Be Thou Clean

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Madiova ianao

Nataon'ny Loholona D. Martin Goury
Ao amin'ny Fitopololahy

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

Mamela antsika hahay hamantatra ny fitarihan'ny Tompo amin'ny alalan'ny Fanahy Masina ny fibebahana isan'andro.

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.

Nilalao baolina kitra niaraka tamin'ny namako tao ambadiky ny fiangonana tany amin'ny tanàna keliko tany Côte d'Ivoire aho fony aho dimy taona. Tsaroako mazava tsara ny antso avon'ilay mpitoriteny tamin'ireo mpiangona tao aminy mba hanadio ny fitafin'izy ireo ho fiomanana amin'ny fahatongavan'ny Mpamonjy. Satria mbola zaza aho dia noraisiko ara-bakiteny io antso io. Nihazakazaka nody araka izay tratran'ireo tongotro kely roa aho ary nitalaho tamin-dreniko mba hanadio ny fitafiko vitsivitsy mba ho tsisy pentina sy vonona aho ho amin'ilay fahatongavan'ny Mpamonjy ny ampitson'io. Na dia nisalasala ny amin'ny hiverenan'ny Mpamonjy haingana aza ny reniko dia nosasany ihany ny fitafiko tsara indrindra.

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.

Notafiako ilay akanjo somary mbola malamalana ny ampitson'iny ary niandry amim-pientanentanana ilay filazana ny fahatongavan'ny Mpamonjy aho. Rehefa nadiva hifarana ny andro ka tsy nisy na inona na inona niseho dia nanapa-kevitra ny ho any am-piangonana aho. Diso fanantenana tanteraka aho nahita fa tsy nisy olona tao am-piangonana ary tsy tonga akory ilay Mpamonjy. Azonareo sary an-tsaina angamba ny fahatsapako rehefa nandeha moramora nody aho.

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 gar-

Taona maro taty aoriana, rehefa nandray ireo leson'ny misiônera ho fiomanana hiditra ho mpikamban' Ny Fiangonan'i Jesoa Kristy ho an'ny Olomasin'ny Andro Farany aho dia namaky izao manaraka izao: "Ary tsy misy zavatra tsy madio afaka miditra ao amin'ny fanjakana; koa tsy misy

ments in my blood, because of their faith, and the repentance of all their sins, and their faithfulness unto the end."

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 butespeciallywhen 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 burdensof guilt are lifted and replaced with a sense of peace and tranquility. As we repent

na inona na inona miditra ao amin'ny fitsaharany afa-tsy ireo izay efa nanasa ny fitafiany tamin'ny rany, noho ny finoany sy ny fibebahana tamin'ny fahotany rehetra ary ny fahatokiany hatramin'ny farany."

Ny fanazavana azoko tamin'io fotoana io dia nanampy ahy hahatakatra ilay fahamarinana manan-danja izay tsy takatry ny saiko mbola zaza taona maro lasa talohan'io. Nifototra tamin'ny maha zava-dehibe ny fahadiovana ara-panahy ny hafatr'ilay mpitoriteny. Namporisika ireo mpiangona izy mba hikatsaka fibebahana sy hanova zavatra eo amin'ny fiainany ary hitodika amin'ny Mpamonjy mba hangataka famonjena.

Takatry ny Raintsika any An-danitra ny diantsika ety an-tany sy ny maha-tsy azo ihodivirana ny fahotana eo amin'ny fiainantsika. Feno fankasitrahana lalina aho fa nanome Mpamonjy iray Izy mba hanonitra ny fandikan-dalàntsika. Afaka mibebaka sy mikatsaka famelan-kelona ary lasa madio ny tsirairay amintsika amin'ny alalan'ny sorona manavotry ny Mpamonjy. Ny fibebahana, izay fitsipika fototry ny filazantsara, dia manan-danja ho an'ny fivoarantsika ara-panahy sy ny fahaizantsika miarina rehefa miatrika ireo fanamby amin'ny fiainana.

