

Be Thou Clean

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Of the Seventy

Ina Mamā ia Oe

Saunia e Elder D. Martin Goury
O Le Fitugafulu

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

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.

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.

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 garments 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

O le salamo i aso taitasi e mafai ai ona tatou iloatino le taitaiga a le Alii e ala mai i le Agaga Paia.

Ina a o pe a ma le lima o o'u tausaga, sa matou taaalo soka ai ma a'u uo i tua o le fale-sa o le matou tama'i nuu i Côte d'Ivoire. Ou te manatua lelei lava le valaau a le failotu i lana aulotu ia faamamā o latou lavalava e saunia ai mo le taunuu mai o le Faaola. O lo'u laitiiti, sa ou taliaina moni ai lenei valaau. Sa ou momo'e atu i le fale i le vave na o ai ou vae laiti, ma augani atu i lou tina e faamamā nai ou ofu ina ia mafai ona ou mamā atoatoa ma saunia mo le afio mai o le Faaola i le aso e sosoo ai. E ui lava ina sa masalosalo lo'u tina e uiga i le vave toe foi mai o le Faaola, sa ia tatāina lava o'u ofu sili ona lelei.

O le taeao na sosoo ai, sa ou faia ai o'u lavalava sa le'i mamago lelei lava ma faatalitali ma le naunautai mo le faasilasilaga o le taunuu mai o le Faaola. A o faasolo malie pea le aso ma leai se mea na tupu, sa ou filifili loa ou te alu i le falelotu. Sa matua'i ou lē fiafia lava i le maua atu e gaogao le falesa ma sa le'i taunuu mai le Faaola. E mafai ona outou vaai faalemafaufau i o'u lagona a o o'u savalivali lemu atu i le fale.

I tausaga mulimuli ane, a o fai a'u lesona a faifeautalai e sauni ai e auai i Le Ekalesia a Iesu Keriso o le Au Paia o Aso e Gata Ai, sa ou faitau ai i le mea lenei: "Ma e leai se mea le mama e mafai ona ulu atu i lona malo; o lea e leai se mea e ulu atu i lona malologa vagana ai i latou o e ua faamamaina o latou ofu i lou toto, ona o lo latou faatuatua, ma le salamo i a latou agasala uma, ma lo latou faamaoni e oo i le iuga."

O le faamaninoga na ou mauaina i lena taimi na fesoasoani ou te malamalama ai i le taua o le upumoni lea na nenefu ai lo'u mafaufau itiiti i

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 but especially when 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 burdens of guilt are lifted and replaced with a sense of peace and tranquility. As we repent 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

le tele o tausaga na muamua atu. O le savali a le faifeau sa faaogatotonu i le taua o le mamā faaleagaga. Sa ia uunaia le aulotu e saili le salamo, fai suiga i o latou olaga, ma liliu atu i le Faaola mo le togiolaina.

E malamalama lo tatou Tama Faalelagi i la tatou malaga faaletino ma le lē maalofoia o le agasala i o tatou olaga. Ou te matuai faafetai i Lona saunia o se Faaola e togiola mo a tatou solitulafono. E ala i le taulaga togiola a le Faaola, ua mafai ai e i tatou taitoatasi ona salamo ma saili le faamagaloga ma mamā ai. O le salamo, o se mataupu faavae autu o le talalelei, e taua mo lo tatou atinaega ma le mau fetuunai faaleagaga a o tatou faatautaia luitau o le olaga.

I le konafesi aoao ia Aperila 2022, sa va-laaulia ai e Peresitene Russell M. Nelson tagata uma o le Ekalesia ia iloa le olioli o le salamo i aso taitasi. Sa ia saunoa:

"Faamolemole, aua ne'i fefe pe faatuai ona salamō. E fiafia tele Satani i lou pagatia. Pe a faapuupuu. Lafoai ese ana faatosinaga mai lou olaga! Amata i le asō ona lagona le olioli o le tu-ueseina o le tagata natura. E alofa le Faaola ia i tatou e le aunoa e maiselava pe a tatou salamo. ...

"Afai e te lagona ua e se ese mamao tele pe ua umi tele foi mai le ala o feagaiga ma ua leai se ala e toefoi mai ai, e le moni lena mea."

Afai e i ai se mea e te lei salamo atoatoa ai, ou te fautuaina oe ia faalogo ma usitai i le valaau a Peresitene Nelson, ia aua lē faatuai lou salamo. Atonu e manaomia ai se lototele e auai ai i lenei faagasologa; peitai, e mafai ona ou faamautinoa atu ia te outou, o le olioli lea e maena a'e mai le salamo faamaoni e sili mamao atu i le malamalama. E alai le salamo, e siitia ese ai a tatou avega ta'usala ina ae suia e se lagona o le filemu ma le toafimalie. A o tatou salamo faamaoni, e faapaiaina i tatou e ala i le toto o le Faaola, faateleina lo tatou nofouta i uunaiga ma faatosinaga a le Agaga Paia.

Sa fanau mai la'u soa e faavavau ma se faaletonu i lana faalogo, ma o le taunuuga, e tatau lava ona ia faia ni mea faalogo. O le pefu ma le afu e mafai ona aafia ai le faatinoga a nei masini, ma o taeao taitasi uma ou te matauina ai lona faamamāina ma le maeaea o faagaau e sosoo ai a o le'i faia ia mea faalogo. O lenei faiga masani faigofie ae faifai pea e aveese ai soo se palapala, susū, po o le afugia, ma faapea ona faaleleia ai lona mafai ona faalogo ma fesootai lelei. A ona lē amanaia lenei faiga i aso taitasi, e afaina ai lana

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."

