

# His Hand Ready to Help Us

By Elder Juan Pablo Villar  
*Of the Seventy*

## Ua Sauni Aao o le Alii e Fesoasoani ia i Tatou

Saunia e Elder Juan Pablo Villar  
*O Le Fitugafulu*

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*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, 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.

*A o tatou aapa atu ia Iesu Keriso i le faatuatua, o le a i ai o Ia iina e le aunoa.*

A o o'u laitiiti, sa matou o ai o se aiga e tafa-fao i se matafaga i le talafatai o lo'u atunuu moni, o Chile. Sa ou fiafia lava e faaalu ni nai aso e olioli ai i le taumafanafana ma lo'u aiga. Sa ou matuai fiafia foi ona sa ou manatu ua mafai ona ou faatasi ma faia mea sa masani e o'u uso matutua ona fai e fiafia ai i le vai.

I se tasi aso, sa o ai o'u uso e taaalo i le mea sa fafati mai i ai galu, ma sa ou manatu ua lava lo'u malosi ma lo'u matua e mulimuli ai ia te i la'ua. A o o'u agai atu i lona vaega, sa ou iloa ai e tetele atu galu nai lo se vaaiga mai le matafaga. Sa faafuasei, le vave oo mai o se galu ia te a'u, ma aveese atu ai a'u e aunoa ma so'u iloina. Sa ou lagona ua pei ua taena'i a'u e le malosi o le natura, ma sa toso atu ai a'u i le loloto o le sami. Sa le mafai ona ou iloa pe lagonaina se itu e tautatā i ai ona sa feato-fa'i solo a'u. O le taimi lava na ou manatu ai atonu ua oo mai le i'uga o lo'u ola, sa ou lagonaina se lima o tosoina a'u i luga. Na i'u ina mafai ona ou vaaia le la ma mafai ona ou manava.

Na iloa mai e lo'u uso o Claudio ia a'u tau-mafaiga e fia faapei o se tama matua, ma sau ai e lavea'i a'u. Sa ou le mamao mai le matafaga. E ui ina sa papa'u le vai, ae sa ou fememea'i ma ou te le'i iloina semanu e mafai lava ona ou fesoasoani ia te a'u lava. Sa fai mai Claudio sa tatau ona ou faaeteete ma afai ou te manao ai, e mafai ona ia aoao mai a'u. E ui i kalone vaisami sa ou foloina, sa sili ona malosi atu lo'u mimita ma lo'u manao e fia tama matua, ma sa ou fai atu, "Ua lelei."

Sa tau mai e Claudio ia te a'u e tatau ona ou osofaia ia galu. Sa ou fai ifo ia te a'u lava, e mautinoa lava lo'u faia'ina i lona taua e faasaga i le mea

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 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

sa foliga mai o se papupuni tele o le vai.

A o latalata mai se galu lapo’a, sa vave fai mai Claudio: “Vaa mai ia te a’u; e faapea ona e faia.” Sa tamoe Claudio agai atu i le galu o loo sau ma puna atu i ai a o le’i fati. Sa faagaetia lava a’u i lana puna ma sa ou lē iloaina ai le isi galu na sosoo mai ai. O lea la, sa toe auina atu ai foi a’u i le loloto o le sami ma featofa’i solo ai e ‘au o le natura. Na mavae ni nai sekone, sa papa’i mai se lima i lo’u lima, ma sa toe toso mai ai foi a’u i luga ma toe maua ai le ea. Sa mou malie atu le afimu-mu o lo’u mitavale.

O le taimi lea, sa valaaulia ai a’u e lo’u uso ma te fepuna faatasi. O lana valaaulia la, na ou mulimuli ai ia te ia, ma ma fepuna faatasi. Sa ou lagonaina e faapei ua ou faatoilaloina le luitau aupito sili ona faigata. E moni, sa le’i faigofie, ae sa ou mafaia, faafetai i le fesoasoani ma le faataitaiga na faailoa mai e lo’u uso. Na faalua ona lavea’i a’u e lona lima; o lana faataitaiga na faaali mai ai ia te a’u le ala e taulima ai o’u luitau ma manumalo ai i lona aso.

Sa valaaulia i tatou e Peresitene Russell M. Nelson e mafaufau faaselesitila, ma ou te manao e mulimuli i lana fautuaga ma faaoga i la’u tala o le taumafanafana.

## O Le Mana o le Faaola e faatoilalo ai le Fili

Afai tatou te mafaufau faaselesitila, o le a tatou malamalama ai, i o tatou olaga o le a tatou feagai ai ma luitau e foliga e tetelē atu nai lo tatou gafatia e faatoilalo ai. I le taimi o lo tatou olaga faitino, o le a tatou le ma’alofia osofaiga a le fili. E faapei o galu na lafotuina a’u i lona malosiaiga i lona aso o le taumafanafana, e mafai ona tatou lagonaina le leai o se malosi ma mananao ai e faamatuu atu i se taunuuga e malosi atu. O na “galu matamataita” e mafai ona fetuleia’i solo ai i tatou. Ae aua nei galo lē o i ai le mana i na galu, ma o le mea moni, i mea uma lava. O lo tatou Faaola lea, o Iesu Keriso. Ua i ai ia te Ia le mana e fesoasoani ai tatou te o ese mai i tulaga faanoanoa po o tulaga faigata. Tusa pe tatou te lagona le latalata ia te Ia, e mafai lava ona Ia aapa mai i le mea o tatou i ai ma tagata o tatou i ai.

A o tatou aapa atu ia te Ia i le faatuatua, o le a i ai lava o Ia iina, ma i Lona taimi, o le a saunia o Ia ma naunau e pu’e mai o tatou lima ma toso mai i tatou i se nofoaga saogalemu.