Nandritra ny fihaonamben'ny Fiangonana maneran-tany tamin'ny aprily 2022, dia nanasa ny mpikamban'ny Fiangonana tsirairay ny Filoha Russell M. Nelson mba hiaina ny fifaliana avy amin'ny fibebahana isan'andro. Hoy izy:

"Miangavy aho mba tsy hatahotra na hanemotra ny fibebahana. I Satana dia miravoravo amin'ny fahorianao. Atsaharo avy hatrany izany. Esory hiala eo amin'ny fiainanao ny fitaomany! Atombohy anio ny fiainana ny fifaliana amin'ny fialana amin'ny maha-olona araka ny nofo. Tia antsika foana ny Mpamonjyfa indrindrarehefa mibebaka isika. …

"Raha mahatsapa ianao fa niala lavitra na ela loatra tamin'ilay lalan'ny fanekempihavanana ka tsy mahita fomba hiverenana, dia tsy marina tsotra izao izany."

Raha toa ka misy zavatra iray tsy nibebahanao tanteraka dia mamporisika anao aho hihaino ilay antson'ny Filoha Nelson mba tsy hanemotra ny fibebahanao. Mety mitaky herim-po ny fanombohana izany dingana izany; kanefa manome toky anareo aho fa mihoatra ny fahatakarana ny fifaliana azo avy amin'ny fibebahana marina. Amin'ny alalan'ny fibebahana dia miala ny enta-mavesatry ny fahatsapana ho

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 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."

meloka ary voasolo fahatsapana fiadanana sy filaminan-tsaina. Rehefa mibebaka amin-kitsimpo isika dia hamasinina amin'ny alalan'ny ran'ny Mpamonjy, izay mampitombo ny fahafahantsika mandre ny bitsika sy ny fitaoman'ny Fanahy Masina.

Manana kileman'ny faharenesana hatry ny fahaterahany ny vadiko mandrakizay, ary vokatr'izany dia tsy maintsy mampiasa fitaovana fandrenesana izy. Misy fiantraikany amin'ny fiasan'io fitaovana io ny vovoka sy ny hatsembohana ka mandinika azy aho isa-maraina manadio amim-pahazotoana ireo fantsona mifandray mialohan'ny hanaovany azy. Io fahazarana tsotra nefa tsy miovaova io dia manala izay mety ho loto, na hamandoana, na vongan-drano avy amin'ny entona ka manatsara araka izany ny fahafahany maheno sy mifandray tsara. Rehefa tsy tanterahiny io zavatra fanaony isan'andro io dia sarotra ny fahafahany mandre mandritra ny andro; miha-mora tsikelikely ireo teny resahina ary lasa tsy re intsony nony farany. Tahaka ny ahafahany mandre mazava tsara noho ny fanadiovany isan'andro ilay fitaovana fandrenesany, ny fibebahana isan'andro koa dia ahafahantsika mamantatra ny fitarihan'ny Tompo amin'ny alalan'ny Fanahy Masina.

Teo amin'ny fiafaran'ny asa fanompoan'ny Tompo teto an-tany sy talohan'ny nandehanany tao amin'ny Sahan'i Getsemane dia nanomana ny mpianany Izy mba hiatrika ireo fitsapana ho avy. Nanome toky azy ireo Izy ary nilaza hoe: "Fa ny mpananatra dia ny Fanahy Masina, izay hirahin'ny Ray amin'ny anarako. Izy no hampianatra anareo ny zavatra rehetra sy hampahatsiaro anareo ny zavatra rehetra izay nolazaiko taminareo."

Anisan'ireo asa manan-danjan'ny Fanahy Masina ny mampitandrina sy mitarika ary manoro lalana ny olona rehetra izay mihaino ilay feo malefaka sy anaty. Tahaka ny mety hanakantsakanan'ny fantsona tsentsina ny fampandehanana araka ny tokony ho izy ilay fitaovana fandrenesana, dia mety hisy kilema ihany koa ny fifandraisantsika ara-panahy amin'ny Raintsika any An-danitra, ka mitarika amin'ny hevi-diso mampidi-doza na ny tsy fanarahana ny torohevitry. Ny fisian'ny Internet dia nahatonga ny fampahalalana ho mora hita kokoa noho ny teo aloha. Mety hitarika antsika hitodika any amin'izao tontolo izao mba hahazoana torolalana izany toy izay hitodika any amin' Andriamanitra. Nam-

pianatra ny Filoha Russell M. Nelson hoe: "Ao anatin'ireo andro ho avy, dia tsy azo heverina ny ho velon'aina ara-panahy raha tsy misy ny fitaoman'ny Fanahy Masina izay mitarika, sy manoro hevitra, ary mampionona tsy tapaka."

