

# The Words of Christ and the Holy Ghost Will Lead Us to the Truth

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## Hitondra antsika ho any amin'ny fahamarinana ny tenin'i Kristy sy ny Fanahy Masina

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*Ao amin'ny Fitopololahy*

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*Knowing this incredible plan will help us know we are children of God and we can become like Him.*

God is our Father in Heaven. We are His spirit children, and we are created after His image. Therefore, each of us, as a child of God, has a divine potential to become like Him.

We lived with Him as spirits before we came to this earth. Heavenly Father, as our spirit parent, loves us, wants the best for us, and prepared a plan for us to receive His greatest blessings, which are immortality and eternal life. According to the plan, we, as spirit children, would be given agency to choose His plan. By coming to the earth, we would leave God's presence, forget our premortal life, receive bodies of flesh and bones, gain our own experience, and develop faith. With our bodies of flesh and bones, as natural men we would succumb to temptation, become unclean and distant from God, and not be able to return to His holy presence. Because of Heavenly Father's infinite love for us, He sent His Firstborn Son, Jesus Christ, to be our Savior. Through His sacrifice, the Atonement, Jesus Christ made it possible for us to be redeemed from our sins and be resurrected and receive eternal life.

*Ny fahafantarana io drafitra mahatalanjona io dia hanampy antsika hamantatra fa zanak' Andriamanitra isika ary afaka ny ho lasa tahaka Azy isika.*

Andriamanitra dia Raintsika any An-danitra. Fanahy zanany isika ary nohariana araka ny endriny. Noho izany, isika tsirairay, amin'ny maha-zanak' Andriamanitra antsika, dia manana fahafahana ny ho lasa tahaka Azy.

Niaina niaraka taminy isika raha mbola fanahy talohan'ny niavantsika teto an-tany. Amin'ny maha ray aman-drenintsika Azy ara-panahy, ny Ray any An-danitra dia tia antsika sy maniry ny tsara indrindra ho antsika, ary manomana drafitra ho antsika mba handraisantsika ireo fita-hiany lehibe indrindra, izay ny tsy fahafatesana sy fiainana mandrakizay. Arak'ity drafitra, isika, amin'ny maha fanahy zanaka antsika, dia home-na fahafahana misafidy mba hisafidy ny drafiny. Amin'ny fiavantsika ety an-tany, dia handao ny fanatrehan' Andriamanitra isika, hanadino ny fiainana talohan'ny nahaterahana, handray vatana nofo sy taolana, hahazo ny traikefantsika manokana, ary hampitombo finoana. Noho ny fananantsika vatana nofo sy taolana, amin'ny maha olona araka ny nofo, dia ho resin'ny fakam-panahy isika, lasa tsy madio sy manalavitra an' Andriamanitra, ary tsy afaka ny hiverina eo amin'ny fanatrehan'ny masina. Noho ny fitiavana tsy manam-petra ananan'ny Ray any An-danitra ho antsika, dia nalefany i Jesoa Kristy Zanany Lahimatoa mba ho Mpamonjy antsika. Amin'ny alalan'ny sorona nataon'i Jesoa Kristy, ny Sorompanavotana izany, dia nataony ho azo tanterahina ny fanavotana antsika amin'ny fahotantsika sy ny fananganana antsika amin'ny maty ary ny fand-

I am extremely grateful for these glorious truths—what we call the Father’s plan of salvation, His plan of mercy, or His great plan of happiness. Learning these important truths has helped me know my true identity and the great blessings of exaltation and eternal life God has prepared for us. The prophet Nephi taught us the way: “Wherefore, . . . feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.” He added, “If ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do.” Today I would like to share how the words of Christ and the Holy Ghost helped me find these important peace-giving truths in my teenage years.

## The Words of Christ Will Tell You All Things What You Should Do

Just like Nephi stated in the opening verse of the book of 1 Nephi, I was also “born of goodly parents.” I grew up in Nagano, Japan, in a home where honesty, diligence, and humility were strongly encouraged and conformity to the old customs was strictly followed. My father was a very religious man. I watched him praying in front of the Shinto and Buddhist altars every morning and every night. Even though I had no idea whom he was praying to and what he was praying for, I believed some sort of unseen power or God would be “mighty to save” or help us if we prayed sincerely.

