

The Joy of Our Redemption

By Sister Kristin M. Yee

Second Counselor in the Relief Society General Presidency

Ti Rag-o ti Pannakasubbottayo

Ni Sister Kristin M. Yee

Maikadua a Mammagbaga iti Sapasap a Pangulu en ti Relief Society

October 2024 general conference

Jesus Christ's love and power can save each of us from our mistakes, weaknesses, and sins and help us to become something more.

About 10 years ago I felt impressed to paint a portrait of the Savior. Though I am an artist, this felt a bit overwhelming. How was I to paint a portrait of Jesus Christ that captured His Spirit? Where was I to begin? And where would I find the time?

Even with my questions, I decided to move forward and trust that the Lord would help me. But I had to keep moving and leave the possibility to Him. I prayed, pondered, researched, and sketched and was blessed to find help and resources. And what was a white canvas started to become something more.

The process wasn't easy. Sometimes it didn't look as I had hoped. Sometimes there were moments of inspired strokes and ideas. And many times, I just had to try again and again and again.

When I thought the oil painting was finally complete and dry, I began to apply a transparent varnish to protect it from dirt and dust. As I did, I noticed the hair in the painting start to change, smear, and dissolve. I quickly realized that I had applied the varnish too soon, that part of the painting was still wet!

I had literally wiped away a portion of my painting with the varnish. Oh, how my heart sank. I felt as though I had just destroyed what God had helped me to do. I cried and felt sick in-

Ti ayat ken bileg ni Jesucristo ket makaispal iti tunggal maysa kadatayo manipud kadagiti biddut, pagkapuyan, ken basoltayo ken matulongannatayo nga agbalin nga ad-adu pay.

Agarup 10 a tawenen ti napalabas idi nariknak nga ipintak ti ladawan ti Mangisalakan. Nupay maysaak a pintor, nariknak a medio kasla narigat nga aramiden. Kasano asiaka mangipinta ti ladawan a mangtiliw iti espiritu ni Jesucristo? Sadino ti pangrugiak? Ket sadino ti pakasarakak iti oras?

Uray adda dagiti saludsodko, inkeddengko ti mangirugi ken agtalek a tulongannak ti Apo. Ngem masapul nga itultuloyko ti aggaraw ken mangnamnamaaka posible daytoy Kenkuana. Nagkararagak, nagutobak, nagsukisokak, ken nagdrowingak, ket naparaburanak iti tulong ken pamataudan. Ket ti puraw a canvas ti nangrugi a nagbalin a maysa a banag nga ad-adda pay.

Saan a nalaka ti proseso No dadduma, saan a kas iti ninamnamak ti langana. No dadduma adda dagiti kanito ti naparegta a sursurat ken ideya. Ket adu a daras, a masapul a padasek nga uliten ken uliten.

Idi impagarupko a kumpleton ken namagan ti oil painting, pinakatak iti transparent a barnis iti rabawna tapno di matapokan ken marugitan. Bayat ti panangaramidko, nadlawko a ti buok iti painting ket mangrugin nga agbaliw, agpuritak, ken marunaw. Nabigbigko a nasapa unay ti panangikabilko iti barnis, nabasa pay laeng dayta a paset ti painting!

Literal a pinunasak ti maysa a paset ti painting-ko babaen ti barnis. Ay, dagus a naladingitanak. Nariknak a kasla pinerdik ti nangtulungan ti Dios kaniak nga aramidek. Nagsangitak ken

side. In despair, I did what anyone would typically do in a situation like this: I called my mother. She wisely and calmly said, “You won’t get back what you had, but do the very best you can with what you’ve got.”

And I Partook, by Kristin M. Yee

So I prayed and pled for help and painted through the night to repair things. And I remember looking at the painting in the morning—it looked better than it did before. How was that possible? What I thought was a mistake without mend was an opportunity for His merciful hand to be manifest. He was not done with the painting, and He was not done with me. What joy and relief filled my heart. I praised the Lord for His mercy, for this miracle that not only saved the painting but taught me more about His love and power to save each of us from our mistakes, weaknesses, and sins and to help us become something more.

Just as the depth of my gratitude for the Savior grew as He mercifully helped me to repair the “unrepairable” painting, so has my personal love and gratitude for my Savior intensified as I’ve sought to work with Him on my weaknesses and to be forgiven of my mistakes. I will forever be grateful to my Savior that I can change and be cleansed. He has my heart, and I hope to do whatever He would have me do and become.