## O Le Faaola ma Lana Faataitaiga Faa-

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

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

## leauaunaga

Afai tatou te mafaufau faaselesitila, o le a tatou iloa ina Iesu Keriso o se faataitaiga o le auunaga e leai se ila. O loo i ai se mamanu mo i tatou i tusitusiga paia ina ua aapa atu o Ia po o Ona soo i se tasi e manaomia le fesoasoani, lavea’i, po o se faamanuiaga a o latou aapa atu ma o latou lima. E faapei o la’u tala, sa ou iloa ina sa i ai lo’u uso iina, ae mo a’u, o le i ai iina sa le’i lava. Sa iloa e Claudio ua ou i ai i se tulaga faaletonu, ma sa alu o ia e fesoasoani e sisi a’e a’u mai le vai.

O nisi taimi, tatou te mafaufau ai e na ona moomia lava o lo tatou i ai iina mo se tagata o manaomia le fesoasoani, ae e tele taimi, e tele atu mea e mafai ona tatou faia. O le i ai o se vaaiga e faavavau, e mafai ona fesoasoani ia i tatou e maua ai faaaliga e ofo atu ai se fesoasoani i le taimi e tatau ai i isi e moomia. E mafai ona tatou faalagolago i le taitaiga ma musumusuga a le Agaga Paia e iloaitino ai le ituaiga o fesoasoani e manaomia, pe o se lagolago faaletino e faapei o le faamafanafanaga faalelagona, meaai, fesoasoani i feau i aso taitasi, po o le taitaiga faaleagaga e fesoasoani ai i isi i a latou malaga e saunia, osia, ma faamamalu feagaiga paia.

## Ua Sauni le Faaola e Laveai i Tatou

I le taimi na “savali ai [Peteru], le Aposetolo sinia” i luga o le sami, e alu ia Iesu ... sa fefe o ia; ma amata ona magoto,” ona “ia alaga lea ma faapea atu, Le Alii e, ia e faaola mai ia te au.” Sa silafia e Iesu le faatuatua na faatino e Peteru e sau ia te ia i luga o le sami. Sa Ia silafia foi le fefe o Peteru. E tusa ai ma le tala, sa “vave loa lava ona ... faaloaloa atu [e Iesu] Lona aao, ma pue o ia,” ma fetalai atu i upu nei: “O oe na lē faatuatua itiiti, se a le mea ua e masalosalo vale ai?” O ana upu sa le otegia ai Peteru ae faamanatu ai ia te ia faapea o Ia, o le Mesia, sa faatasi ma ia ma le au soo.

Afai tatou te mafaufau faaselesitila, o le a tatou maua le faamautuuga i o tatou loto faapea e moni lava o Iesu Keriso lo tatou Lavea’i, o lo tatou Fautua i le Tama, ma o lo tatou Togiola. A tatou faaoga lo tatou faatuatua ia te Ia, o le a Ia faaolaina i tatou mai o tatou tulaga pa’ū, i talaatu o o tatou luitau, vaivaiga, ma manaoga i lenei olaga faaletino, ma aumaia ia i tatou le meaalofo aupito silisili o meaalofo uma, o le ola e faavavau lea.

## E Le Fiu Lava le Faaola Ia i Tatou

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 metwice. 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 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.

E le'i fiu lo'u uso ia te a'u i lena aso, ae sa finafinau pea ina ia mafai ona ou aoaoina le ala e faia ai mo a'u lava ia. Sa finafinau o ia, tusa lava pe na manaomia ai lona lavea'iafaalua a'u. Sa finafinau o ia tusa lava pe na ou le'i malamalama i ai muamua. Sa finafinau o ia ina ia mafai ai ona ou faatoilalo lena luitau ma faamanuiaina. Afai tatou te mafaufau faaselesitila, o le a tatou iloa o le a i ai lo tatou Faaola iina po o le a lava le tele o taimi e tatau ai e tuuina mai le fesoasoani pe afai tatou te mananao e aoao, sui, manumalo, galulue faatasi, pe faamanuiaina i soo se mea e aumaia ai le fiafia moni ma faavavau i o tatou olaga.

## O Aao o le Faaola

Ua faaeaina e tusitusiga paia le faatusa ma le taua o aao o le Faaola. I Lana taulaga togiola, sa tutu'ia Ona aao i fao e faamau ai o Ia i luga o le satauro. Ina ua mavae Lona Toetu, sa Ia faaali i Ona soo i se tino ua atoatoa, ae sa tumau ai pea faailoga i Ona aao e avea o se faamanatu o Lana taulaga e le i'u. O le a i ai pea Ona aao iina mo i tatou, tusa lava pe le mafai ona tatou vaai i ai pe tagotago foi i ai muamua, ona sa filifilia o Ia e lo tatou Tama Faalelagi e avea ma o tatou Faaola, o le Togiola o tagata uma.

Ua i O Tatou Lima, na saunia e Jay Bryant Ward

O Le Aao o le Atua, na saunia e Yongsung Kim

Afai ou te mafaufau faaselesitila, ou te iloa e le o tuulafoaia i tatou i lena olaga. E ui ina tatau ona tatou feagai ma luitau ma tofotofoga, e silafia lava e le Tama Faalelagi o tatou gafatia ma silafia e mafai ona tatou onosaia pe faatoilaloina o tatou faigata. E tatau ona faia la tatou vaega ma liliu atu ia te Ia i le faatuatua. O Lona Alo, o Iesu Keriso, o lo tatou lavea'i ma o le a i ai pea o Ia iina. I Lona suafa paia, le suafa o Iesu Keriso, amene.