Like other teenagers, I experienced many hardships. I struggled, thinking that life was unfair and had lots of ups and downs. I felt lost, not having a sense of direction in my life. Life seemed so fleeting because it would end when I died. Life without knowing the plan of salvation was confusing.

Not long after I started to learn English in

raisantsika ny fiainana mandrakizay.

Tena feno fankasitrahana izaitsizy aho noho ireo fahamarinana feno voninahitra ireo: ilay antsointsika hoe ny drafitry ny famonjena an’ny Ray, ny drafitry ny famindrampony, na ny drafitry ny fahasambarana lehibe nataony. Ny fianarana ireo fahamarinana manan-danja ireo dia nampy ahy hahafantatra ny tena maha izaho ahy sy ireo fitahiana lehiben’ny fisandratana sy ny fiainana mandrakizay izay nomanin’ Andriamanitra ho antsika. Nampianatra antsika ny lalana i Nefia mpaminany manao hoe: “Noho izany, . . . mivokisa amin’ny tenin’i Kristy; fa indro hilaza aminareo ny zava-drehetra tokony hataonareo ny tenin’i Kristy.” Nampiany hoe: “Fa raha te hiditra ny lalana ianareo ary handray ny Fanahy Masina, dia Izy no hampiseho aminareo ny zavatra rehetra izay tokony hataonareo.” Anio aho dia te hizara ny fomba nanampian’ny tenin’i Kristy sy ny Fanahy Masina ahy hahita ireo fahamarinana manan-danja manome fiadanana ireo nandritra ireo taona naha-zatovo ahy.

## Hilaza aminareo ny zava-drehetra tokony hataonareo ny tenin’i Kristy

Tahaka ny voalazan’i Nefia ao amin’ireo andininy voalohany ao amin’ny bokin’ny 1 Nefia, izaho koa dia “nateraka ray aman-dreny tsongoin’olom-bolo.” Lehibe tany Nagano Japon aho, ary tao amin’ny tokantranonay dia namporisihina ny fahamarinan-toetra sy ny fahazotoana ary ny fanetrentena, ary narahina an-tsakany sy an-davany ny fombafomban’ny ntaolo. Lehilahy mpivavaka be ny raiko. Nijery azy nivavaka teo anoloan’ireo alitara Shintoista sy Bodista isa-maraina sy isan-kalina aho. Na dia tsy nahafantatra aza aho hoe iza no nivavahany sy hoe inona no nangatahiny tamin’ny vavaka, dia nino aho fa nisy karazana hery tsy hita maso na Andriamanitra izay “mahery ka mahavonjy” na hanampy anay raha mivavaka amin-kitsim-po izahay.

Tahaka ireo zatovo hafa, dia nandalo zava-tsarotra maro aho. Nitolona mafy aho, nieritreritra fa tsy rariny ny fiainana ary toy ny kodiaran-tsarety. Nahatsiaro ho very aho tsy nanana fitarihan-dalana teo amin’ny fiainako. Toa fandalovana ny fiainana satria dia hifarana izany rehefa maty aho. Nampikorontan-tsaina ilay fiainana tsy mbola nahafantarana ny drafitry ny famonjena.

Tsy ela taorian’ny nianarako ny taranja

junior high school, all the students in our school received a copy of the New Testament. Though we had barely begun our study of English, our teacher told us we should study English by reading it. I opened it and reviewed its contents. The words in the New Testament were extremely difficult for me. The words in Japanese were equally difficult. However, I was drawn to a list of statements and questions of the soul that had been included just before the biblical text in this Gideon Bible—questions about feeling lonely, lacking confidence, being confused, facing life's trials, and so on. Each item on the list was followed by a reference to verses and pages in the New Testament. I was especially drawn to the statement "When you are weary." The reference led me to open Matthew 11:28–30, in which Jesus said to His disciples:

"Come unto me, all ye that labour and are heavy laden, and I will give you rest.

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

"For my yoke is easy, and my burden is light."

This was the first time I remember reading the words of Jesus Christ. Though I did not understand all the words He said, His words comforted me, lifted my soul, and gave me hope. The more I read His words, the more I felt like I should try the virtue of His words. I had never felt like I felt that day. I felt I was loved. I felt that Jesus Christ was someone I knew.

As I continued studying, I felt as though He were speaking directly to me when He said, "Blessed are they which do hunger and thirst after righteousness: for they shall be filled."