Repenting allows us to feel God’s love and to know and love Him in ways we would never otherwise know. Of the woman who anointed the Savior’s feet, He said, “Her sins, which are many, are forgiven; for she loved much: but to whom little is forgiven, the same loveth little.” She loved Jesus much, for He had forgiven her much.

There is such relief and hope in knowing that we can try again—that, as Elder David A. Bednar taught, we can receive an ongoing remission of our sins through the sanctifying power of the Holy Ghost as we truly and sincerely repent.

The redeeming power of Jesus Christ is one of the greatest promised blessings of our covenants. Ponder this as you participate in sacred ordinances. Without it, we could not return home

nariknak ti sakit iti unegko. Iti pannakapaay, in-aramidko ti gagangay nga aramiden ti asinoman iti kastoy a kasasaad: tinawagak ni nanangko. Sisisirib ken sitatalna a kinunana, “Dim maisublin ti adda kenkan, no di ket aramidem ti kasayaatan a kabaelam iti nagun-odmo.”

Ket Nakiranudak, ni Kristin M. Yee

Isu a nagkararag ken nagpatulongak ken nagpintaak a nagpatnag tapno matarimaanko dagiti banag. Ket malagipko idi kitkitaek ti naipnta a ladawan iti agsapa—nasaysayaat ti langanan. Kasano a posible dayta? Ti impagarupko a biddut nga awan ti pannakatarimaanna ket maysa a gundaway para iti naasi nga imana a maiparang-arang. Saanna pay a nalpas ti naipinta a ladawan, ken saan pay a nalpas kaniak. Anian a ragsak ken bang-ar ti nangpunno iti pusok. Dinayawko ti Apo iti asina, gapu itoy a milagro a saan laeng a nangispal iti painting no di ket ad-adu ti insuro-na kaniak maipapan iti ayat ken pannakabalinna a mangisalakana kadagiti bidduttayo, pagkapuyan, ken basol tapno matulongannatayo pay.

Kas iti idadakkel ti panagyamanko iti Mangisalakana bayat ti siaasi a tinulongannak a nangtarimaan iti “di matarimaan” a naipinta a ladawan, rimmegta pay ti personal nga ayat ken panagyamanko para iti Mangisalakanko idi kalikagumak a makitinnulong Kenkuana kadagiti pagkapuyak ken tapno mapakawan dagiti biddutko. Agnanayon nga agyamanak iti Mangisalakanko ta makapagbalbaliwakken madalusan. Adda kenkuana ti pusok, ket namnamaek nga aramidek ti aniaman a kayatna nga aramidek ken pagbalinan.

Ti panagbabawi ket palubosannatayo a makarikna iti ayat ti Dios ken mangam-ammo ken mangayat Kenkuana. Iti babai a nanglana iti dapdapan ti Mangisalakana, Kinunana, “Mapakawan dagiti basbasolna, nga adu; ta adu ti inayatna: ngem no asinoman a bassit ti mapakawan, bassit ti panagayatna.” Inayatna unay ni Jesus ta napalalo ti Panangpakawanna kenkuana.

Adda bang-ar ken namnama iti panna-kaammo amabalin apadasentayo manen—a, kas insuro ni Elder Bednar, makapagtultuloytayo a mapakawan iti basbasoltayo babaen ti mangpas-antor a bileg ti Espiritu Santo no sipupudno nga agbabawitayo.

Ti pannakabalin a mangsubbot ni Jesucristo ket maysa kadagiti kadakkelan a bendision dagiti katulagantayo. Utobentayo daytoy no makiramanantayo kadagiti sagrado nga ordinansa. No

to the presence of our Father in Heaven and those we love.

I know that our Lord and Savior, Jesus Christ, is mighty to save. As the Son of God, who atoned for the sins of the world and laid down His own life and took it up again, He holds the power of redemption and resurrection. He has made possible immortality for all and eternal life for those who choose Him. I know that through His atoning sacrifice, we can repent and truly be cleansed and redeemed. It is a miracle He loves you and me in this way.

He has said, “Will ye not now return unto me, and repent of your sins, and be converted, that I may heal you?” He can heal the “waste places” of your soul—the places made dry, harsh, and desolate by sin and sorrow—and “make [your] wilderness like Eden.”

Just as we cannot comprehend the agony and depth of Christ’s suffering in Gethsemane and on the cross, so we “cannot measure the bounds nor fathom the depths of [His] divine forgiveness,” mercy, and love.

You may feel at times that it’s not possible to be redeemed, that perhaps you are an exception to God’s love and the Savior’s atoning power because of what you are struggling with or because of what you’ve done. But I testify that you are not beneath the Master’s reach. The Savior “descended below all things” and is in a divine position to lift you and claim you from the darkest abyss and bring you into “his marvellous light.” Through His sufferings, He has made a way for each of us to overcome our personal weaknesses and sins. “He has all power to save every man that believeth on his name and bringeth forth fruit meet for repentance.”