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

Feno fankasitrahana aho fa afaka mandray ny fanomezan'ny Fanahy Masina isika rehefa raisina ho mpikambana. Kanefa nampitandrina antsika ny Filoha Dallin H. Oaks fa "ireo fitahiana azo sitrahana amin'ny alalan'ny fanomezana ny Fanahy Masina dia miankina amin'ny fahamendrehantsika [ary] -tsy mitoetra ao amin'ny tempoly izay tsy masina ny Fanahin'ny Tompo- [Helamàna 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.

Rehefa misafidy an-tsitrapo ny hanaraka ny fitarihan'ny mpaminany sy ny apôstôly isika dia mitombo ny fahafahantsika manana ny Fanahy Masina ho namana lalandava. Ny Fanahy Masina dia manome fahazavan-tsaina rehefa mandray fanampahan-kevitra, mametraka eritreritra sy fahatsapana izay mifanaraka amin'ny sitrapon'ny Raintsika any An-danitra. Zava-dehibe eo amin'ny fitomboantsika ara-panahy ny fananantsika ny Fanahy Masina ho namana lalandava.

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.

Vao tsy ela aho no nomena andraikitra mba hiahy fihaonamben'ny tsatòka iray tao amin'ny Tsatòkan'i Salt Lake Granger Andrefana tao Utah. Nihaona tamin'ny filohan'ny tsatòka iray izay nampivoatra ny fahaizany mamantatra ny bitsiky ny Fanahy Masina tamin'ny alalan'ny fiainana amim-pahamarinana sy fibebahana isan'andro aho tamin'io fivoriana io. Nandrindra fitsidihana tokantrano telo izahay ho isan'ny ezaka ataonay hanao asa fanompoana. Taorian'ny fitsidihanay farany dia mbola nanana teo amin'ny 30 minitra teo ho eo izahay mialoha ny fivorianay manaraka. Teny an-dalana ho any amin'ny ivontoeran'ny tsatòka izahay dia nanana fahatsapana ny hitsidika fianakaviana iray fanampiny ny Filoha Chesnut. Samy nanaiky ny hanaraka ilay fitaomana izahay.

We proceeded to visit the Jones family,where we discovered SisterJones 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,wedidn't know. However, our Heavenly Father, who was aware of her needs,didknow and inspired President Chesnut to visit her home. When we are receptive to the guidance of the still, small voice, we are better

Nandeha nitsidika ny fianakaviana Jones izahay,ka nahita an-dRanabavy Jones tsy afa-nihetsika teo am-pandriana noho ny aretina. Nazava tsara fa nila tsodranon'ny fisoronana izy. Nanome tsodrano azy izahay rehefa nahazo lalana taminy. Rehefa niomana ny handeha izahay dia nanontany Ranabavy Jones hoe ahoana no nahafantaranay fa nila tsodrano maika izy. Ny marina dia tsy nahafantatraizahay. Saingy ny Raintsika any An-danitra, izay mahita azy, diatenanahafantatra ary nitaona an'ny Filoha Chesnut mba hitsidika

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 of Jesus Christ, amen.

ny tokantranony. Rehefa mora mandre ny fitarihan'ilay feo tony sy malefaka isika, dia ho ary fitaovana kokoa mba hanompo amim-pahombiazana kokoa ireo izay sahirana.

Mijoro ho vavolombelona ny amin'ilay Ray any An-danitra tsara fanahy sy be fitiavana aho. I Jesoa Kristy no Mpamonjy sy Mpanavotra ny olombelona. Mijoro ho vavolombelona aho fa misy tokoa ny Sorompanavotan'i Jesoa Kristy, fa rehefa mianatra ny manaraka ny fitarihan'ny Fanahy Masina isika dia hitondra antsika ho amin'ny fibebahana sy hampiasa ny herin'ny Sorompanavotan'ny Mpamonjy eo amin'ny fiainantsika Izy. Ny Filoha Russell M. Nelson no mpaminany marina sy velona nantsoin'ny Tompo izay manana ireo fanalahidin'ny fisoronana rehetra manerana ny tany manontolo ankehitriny. Amin'ny anaran'i Jesoa Kristy, amena.