His words filled my heart, even though I could not describe my feelings well at that time. Although Jesus Christ lived many centuries ago in a land unfamiliar to me, I thought I could trust

Anglisy tao amin'ny sekoly ambaratonga faharoa, dia nahazo tahadikany ny Testamenta Vaovao ny mpianatra rehetra tao amin'ny sekoly nisy ahy. Na dia vao nanomboka nianatra ny fianarana ny taranja Anglisy aza izahay, dia nilaza taminay ny mpampianatra fa tokony hianatra ny teny Anglisy izahay amin'ny alalan'ny famakiana ilay boky. Nosokafako ilay izy ary nohalaliniko ny votoatiny. Tena sarotra tamiko ireo teny nampiasaina tao amin'ny Testamenta Vaovao. Ny voambolana amin'ny teny Japôney ihany koa dia sarotra tahaka izany. Kanefa, voasarika tany amin'na lisitrana andian-teny sy andiam-panontaniana apetraky ny fanahy izay nampidirina mialoha ny lahatsoratra ny baiboly ao amin'io Baiboly nantonan'ny Gideôna io aho, fanontaniana momba ny fahatsapana ho manirery, tsy manana fahatokian-tena, sahiran-tsaina, miatrika olana amin'ny fiainana, sy ny sisa. Ny fanontaniana tsirairay anatin'io lisitra io dia arahina fanondroana andinin-tsoratra masina sy laharan'ny pejy ao amin'ny Testamenta Voalohany. Nahasarika ahy manokana ny filazana hoe: "Rehefa trotraka ianao." Ny fanondroana tao dia nahatonga ahy hanokatra ny Matio 11:28–30, izay tao no nilazan'i Jesoa tamin'ny mpianany hoe:

"Mankanesa aty amiko, ianareo rehetra izay miasa fatratra sy mavesatra entana, fa izaho no hanome anareo fitsaharana.

"Ento ny ziogako, ka mianara amiko; fa malemy fanahy sady tsy miavona am-po Aho; dia hahita fitsaharana ho an'ny fanahinareo ianareo.

"Fa mora ny ziogako, ary maivana ny entako."

Io no andinin-tsoratra masina voalohany tsaroako hoe namakiako ny tenin'i Jesoa Kristy. Na dia tsy takatro avokoa aza ny teny nolazainy, dia nankahery ahy ny teniny sy nampitraka ny fanahiko ary nanome fanantenana ahy. Arakarak'ny hamakiako ny teniny no hahatsapako fa tokony handramako ny herin'ny teniny. Tsy mbola nahatsapa zavatra toy ny tsapako tamin'io andro io aho. Nahatsapa aho fa notiavina. Tsapako fa olona fantatro i Jesoa Kristy.

Rehefa nanohy nandalina aho dia nahatsapa toy ny hoe niresaka nivantana tamiko Izy rehefa niteny hoe: "Sambatra ny noana sy mangetaheta ny fahamarinana fa izy no hovokisana."

Nanenika ny foko ireo teniny na dia tsy haiko tsara aza ny namariparitra ny fahatsapana nananako tamin'izay fotoana izay. Na dia niaina taon-jato maro tany aloha aza i Jesoa Kristy tany

His words with all my heart. I hoped someday in the future I might learn more about Jesus Christ.

## The Holy Ghost Will Show You All Things What You Should Do

That someday came only a few years later. I met very dedicated, young, full-time missionaries of The Church of Jesus Christ of Latter-day Saints. And I soon met a small group of kind and joyful Latter-day Saints striving to follow Jesus Christ. Despite it taking me a while to fully trust them, I came to see in the restored gospel what I yearned for when I studied the New Testament—the words of Jesus Christ and the hope and peace that come from them.

A particularly sacred experience was when the missionaries taught me to pray. I learned that we should address God by name. When we pray, we should speak from our hearts, express our gratitude, and share our hopes and desires. Once we have said all that we want to say, we end our prayer by saying, “In the name of Jesus Christ, amen.” We do this because Jesus commanded us to pray in His name. Praying to Heavenly Father helped me know who He is and my relationship with Him—that I was His beloved spirit son. I learned that because Heavenly Father knows and loves me, He would speak to me personally, uniquely, and in ways I would understand through the Holy Ghost.