Just as it required work and pleading for heaven’s help to repair the painting, it takes work, sincerity of heart, and humility to bring “forth fruit meet for repentance.” These fruits include exercising our faith and trust in Jesus Christ and His atoning sacrifice, offering to God a broken heart and a contrite spirit, confessing and forsaking sin, restoring that which has been damaged to the best of our ability, and striving to live righteously.

awan dayta, ditay makasubli iti imatang ti Amatayo sadi Langit ken dagiti ipatpategtayo.

Ammok a ti Apo ken Mangisalakantayo, ni Jesucristo, ket mannakabalin a mangisalakan. Kas Anak ti Dios, a nangsubbot iti basbasol ti lubong ken nangtediti bukodna a biag ket innalana manen, Iggemna ti bileg ti pannakasubbot ken panagungar. Inaramidn a posible ti imortalidad para iti amin ken biag nga agnanayon para kadagidiay mangpili Kenkuana. Ammok a babaen ti makasubbot a sakripisiona mabalintayo ti agbabawi ken pudno a madalusan ken masubbotayo. Maysa a milagro nga ay-ayatennatayo iti kastoy a wagas.

Kinunana, “Dikanto kadi agsubli kaniak, ket agbabawika iti basbasolmo, ken mapasurotka iti Apo, tapno maagasanka?” Maagasannadagiti “langalang a lugar” ti kararuayo—ti lugar a pinamaga, naulpit, ken langalang gaput iti basol ken ladingit, ken “pagbalinenna ti let-ang[yo] a kas iti Eden.”

No kasano a ditay maawatan ti panagtutuok ken kauneg ti panagsagaba ni Cristo idia Getsemani ken iti krus, kasta met a “ditay a marukod dagiti beddeng wenno maawatan ti kauneg ti nadosan a pammakawan,” asi, ken ayatna..

Mariknayo no dadduma a saan a posible ti masubbot, a nalabit maysakayo a nailaksid iti ayat ti Dios ken ti mangsubbot a pannakabalin ti Mangisalakan gapu iti pakidangdangadangyo wenno gapu iti inaramidyo. Ngem paneknekak a madanun ken mabendisionannakayo ti Maestro. Ti Mangisalakan ket “bimmaba iti amin a banag” ket adda iti nadosan a kasasaad a mangitag-ay kenka ken mangala kenka manipud iti kasipngetan ken ikkannaka iti “nakaskasdaaw a lawagna.” Kadagiti panagsagabana, nangaramid iti dalan para kadatayo a mangpamek iti bukoda pagkapuyan ken basbasoltayo. “Addaan isuna itiamina bileg a mangisalakan ititunggaltao a mamati iti naganna ken mangpataud iti bunga a maitutop iti panagbabawi.”

No kasano a kasapulan ti aramid ken panagpakaasi iti tulong ti langit tapno matarimaan ti ladawan, kasapulan met ti aramid, kinapudno, ken kinapakumbaba tapno makaipaay iti “bunga a maitutop iti panagbabawi.” Dagitoy a bunga iramanna ti panangaramat iti pammati ken talektayo ken ni Jesucristo ken ti pangsubbot a sakripisiona, panangidaton iti nasneban a puso ken napnuan babawi nga espiritu, panangipudno ken panangtallikud iti basol, panagisubli iti

To truly repent and change, we must first be “convinced of our sins.” A person does not see the need to take medicine unless they understand that they are ill. There may be times we may not be willing to look inside ourselves and see that which really needs healing and repair.

In C. S. Lewis’s writings, Aslan poses these words to a man who has entangled himself in his own devices: “Oh [humankind], how cleverly you defend yourselves [from] all that might do you good!”

Where might you and I be defending ourselves from those things that might do us good?

Let us not defend ourselves from the good that God desires to bless us with. From the love and mercy that He desires us to feel. From the light and knowledge He desires to bestow upon us. From the healing that He knows we so readily need. From the deeper covenant relationship He intends for all His sons and daughters.

I pray we may lay aside any “weapons of war” that we’ve consciously or even unconsciously taken up to defend ourselves from the blessings of God’s love. Weapons of pride, selfishness, fear, hate, offense, complacency, unrighteous judgment, jealousies—anything that would keep us from loving God with all our hearts and keeping all our covenants with Him.

