

His Hand Ready to Help Us

By Elder Juan Pablo Villar
Of the Seventy

Ny tanany izay vonona ny hanampy antsika

Nataon'ny Loholona Juan Pablo Villar
Ao amin'ny Fitopololahy

October 2024 general conference

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,

Rehefa mangataka fanampiana amin'i Jesoa Kristy amin-pinoana isika dia ho eo foana Izy.

Fony aho mbola zaza dia nandeha niala sasa-tra teny amoron-dranomasina niaraka tamin'ny fianakaviako aho teny amin'ny moron-tsirak'i Chili izay firenena niaviako. Nampiantanentana ahy ny hiaraka amin'ny fianakaviako nandritra ny andro vitsivitsy ka nankafy ny fotoam-pahavara-tra. Nangitakitaka ihany koa aho satria nieritritra fa nony farany dia afaka miaraka amin'ireo zokiko roalahy aho ary manao ny fanaon'izy ireo matetika eny ambony rano.

Indray andro dia nandeha nilalao teo amin'ny toerana niantefan'ireo onjan-dranomasina ireo rahalahiko ary nahatsapa ho efa mba lehibe aho no matotra ka nanaraka azy ireo. Rehefa nandroso nankeny amin'ilay faritra aho dia lehibe kokoa noho ny fahitana azy ireo avy teny amoron-dranomasina ireo onjan-dranomasina. Tampoka teo dia nisy onjan-dranomasina nanatona ahy haingana ka tsy nampoiziko. Nahatsapa ho toy ny rakotry ny herin'ny natiora aho ary voasintona tao amin'ny halalin'ny ranomasina. Tsy nahita na nahatsapa toerana na zavatra fantatro aho rehefa natopatopan'ny rano. Raha iny mbola nieritritra iny aho fa mety hifarana ny andro sisa iainako teto ambonin'ny tany dia nahatsapa tanana nisintona ahy hivoaka ny rano aho. Nony farany dia nahita ny masoandro sy naka aina aho.

I Claudio, rahalahiko dia nahita ireo ezaka nataoko hanehoako fa efa lehibe aho ka tonga nanavotra ahy. Tsy lavitra ny moron-drano-masina no nisy ahy. Na dia marivo aza ny rano dia very hevitra aho ka tsy tonga saina fa afaka nanavotra ny tenako ihany. Nilaza tamiko i Clau-

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.” 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

dio fa tokony hitandrina aho ary raha sitrako dia azony ampianarina aho. Na dia betsaka aza ny rano voateliko dia nihanatanjaka ny hambom-poko sy ny faniriako ho lehilahy lehibe ka namaly aho hoe: “Eny ary.”

Nilaza i Claudio fa tokony haneho fahasiahiana ho eny amin’ireo onjan-dranomasina aho. Niteny irery aho hoe azo antoka tokoa fa ho resy aho amin’io ady atao amin’ny ranobe io.

Raha iny nisy onjan-dranomasina lehibe nanatona iny dia niteny haingana i Claudio hoe: “Jereo aho, izao no fomba hanaovana azy.” Nihazakazaka nankeny amin’ily onjan-dranomasina i Claudio ka nitsoraka tao anatin’ily izy mialohan’ny nanjavonan’izany. Tena variana loatra tamin’ny fomba nitsorahany tanaty rano aho hany ka tsy hitako intsony ny fiavian’ily onjan-dranomasina manaraka. Koa lasa tany amin’ny halalin’ny ranomasina indray aho ary natopatopan’ny herin’ny natiora. Segondra vitivitsy taty aoriana dia nisy tanana nisambotra ny tanako ka nosintonina hivoaka ny rano sy hahazo rivotra aho. Maty tanteraka ny afon’ny hambom-poko.