There was a time when I really could not recognize the Holy Ghost. I misunderstood, thinking that all I had to do was follow the steps of prayer and something dramatic would happen. One day, during a lesson with the missionaries, I stepped out of the lesson to take a break. I was still confused about what I should do with my life if the restored gospel of Jesus Christ really was true.

amin’ny tany izay tsy fantatro, dia nieritreritra aho fa afaka ny natoky ny teniny tamin’ny foko manontolo. Nanantena aho hoe indray andro any aoriana any dia mety ho afaka handray misimisy kokoa amin’ny tenin’i Jesoa Kristy aho.

## Ny Fanahy Masina hampiseho amin-areo ny zavatra rehetra izay tokony hataonareo

Izay hoe indray andro izay dia tonga taona vitsivitsy monja tatỳ aoriana. Nihaona tamin’ny misiônera tanoran’ Ny Fiangonan’i Jesoa Kristy ho an’ny Olomasin’ny Andro Farany amin’ny fotoana feno izay tena feno fanoloran-tena aho. Tsy ela aho dia nihaona tamina vondrona kelin’ Olomasin’ny Andro Farany tsara fanahy sy feno fifaliana izay miezaka manaraka an’i Jesoa Kristy. Na dia nila fotoana elaela aza aho vao natoky tanteraka azy ireo, dia nanomboka hitako tao amin’ny filazantsara naverina tamin’ny laoniny ny zavatra nokatsahiko fony aho nandalina ny Testamena Voalohany: ny tenin’i Kristy sy ny fanantenana ary fiadanana izay azo avy aminy.

Nisy zavatra masina niainako tamin’ny nampianaran’ireo misiônera ahy hivavaka. Nianatra aho fa tokony hiantso ny anaran’ Andriamanitra rehefa miresaka Aminy. Rehefa mivavaka isika dia tokony hiteny izay avy ao am-pontsika, sy maneho fankasitrahana ary mizara ireo fanantenantsika sy faniriansika. Rehefa voalazantsika ny zavatra tiantsika nolazaina, dia faranantsika ny vavaka amin’ny filazana hoe: “Amin’ny anaran’i Jesoa Kristy, amena.” Ataontsika izany satria nandidy antsika hivavaka amin’ny anarany i Jesoa. Ny mivavaka amin’ny Ray any An-danitra dia nanampy ahy hahafantatra hoe iza Izy ary inona no fifandraisako Aminy, dia ny hoe fanahy zananilahy izay malalany aho. Nianatra izany aho satria ny Ray any An-danitra dia mahafantatra sy tia ahy, manaiky ny hiresaka amiko manokana Izy, amiko irery, ary amin’ny fomba izay hahatakarako amin’ny alalan’ny Fanahy Masina.

Nisy fotoana tena tsy nahavitako namantatra ny Fanahy Masina. Diso fandray aho, ary nieritreritra fa ny hany mila ataoko dia ny manaraka ireo dingan’ny vavaka ary hisy zavatra goavana be hitranga. Indray andro, nandritra ny lesona nomen’ireo misiônera, dia nisintaka tamin’ny lesona aho haka aina kely. Mbola sahiran-tsaina aho tamin’izay ny amin’ny hoe inona no tokony hataoko amin’ny fiainako raha marina ny filazantsa-

As I was about to return to the room where the missionaries were waiting, I heard the voice of one of the missionaries. I heard my name. Instead of opening the door, I listened to the voice on the other side of the door. I was stunned. They were simply praying to Heavenly Father. The one saying the prayer was pleading to God that He would hear my prayer. Though his Japanese was not fluent, hearing his sincere prayer softened my heart. I wondered why they cared about me so much. Then I realized that their prayer in my behalf was a reflection of Heavenly Father and the Savior's love for me. That love gave me hope, and afterward I did ask God in faith and with real intent. When I did, I felt a joyful and peaceful feeling that I was indeed a child of God and that I had a divine potential and destiny. The plan of salvation sank deep into my heart.

President Russell M. Nelson has said, "The way you think about who you ... are affects ... every decision you will ever make." It is so true for me. The decision to follow the Savior Jesus Christ by being baptized and receiving the gift of the Holy Ghost blessed my life more than I ever imagined. As we enter into the baptismal covenant with God, we promise that we are willing to take upon ourselves the name of Jesus Christ, keep the commandments of God, and serve Him for the remainder of our lives. Our Heavenly Father, in turn, promises us that we can always have His Spirit to be with us—the continued guidance from the Holy Ghost.

I invite you to have faith in the message Nephi taught us—that the words of Christ and the Holy Ghost will direct you to "all things what [you] should do." Everything! This is an incredible gift from God.