As we live our covenants, the Lord can give us the help and power we need to both recognize and overcome our weaknesses, including the spiritual parasite of pride. Our prophet has said:

“Repentance is the pathway to purity, and purity brings power.”

“And oh, how we will need His power in the days ahead.”

Like my painting, the Lord is not done with us when we make a mistake, nor does He flee when we falter. Our need for healing and help is not a burden to Him, but the very reason He came. The Savior Himself said:

nadadael iti amin a kabaellantayo, ken panangik-agumaan nga agbiag a nalinteg.

Tapno pudno nga agbabawi ken agbalbaliwtayo, masapul nga umuna a “makumbinsitayo iti basbasoltayo.” Saan a makita ti maysa a tao ti kasapulan nga agtomar iti agas malaksid no maawatanna a masakitda. Adda dagiti panawen a ditayo agtallugod nga ammuen iti uneg ti bagitayo ken kitaen no ania ti agkasapulan iti panna-kaagas ken pannakaatur.

Kadagiti sinurat ni C. S. Lewis, idatag ni Aslan dagitoy a balikas iti maysa a tao a naisinggalut iti bukodna a ramit: “O, [sangkatawan], anian a kinasiribyo a mangsaluad iti bagbagiyo manipud ti amin a makaipaay iti pagimbaganyo.”

Sadino ti mabalintayo a pangsaluadan iti bagbagitayo manipud kadagiti mabalin a makai- paay iti pagimbagantayo?

Ditay koma saluadan ti bagitayo manipud iti nasayaat a tarigagayan ti Dios a pangbendisionanna kadatayo. Manipud iti ayat ken asi a tarigagayanna a mariknatayo. Manipud iti lawag ken pannakaammo a tarigagayanna nga ipaay kadatayo. Manipud iti pannakaagas nga ammona a kasapulantayo unay. Manipud iti naun-uneg a natulagan a relasion apanggepna para kadagiti amin nga annakna a lallaki ken babbai.

Ikararagko a maikalitayo dagiti “armas a pakigubat” a sipupuot wenno di mapupuotan nga innalatayo tapno idepensa ti bagitayo iti bendision ti ayat ti Dios. Ti igam ti pannakkel—panagimbubukod, buteng, gura, pannakasair, panagkompiansa, di nalinteg a pananghusga, apal—aniaman a manglapped kadatayo iti panagayat iti Dios itiamina puspusotayo ken panagtungpal itiamina katulagantayo Kenkuana.

Bayat ti panagbiagtayo kadagiti katulagantayo, maiited ti Apo ti tulong ken bileg a kasapulantayo a mangbigbigken mangpampek iti pagkapuyantayo, raman ti naespirituan a parasite ti kinatangsit. Kinuna ti propetatayo:

“Ti panagbabawi isu ti dana nga agturong iti kinatarnaw, ken ti kinatarnaw ti mangyeg iti bileg.”

“Ken, talaga a kasapulantayo ti bilegna kadagiti sumangbay nga aldaw.”

Kas iti naipinta a ladawak, di pay nalpasa ti ti Apo kadatayo no agbidduttayo, ken dinatayo baybay-an no agbasoltayo. Ti pannakapalaingtayo ken tulong ket di dadagsen Kenkuana no di ket isu ti mismo a rason nga immay Isuna. Kinuna a mismo ti Mangisalakian:

“Behold, I have come unto the world to bring redemption unto the world, to save the world from sin.”

“Mine arm of mercy is extended towards you, and whosoever will come, him will I receive; and blessed are those who come unto me.”

So come—come ye that are weary, worn, and sad; come and leave your labors and find rest in Him who loves you most. Take His yoke upon you, for He is gentle and lowly in heart.

Our Heavenly Father and Savior see you. They know your heart. They care about what you care about, including those you love.

The Savior can redeem that which was lost, including broken and fractured relationships. He has made a way for all that is fallen to be redeemed—to breathe life into that which feels dead and hopeless.

If you are struggling with a situation you think you should have overcome by now, don’t give up. Be patient with yourself, keep your covenants, repent often, seek the help of your leaders if needed, and go to the house of the Lord as regularly as you can. Listen for and heed the promptings He sends you. He will not abandon His covenant relationship with you.

There have been difficult and complex relationships in my life that I have struggled with and sincerely sought to improve. At times I felt like I was failing more often than not. I wondered, “Did I not fix things the last time? Did I not truly overcome my weakness?” I’ve learned over time that I am not necessarily defective; rather, there is often more to work on and more healing that is needed.