Nanasa ahy hiara-hitsoraka aminy anaty rano ny rahalahiko tamin’io fotoana io. Naaiky ily fanasany aho ka nanaraka azy ary dia nia-ra-nitsoraka izahay. Nahatsapa ho nandresy ny fanamby lehibe indrindra teo amin’ny fiainako aho. Marina fa tsy tena mora ny nanao izany kanefa vitako ary feno fankasitrahana aho noho ny fanampiana sy ny ohatra nasehon’ily rahalahiko. Nanavotra ahy indroa ily tanany. Naneho tamiko ny fomba tokony hiatrehako ily fanambiko sy handreseko izany izy tamin’io andro io.

Nanasa antsika ny Filoha Russell M. Nelson mba hisaina amin’ny fomba selestialy ka te hanaraka ily torohevitra nomeny sy hampihatra izany amin’ily tantarako nandritra io fahavaratra io aho.

Ny herin’ny Mpamonjy manoloana ny fahavalo

Raha misaina amin’ny fomba selestialy isika dia ho takatsika fa eo amin’ny fiainantsika isika dia hiatrika fanamby izay toa lehibe kokoa noho ny fahaizantsika mandresy izany. Mandritra ny fiainantsika eto an-tany dia iharan’ireo fanafihan’ily fahavalo isika. Tahaka ireo onjan-dranomasina izay nanana fahefana tamiko tamin’ny fotoam-pahavatra iny dia mety hahatsapa ho tsy

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.

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

manana hery sy hilefitra amin'ny loza goavana kokoa isika. Afaka nanetsika anay tetsy sy teroa ireo “onjan-dranomasina feno hasomparana” ireo. Saingy aza hadinoina hoe iza no manana fahefahana hifehy ireo onjan-dranomasina ireo, hifehy ny zava-drehetra mihitsy aza raha ny marina. I Jesoa Kristy Mpamonjy antsika izany. Manana ny hery hanampiana antsika anatin'ny toe-javatra mampahory rehetra sy ny toe-javatra mampijaly Izy. Na manao ahoana na manao ahoana ny fahatsapantsika ho akaiky Azy dia afaka manatona antsika eo amin'izay misy antsika Izy.

Rehefa manatona Azy amim-pinoana isika dia ho eo mandrakariva Izy, ary araka ny fandaharam-potoany dia ho vonona sy hanaiky ny handray ny tanantsika ary hisintona antsika hankeo amin'ny toerana azo antoka Izy.

Ny Mpamonjy sy ny ohatra nasehoany mikasika ny fanompoana

Raha misaina amin'ny fomba selestialy isika dia hanaiky an'i Jesoa Kristy ho ohatra tonga lafatra amin'ny fanompoana. Misy maodely azon-tsika arahina ao anatin'ny soratra masina isaky ny manatona olona iray mila fanampiana sy fanavotana ary fitahiana Izy na ireo mpianany rehefa manolotra ny tanany izy ireo. Tahaka ny zava-nitranga tao anatin'ilay tantarako dia fantatro fa teo ilay rahalahiko, saingy tsy ampy ny hoe teo ho ahy fotsiny. Fantatr'i Claudio fa nanana olona aho ka nandroso izy ary nisintona ahy hivoaka ny rano.

Indraindray isika mieritreritra fa mila eo fotsiny isika ho an'olona iray izay mila fanampiana ary amin'ny ankamaroan'ny fotoana dia mbola betsaka ny zavatra azontsika atao. Ny fananana fomba fijery mibanjina ny mandrakizay dia manampy antsika handray fanambarana mba hanolorantsika fanampiana ho an'ny hafa izay mila izany. Afaka miantehitra amin'ny fitarihana sy ny fitaoman'ny Fanahy Masina isika mba haman-tarana ny karazana fanampiana ilaina, na izany fanampiana ara-batana toy ny fampiononana ara-pihetseham-po, na sakafo, na fanampiana amin'ireo asa fanao andavan-andro, na fitarihana ara-panahy mba hanampiana ny hafa amin'ny fiainan'izy ireo mba hiomana sy hanao ary hitan-drina fanekempihavanana masina.

