi, maysa a pundasion a pagbatayan ti ebanghelio, para iti naespirituan a panagdur-as ken panagandurtayo bayat ti panagdaliasattayo kadagiti karit iti biag.

Kabayatan ti Abril 2022 a sapasap a kompetensia, inawis ni Presidente Russell M. Nelson ti tunggal miembro ti Simbaan a mangpadas iti rag-o ti inaldaw a panagbabawi. Kinunana:

"Saankayo koma nga agbuteng wenno mangitantan iti panagbabawi. Agragsak ni Satanas iti rigatyo. Putden a dagus daytoy. Ikkatenyo ti impluensia ni Satanas iti biagyo! Mangrugikayo ita nga aldaw a mangpadas iti rag-o ti panangikkat iti nailubongan a tao. Kanayon nga ay-ayatenna-tayo ti Mangisalakan ngemnangnangrunapay no agbabawitayo. ...

No mariknayo a nayadayokayon iti dana ti katulagan iti nakabaybayagen ket awan ti wagas tapno makapagsubli, saan a pudno dayta."

No adda maysa a banag a saanyo a naan-anay a nagbabawyan, allukoyenkayo nga ipangagyo ti awag ni Presidente Nelson a saanyo nga itantan ti panagbabawiyon. Mabalin a kasapulan ti tured tapno makipaset iti daytoy a proseso; nupay kasta, maipasiguradok kadakayo a ti rag-o nga agtaud iti napudno a panagbabawi ket manggrim-baw iti pannakaawat. Babaen ti panagbabawi, maikkat dagiti dadagsentayo iti basol ken masukatan iti rikna ti kappia ken talinaay. Bayat ti panagbabawitayo a sipapasnek, mapasantotayo babaen ti dara ti Mangisalakan, a mangpadakkel iti kinamanagriknatayo kadagiti pannignay ken impluensia ti Espiritu Santo.

Naipasngay ti agnanayon a kompanionko nga addaan iti depekto ti panagdengngeg, ket kas

hearing aids. Dust and sweat can affect the performance of these devices, and so each morning I observe her diligently cleaning the connecting tubes before wearing the aids. This simple yet consistent routine eliminates any dirt, moisture, or condensation, thereby improving her ability to hear and communicate effectively. When she overlooks this daily ritual, her ability to hear suffers throughout the day; spoken words gradually fade and eventually become inaudible. Just as her daily hearing aid cleaning allows her to hear clearly, daily repentance allows us to discern the guidance of the Lord through the Holy Ghost.

Near the end of the Lord's mortal ministry and before His departure to the Garden of Gethsemane, He prepared His disciples to face the upcoming trials. He assured them, saying, "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you."

One of the Holy Ghost's essential functions is to caution, lead, and guide every individual who listens to the soft, inner voice. Just as the blocked communication tubes of a hearing aid can hinder proper functionality, our spiritual connection with our Heavenly Father can also be impaired, leading to dangerous misconceptions or a failure to heed His counsel. The advent of the internet has made information more accessible than ever before. This can lead us to turn to the world for guidance rather than to God. President Russell M. Nelson taught, "In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost."

I am grateful that each of us can receive the gift of the Holy Ghost at the time of our confirmation. However, President Dallin H. Oaks warned that "the blessings available through the gift of the Holy Ghost are conditioned upon worthiness [and] 'the Spirit of the Lord doth not

resultana, masapul nga agusar iti hearing aids. Mabalin a maapektuan ti tapok ken ling-et ti panagandar dagitoy a device, ket ngarud tunggal agsapa paliwek a sipapasnek a mangdalous kadagiti connecting tube sakbay nga isuotna ti hearing aids. Daytoy simple ngem agtultuloy a pangaramid iti daytoy iti inaldaw ket ikkatenna ti aniaman a rugit, agneb, wenno pannakabasa, iti kasta mapasayaat ti kabaelanna a dumngeg ken makisarita a nasayaat. No maliwayanna daytoy inaldaw a ritual, marigatan a dumngeg iti ag-malem; in-inut a kumapuy dagiti naisao a balikas ket iti agangay saannanton a mangngeg daytoy. Kas iti inaldaw a panangdalous iti hearing aid-na ti mangipalubos kenkuana a makangngeg a nalawag, ti inaldaw a panagbabawitayo ti mangipalubos kadayo a mangilasin iti panangiwanwan ti Apo babaen ti Espiritu Santo.

Iti asideg ti gibus ti mortal a panangministro ti Apo ken sakbay ti ipapanawna iti Minuyongan ti Getsemani, insaganana dagiti disipulona a mangsango kadagiti umay a pannubok. Impasigurona kadakuada, a kunkunana, "Ngem ti Manangliwliwa, nga isu ti Espiritu Santo, nga ibaonto ti Ama iti naganko, isuronanto kadakayo dagiti amin a banag, ket ipalagipnanto kadakayo dagiti amin a banag nga imbagak kadakayo."

Maysa kadagiti kasapulan nga aramid ti Espiritu Santo ti mangpakdaar, mangidaulo, ken mangiwanwan iti tunggal indibidual a dumngeg iti naalumamay a timek iti kaungganda. Kas iti narurugit a communication tube ti maysa a hearing aid ket mabalin a mangapekto iti umno a panagandar daytoy, mabalin met a madadael ti naespirituan a koneksiontayo iti Nailangitan nga Amatayo, a mangiturong kadagiti napeggad a di umisu a panangipapan wenno saan a panangipangag iti balakadna. Ti idadateng ti internet ti namagbalin a nalaklaka a magun-od ti impormasion ngem idi. Maiturongnatayo daytoy a mangsapul iti panangiwanwan ti lubong imbes nga iti Dios. Insuro ni Presidente Russel M. Nelson: "Kadagiti umay nga aldaw, saanto a posible ti agbiag a naespirituan no awan ti pangiwanwan, pangiturong, pangliwliwa, ken agtultuloy nga impluensia ti Espiritu Santo."