Elder D. Todd Christofferson taught: “Surely the Lord smiles upon one who desires to come to judgment worthily, who resolutely labors day by day to replace weakness with strength. Real repentance, real change may require repeated attempts, but there is something refining and holy in such striving. Divine forgiveness and healing flow quite naturally to such a soul.”

Each day is a new day filled with hope and

“Adtoy, immayak iti lubong tapno mangyeg iti pannakasubbot iti lubong, tapno isalakan ti lubong manipud iti basol.”

“Ti takiagko ti asi nayunnat nga agturong kenka, ket siasinoman nga umay, isu awatekto; ket nabendisionan dagidiay umay kaniak.”

Isu nga umaykayo—dakayo a nabannog, nakapuy, ken naliday; umaykayo ket panawanyo dagiti aramidyo ket aginanakayo Kenkuana a manggay-ayat unay kadakayo. Alaenyo ti sangolna kadakayo, ta Isu ket nadungngo ken nanumo ti pusona.

Makitanakayo ti Nailangitan nga Ama ken Mangisalakantayo Ammona ti adda iti pusoyo. Maseknanda no ania ti pakaseknanyo, agraman dagidiay ay-ayatenyo.

Mabalin a subboten ti Mangisalakan dayta a napukaw, agraman dagiti nadadael ken naperdi a relasion iti familia ken dagidiay ay-ayatentayo. Nagaramid iti dalan para iti amin a nagbasol tapno masubbot—tapno agbiag dagiti riknana a natay ken awanan namnama.

No agkarkarigatankayo iti kasasaad a pagarupenyo a naparmekyo koma itan, dikayo sumuko. Aganuskayo iti bagiyo, tungpalenyo dagiti katulaganyo, masansan nga agbabawikayo, agpatulong kadagiti lideryo no kasapulan, ken mapankayo iti balay ti Apo agingga a kabaelanyo. Dumngeg ken ipangagyo dagiti pannignay nga ibaonna kadakayo. Saanna a baybay-an ti naitu-lag a relasionna kadakayo.

Adda dagiti narigat ken narikut a relasion iti biagko a nga inkarigatak ken sipapasnek nga inkagumaanak a pasayaaten. No dadduma, mariknak a kasla masansan a mapaayak. Pinampanunotko, “Diak kadi inurnos ti bambanag iti naudi a gundaway? Diak kadi a pudno a naparmek ti kinakapuyko?” Naammuak itipanglabas ti panawen a saan a nasken nga adda pagkuran-gak; ketdi, masansan nga ad-adu pay ti aramiden ken ad-adu pay a panagpaimbag ti kasapulan.

Insuro ni Elder D. Todd Christofferson: “Sigurado nga umisem ti Apo iti maysa nga agtarigagay nga umay paukom a maikari, a determinado nga agtrabaho iti inaldaw a mangsukat iti kinakapuy iti pigsa. Ti pudno a panagbabawi, pudno a panagbalbaliw agkasapulan iti mau-lit-ulit a panangpadas, ngem adda banag a mangpapintas ken mangpasanto iti kasta a panagregget. Ti nadosan a pammakawan ken panangagas ket agayus a gagangay iti kasta a kararua.”

Tunggal aldaw ket baro nga aldaw a napnuan

possibilities because of Jesus Christ. Each day you and I can come to know, as Mother Eve proclaimed, “the joy of our redemption,” the joy of being made whole, the joy of feeling God’s unfailing love for you.

I know that our Father in Heaven and Savior love you. Jesus Christ is the Savior and Redeemer of all mankind. He lives. Through His atoning sacrifice, the bands of sin and death were forever broken so that we might be free to choose healing, redemption, and eternal life with those we love. And I testify of these things in His name, Jesus Christ, amen.

namnama ken posibilidad gapu ken ni Jesucristo. Tunggal aldaw maammuantayo, kas inwaragawag ni Ina nga Eva, “ti rag-o ti pannakasubbotmi,” ket rag-o ti pannakapaimbag, rag-o ti pannakarikna iti di agkupas nga ayat ti Dios kadakayo.

Paneknekak nga ay-ayatennakayo ti Amatayo sadi Langit ken ti Mangisalakan. Ni Jesucristo ti Mangisalakan ken Mannubbot ti amin a sangkataw-an. Sibibiag Isuna. Babaen ti pannubbot a sakripisiona, nawarwaren dagiti pamungo ti basol ken ipapatayiti agnanayontapno mabalin anawayatayoa pumili iti pannakapaimbag, pannakasubbot, ken biag nga agnanayon a kadenna dagiti ipatpategtayo. Ket paneknekak dagitoy a banag iti naganna, ni Jesucristo, amen.