Vonona ny hanavotra antsika ny Mpamonjy

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 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

Rehefa “nandeha tambonin’ny rano hanatona an’i Jesosy” i Petera, ilay Apôstôly zokiny indrindra ... “dia natahotra, ary raha vao nilentika Izy”, dia “niantso hoe: Tompo ô, vonjeo aho!” Nahafantatra ny finoana nampiharina i Petera mba hanatonana Azy teny ambony rano i Jesoa. Fiantany ihany koa ny tahotra tsapan’i Petera. Araka ilay tantara dia “naninjitra ny tanany niaraka tamin’izay Jesoa, dia nandray azy ka nanao tamin’ny hoe: Ry kely finoana, nahoana no niahanahana ianao?” Tsy hibedesana an’i Petera akory no nitenenany ireo teny ireo fa hampahatsiahivana azy fa Izy, ilay Mesia, dia niaraka taminy sy ireo mpianatra.

Raha misaina amin’ny fomba selestialy isika dia handray ny fanamafisana ao am-pontsika fa i Jesoa Kristy tokoa no ilay Mpamonjy antsika, ilay mpisolovava antsika eo anatrehan’ny Ray ary ilay Mpanavotra antsika. Rehefa mampihatra finoana Azy isika dia hamonjy antsika amin’ny toetry ny fahalavoantsika Izy, hihoatra ireo fanamby sy rofy ary ireo zavatra ilaintsika eto amin’ity fiainana ara-nofo ity ary hanome antsika ilay fanoomezana lehibe indrindra amin’ireo fanomezana rehetra dia ny fiainana mandrakizay izany.

Tsy milavo lefona ny amintsika ny Mpamonjy

Tsy nilavo lefona ny amiko ilay rahalahiko tamin’io andro io fa nikiry kosa mba hahafahako nianatra ho an’ny tenako manokana. Nikiry izy na dia nidika aza izany fa nila nanavotra ahy indroaizy. Nikiry izy na dia tsy haiko aza ny nanao izany tamin’ny voalohany. Nikiry izy ka nahafahako nandresy izany fanamby izany ary nahomby. Raha misaina amin’ny fomba selestialy isika dia ho tsapantsika fa ho eo foana ny Mpamonjintsika isak’izay ilaina mba hanome fanampiana raha te hianatra, hiova, handresy ary hatrika ireo sedra isika na hahomby amin’izay zava-drehetra mitondra fahasambaran’ny marina sy maharitra mandrakizay amin’ny fiainantsika.

Ny tanan’ny Mpamonjy

Tsy avelan’ny soratra masina ho lefy mandrakizay ny tandindona sy ny lanjan’ireo tanan’ny Mpamonjy. Noloahana tamin’ny fantsika ireo tanany mba hihazonana Azy teo amin’ny hazofijaliana nandritra ilay sorompanavotana nataony. Taorian’ny fitsanganany tamin’ny maty dia niseho tamin’ireo mpianany niaraka tamin’ny

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.

vatana tonga lafatra Izy saingy nijanona teo ireo diam-pantsika teo amin' ny tanany ho fampahatsiahivana ilay sorompanavotana tsy manam-pe-tra. Ho eo ho antsika mandrakariva ny tanany na dia tsy mahita na tsy mahatsapa izany aza isika amin'ny voalohany satria nofidian'ny Raintsika any An-danitra Izy ho Mpamonjy sy Mpanavotra ny olombelona rehetra.

Within Our Grasp [Azo tratrarina], nataon'i Jay Bryant Ward

The Hand of God [Ny tanan' Andriamani-tra], nataon'i Yongsung Kim.

Raha misaina amin'ny fomba selestialy aho dia fantatro fa tsy ho irery isika eto amin'ity fiainana ity. Na dia tsy maintsy matrika ireo fanamby sy fitsapana aza isika dia fantatry ny Raintsika any An-danitra ireo fahaiza-manao ananantsika ary fantany fa afaka mizaka sy mandresy ireo fahasarotan'ny fiainana isika. Mila manao ny anjarantsika isika ary mametraka am-pinoana ny fitokiantsika Aminy. Mpamonjy antsika i Jesoa Kristy, ilay Zanakalahy Malalany ary ho eo mandrakariva Izy. Amin'ny anarany, dia ny anarana masin'i Jesoa Kristy, amena.