Agyamanak ta makaawat ti tunggal maysa kadayo iti sagut ti Espiritu Santo iti oras ti kumpirmasiontayo. Nupay kasta, imballaag ni Presidente Dallin H. Oaks a "dagiti bendision a sidadaan a magun-od babaen ti sagut ti Espiritu Santo ket maikondision iti pannakaikari [ken]

dwel in unholy temples' [Helaman 4:24]."

When we consciously choose to follow the guidance of prophets and apostles, our capacity to have the Holy Ghost as a constant companion grows. The Holy Ghost provides clarity in decision-making, prompting thoughts and impressions that align with our Heavenly Father's will. Having the Holy Ghost as a constant companion is crucial for our spiritual growth.

I was recently assigned to preside over a stake conference at the Salt Lake Granger West Stake in Utah. During this event, I met a stake president who has diligently developed his ability to discern the promptings of the Holy Ghost through righteous living and daily repentance. As part of our ministering efforts, we coordinated visits to three households. Upon completing our final visit, we found ourselves with approximately 30 minutes remaining before our next engagement. As we traveled back to the stake center, President Chesnut received an impression to visit one additional family. We both agreed to follow this prompting.

We proceeded to visit the Jones family, where we discovered Sister Jones confined to bed due to illness. It was apparent that she needed a priesthood blessing. With her permission, we administered to her. As we prepared to depart, Sister Jones asked how we knew of her urgent need for a blessing. The truth is, we didn't know. However, our Heavenly Father, who was aware of her needs, did know and inspired President Chesnut to visit her home. When we are receptive to the guidance of the still, small voice, we are better equipped to more effectively minister to those in need.

I testify of a kind and loving Heavenly Father. Jesus Christ is the Savior and Redeemer of mankind. I testify that the Atonement of Jesus Christ is real and that as we learn to follow the guidance of the Holy Ghost, He will lead us to repent and use the power of the Savior's Atonement in our lives. President Russell M. Nelson is the true and living prophet of the Lord, with all priesthood keys on the earth today. In the name

'saan a makapagindeg ti Espiritu ti Apo kadagiti saan a nasantuan a templo' [Helaman 4:24]."

No nairanta a pilientayo a suroten ti panangiwanwan dagiti propeta ken apostol, dumakkel ti kabaellantayo a makadkaduatayo a kanayon ti Espiritu Santo. Mangipaay ti Espiritu Santo iti kinalawag iti panagaramid iti pangngedeng, mangtignay kadagiti kapanunotan ken impresion a maitunos iti pagayatan ti Nailangitan nga Amatayo. Napateg a makaduatayo a kanayon ti Espiritu Santo para iti naespirituan a panagdur-astayo.

Nabiit pay a natudingak a mangidaulo iti maysa a komperensia ti stake iti Salt Lake Granger West Stake iti Utah. Kabayatan daytoy a pasamak, naam-ammok ti maysa a stake president a sipapasnek a nangpatanor iti kabaellanna a mangilasin kadagiti pannignay ti Espiritu Santo babaen ti nalinteg a panagbiag ken inaldaw a panagbabawi. Kas paset ti panagkagumaanmi a makapagserbi, nakapagbisitakami iti tallo a pamilia. Apaman a nakumpletomi ti maudi a panagbisitami, naammuanmi nga adda pay 30 minuto a nabati sakbay a mapankami iti sumaruno a papananmi. Idi nagsublikami iti stake center, nakaawat ni Presidente Chesnut iti impresion a sumarungkar iti maysa pay a pamilia. Immanamongkami a suroten daytoy a pannignay.

Intuloymi ti simmarungkar iti pamilia Jones, sadiay naammuanmi a nakaidda latta ni Sister Jones gapu iti sakit. Nalawag a kasapulanna ti bendision ti priesthood. Babaen ti pammalubosna, intedmi ti pammendision kenkuana. Idi nagsaganakamin a pumanaw, dinamag ni Sister Jones no kasano a naammuanmi a kasapulanna unay iti pammendision. Ti kinapudnona, dimiammo. Nupay kasta, ti Nailangitan nga Amatayo, a makaammo kadagiti kasapulanna, ammonaken pinaregtana ni Presidente Chesnut a sarungkaran ti pagtaenganna. No awa-tentayo ti panangiwanwan ti naalumamay, bassit a timek, ad-adda a nakasaganatayo nga agserbi a nasamsamay kadagidiay nga agkasapulan.

Paneknekak ti naasi ken naayat a Nailangitan nga Ama. Ni Jesucristo ti Mangisalakan ken Mannubbot ti sangkatawan. Paneknekak a pudno ti Pannubbot ni Jesucristo ket no adalentayo a suroten ti panangiwanwan ti Espiritu Santo, iturongnatayo nga agbabawi ken mangusar iti bileg ti Pannubbot ti Mangisalakan iti biagtayo. Ni Presidente Russell M. Nelson ti pudno ken sibibiag a propeta ti Apo, nga addaan amin a

of Jesus Christ, amen.

tulbek ti priesthood ditoy daga ita. Iti nagan ni
Jesucristo, amen.