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]."

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.

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

faalogo i le aso atoa; o upu e tautala ai e faifai malie lava ona mou ma i'u ai ina lē faalogoina. E pei lava o le faamamāina i aso taitasi o lana mea faalogo e mafai ai ona manino lana faalogo, o le salamo i aso taitasi e mafai ai ona tatou iloitino le taitaiga a le Alii e ala mai i le Agaga Paia.

I le latalata i le iuga o le auaunaga a le Alii i le olaga nei, ma a o le'i oo i Lona aluese atu i le Faatoaga o Ketese mane, sa Ia saunia ai Ona soo e fetaia'i ma tofotofoga o loo loma. Sa Ia faamautinoa atu ia i latou, e faapea: "A o le Fesoasoani, o le Agaga Paia lea, e auina mai e le Tama i lo'u igoa, o ia lava na te aoao ia te outou i mea uma lava, e faamanatu mai foi o ia ia te outou i mea uma ua ou fai atu ai ia te outou."

O se tasi o matafaioi taua o le Agaga Paia, o le lapatai, taitai, ma taiala tagata taitoatasi uma o e faalogo i le leo mālū i totonu. E pei lava ona mafai e le poloka o faagaau o fesootaiga o se mea faalogo ona faalavelave i le faagaioia lelei, e mafai foi ona faaletonu lo tatou fesootaiga faaleagaga ma le Tama Faalelagi, ma taitai atu ai i manatu sese lamatia po o le lē mafai ona faalogo ma usitai i Ana fautuaga. O le oo mai o le initoneti ua atili maua ai faamatalaga nai lo se isi lava taimi muamua. O lenei mea e mafai ona taitai atu ai i tatou e liliu atu i le lalolagi mo le taitaiga nai lo o le Atua. Na aoao mai Peresitene Russell M. Nelson, "I aso a sau, o le a lē mafai ona ola ai faaleagaga e aunoa ma le taiala, taitaiga, faamafanafanaga, ma le faatosinaga faifai pea a le Agaga Paia."

Ou te faafetai ona e mafai e i tatou taitasi ona maua le meaalofo o le Agaga Paia i le taimi o o tatou faamauga. Ae peitai, na lapatai mai Peresitene Dallin H. Oaks, e faapea, "o faamanuiaga e maua e ala mai i le meaalofo o le Agaga Paia e faamoemoe lea i le agavaa [ma] 'e le afio le Agaga o le Alii i malumalu e lē paia' [Helamana 4:24]."

A tatou filifili ma le iloa lelei e mulimuli i le taitaiga a perofeta ma aposetolo, e tuputupu a'e lo tatou gafatia e maua le Agaga Paia e fai ma o tatou soa tumau. O le Agaga Paia e tuuina mai le manino i le faiga o faaiuga, uunaia mafaufauga ma lagona e ogatusa ma le finagalo o le Tama Faalelagi. O le i ai o le Agaga Paia o se soa tumau e taua tele mo lo tatou tuputupu a'e faaleagaga.

Sa tofia talu ai nei a'u e pulefaamalumalu i se konafesi faalesiteki i le Siteki a Sate Leki Granger Sisifo i Iuta. I le taimi o lenei faamoemoe, sa ou feiloai ai i se peresitene o le siteki o lē ua atinaeina ma le filiga lona atamai e iloitino ai uun-

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.

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

aiga a le Agaga Paia e ala i le ola amiotonu ma le salamo i aso taitasi. O se vaega o a matou taumafaiga faaleaunaga, sa matou faamaopoopina ai ni asiasiga i ni aiga se tolu. Ina ua mae'a la matou asiasiga mulimuli, na matou iloa ai e tusa ma le 30 minute o loo totoe ona faatoa oo lea i le isi a matou fuafuaga. A o matou toe foi atu i le nofoaga autu o le siteki, na maua e Peresitene Chesnut se uunaiga e asiasi atu i se aiga faaopoopo se tasi. Sa ma malilie uma e mulimuli i lenei uunaiga.

Sa faaauau ona ma asiasi atu i le aiga o Jones, lea na ma tau atu ai ia Tuafafine Jones o loo faataotolia i le moega ona o gasegase. Sa mautinoa lava sa ia manaomia se faamanuiaga faaleperisitua. Faatasi ai ma lana faatagaga, na ma tuuina atu ai ia te ia. A o ma sauni e tuumuli, sa fesili mai Tuafafine Jones pe na faapefea ona ma iloa e uiga i lona manaomia vave o se faamanuiaga. O le mea moni, ma tele'i iloa. E ui i lea, sasilafia e lo tatou Tama Faalelagi, o lē sa nofouta i ona manaoga ma musuiaina Peresitene Chesnut e asiasi atu i lona fale. A tatou mataala i le taitaiga a le leo mālū ma itiiti, e sili atu ona faaaupegaina i tatou e auauna atu ma le mataalia ia i latou e manaomia le fesoasoani.

Ou te molimau atu i se Tama Faalelagi agalelei ma alofa. O Iesu Keriso o le Faaola ma le Togiola o tagata. Ou te molimau atu o le Togiola a Iesu Keriso e moni, ma a o tatou aoao e mulimuli i le taitaiga a le Agaga Paia, o le a Ia taitai i tatou ia salamo ma faaoga le mana o le Togiola a le Faaola i o tatou olaga. O Peresitene Russell M. Nelson o le perofeta moni ma soifua a le Alii, faatasi ai ma ki uma o le perisitua i le lalolagi i aso nei. I le suafa o Iesu Keriso, amene.