Brothers and sisters, I am grateful for our Heavenly Father's plan of salvation. Because He loves us, He prepared the way to return to His

ran'i Jesoa Kristy naverina tamin'ny laoniny.

Rehefa handeha hiverina tao amin'ilay efitrano niandrasan'ireo misiônera aho, dia nahare ny feon'ny iray tamin'ireo misiônera. Nahare ny anarako aho. Fa tsy nosokafako ilay varavarana fa nihaino ilay feo avy ao ambadik'ilay varavarana kosa aho. Gaga be aho. Nivavaka tamin'ny Ray any An-danitra tsotra izao izy ireo. Ilay iray izay nanonona ny tonom-bavaka dia nitalaho tamin' Andriamanitra mba handrenesany ny vavaka nataoko. Na dia tsy tomombana aza ny fiteniny Japôney, dia nanalefaka ny foko ny nandre ny vavaka nataony tamin-kitsim-po. Nanontany tena aho hoe nahoana izy ireo no niraharaha fatratra ny amiko. Avy eo dia tonga saina aho hoe ny vavaka nataon'izy ireo ho ahy dia taratry ny fitiavan'ny Ray any An-danitra sy ny Mpamonjy ho ahy. Nanome ahy fanantenana izany fitiavana izany, ary taorian'izay dia nanontany an' Andriamanitra tam-pinoana omban'ny tena finiavana aho. Rehefa nanao izany aho, dia nahatsapa tamim-pifaliana sy tamim-piadanana fa tena zanak' Andriamanitra tokoa aho ary manana fahafaha-manao sy anjara araka an' Andriamanitra. Tafalatsaka lalina tao am-poko ny drafitry ny famonjena.

Nilaza ny Filoha Russell M. Nelson hoe: "Ny fomba hieritreretanao ny maha-ianao anao dia misy fiantraikany ... eo amin'ny fanapahan-kevitra rehetra izay hataonao." Tena marina loatra izany ho ahy. Ny fanapahan-kevitro hanaraka an'i Jesoa Kristy Mpamonjy tamin'ny fanaovana batisa ahy sy ny fandraisako ny fanomezana ny Fanahy Masina dia nitahy ny fiainako mihoatra noho izay nosaintsainiko. Rehefa miditra ao amin'ny fanekehampihavanan'ny batisa miaraka amin' Andriamanitra isika, dia mampanantena fa vonona ny hitondra ny anaran'i Jesoa Kristy sy hitandrina ny didin' Andriamanitra ary hanompo Azy mandritra ny fiainantsika sisa rehetra. Ny Ray any An-danitra kosa dia mampanantena antsika fa afaka ny hanana ny Fanahiny miaraka amintsika mandrakariva isika, dia ny fitarihana tsy tapaka avy amin'ny Fanahy Masina.

Manasa anareo aho mba hino ilay hafatra nampianarin'i Nefia antsika hoe: ny tenin'i Kristy sy ny Fanahy Masina dia hitarika anareo amin'ny "zava-drehetra tokony hataonareo." Ny zava-drehetra! Fanomezana mahatalanjona avy amin' Andriamanitra izany.

Ry rahalahy sy anabavy, feno fankasitrahana aho noho ny drafitry ny famonjena avy amin'ny Raintsika any An-danitra. Noho Izy tia antsika,

presence through His Only Begotten Son, Jesus Christ. Knowing this incredible plan will help us know we are children of God and we can become like Him. I am grateful for this important truth. I bear you my witness that the words of Jesus Christ and the Holy Ghost will lead us to receive eternal life. I know these things are true. In the sacred name of Jesus Christ, amen.

dia nanomana lalana hiverenana eo anatrehany Izy amin'ny alalan'i Jesoa Kristy Zanany Lahitokana. Ny fahafantarana io drafitra mahatalanjona io dia hanampy antsika hamantatra fa zanak' Andriamanitra isika ary afaka ny ho lasa tahaka Azy isika. Feno fankasitrahana aho amin'izany fahamarinana manan-danja izany. Mijoro ho vavolombelona aminareo aho fa ny tenin'i Jesoa Kristy sy ny Fanahy Masina dia hitarika mba hahazoana ny fiainana mandrakizay. Fantatro fa marina izany. Amin'ny anarana masin'i Jesoa Kristy, amena.