

Be Thou Clean

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Takasika

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Wa Sabini

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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."

Toba ya kila siku huturuhusu kutambua mwongozo wa Bwana kupitia Roho Mtakatifu.

Nilipokuwa karibu na umri wa miaka mitano, nilikuwa nikicheza mpira wa miguu na marafiki zangu nyuma ya kanisa katika kijiji changu kidogo huko Côte d'Ivoire. Nakumbuka wazi wazi wito wa mhubiri kwa mkusanyiko wake wa kusafisha mavazi yao kwa maandalizi ya kuwasili kwa Mwokozi. Nikiwa mdogo, nilichukulia wito huo kwa tafsiri iliyo wazi. Nilikimbia nyumbani haraka kadiri miguu yangu midogo ilivyoweza kunibeba na kumsihi mama yangu asafishe nguo zangu chache ili zisiwe na doa tayari kwa ujio wa Mwokozi siku iliyofuata. Ingawa mama yangu alikuwa na mashaka kuhusu kurudi kwa Mwokozi hivi karibuni, bado alinifulia mavazi yangu yaliyo bora.

Asubuhi iliyofuata, nilivaa mavazi ambayo bado yalikuwa na unyevunyevu kidogo na kungoja kwa hamu tangazo la kuwasili kwa Mwokozi. Siku iliposonga na hakuna kilichotokea, niliamua kwenda kwenye nyumba ya mkutano. Nilikatishwa tamaa sana kwa kukuta kanisa likiwa tupu na Mwokozi hajafika. Unaweza kufikiria hisia zangu nilipoenda nyumbani pole pole.

Miaka mingi baadaye, nilipokuwa nikipokea masomo ya wamisionari katika maandalizi ya kujiunga na Kanisa la Yesu Kristo la Watakatifu wa Siku za Mwisho, nilisoma yafuatayo: "Na hakuna kitu kichafu kinachoweza kuingia kwenye ufalme Wake; kwa hivyo hakuna chochote ambacho huingia kwenye pumziko Lake isipokuwa wale ambao wameosha nguo zao ndani ya damu yangu kwa sababu ya imani yao, na kutubu dhambi zao zote, na uaminifu wao hadi mwisho."

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 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 suf-

Ufafanuzi niliopata wakati huo ulinisaidia kuelewa ukweli muhimu ambao ulikuwa ume-tatiza akili yangu ya utoto kwa miaka mingi iliyopita. Ujumbe wa mhubiri ulikuwa umejikta kwenye umuhimu wa usafi wa kiroho. Alihimiza mkusanyiko kutafuta toba, kufanya mabadiliko katika maisha yao, na kumgeukia Mwokozi kwa ajili ya ukombozi.

Baba yetu wa Mbinguni anaelewa safari yetu ya duniani na kutoepukika kwa dhambi katika maisha yetu. Ninashukuru sana kwamba Yeye amemtoa Mwokozi ili kulipia dhambi zetu. Kupitia dhabihu ya ukombozi ya Mwokozi, kila mmoja wetu anaweza kutubu na kutafuta msa-maha na kuwa safi. Toba, kanuni ya msingi ya injili, ni muhimu kwa maendeleo yetu ya kiroho na uthabiti tunapopitia changamoto za maisha.

Wakati wa mkutano mkuu wa Aprili 2022, Rais Russell M. Nelson alimwalika kila muumini wa Kanisa kupata uzoefu wa shangwe ya toba ya kila siku. Yeye alisema:

"Tafadhali usiogope au usichelewe kutubu. Shetani anafurahia taabu yako. Ikatize. Tupa mbali ushawishi wake nje ya maisha yako! Anza leo kupata uzoefu wa furaha wa kumvua mtu wa asili. Mwokozi anatupenda siku zote lakini has-awakati tunatubu. ...

Ikiwa unahisi umepotoka nje ya njia ya agano kitambo sana au kwa muda mrefu sana na hauna njia ya kurudi, hiyo si kweli.

Ikiwa kuna jambo ambalo hujatubu kikamili-fu, ninakuhimiza kutii wito wa Rais Nelson wa kutoahirisha toba yako. Inaweza kuhitaji ujasiri fulani kushiriki katika mchakato huu; hata hivyo, ninaweza kukuhakikishia kwamba shangwe inayotokana na toba ya kweli inapita ufahamu. Kupitia toba, mizigo yetu ya hatia inaondolewa na nafasi yake kuchukuliwa na hali ya amani na utulivu. Tunapotubu kwa dhati, tunatakaswa kupitia damu ya Mwokozi, na kuongeza usikivu wetu wa misukumo na ushawishi wa Roho Mtakatifu.

Mwenza wangu wa milele alizaliwa na ulemavu wa kusikia, na kwa sababu hiyo, lazima avae vifaa vya kusikia. Vumbi na jasho vinaweza kuathiri utendaji wa vifaa hivi, na hivyo kila asu-buhi mimi humwona akisafisha kwa bidii mirija ya kuunganisha kabla ya kuvivaa vifaa. Utaratibu huu rahisi lakini thabiti huondoa uchafu wowote, unyevu au mgando, na hivyo kuboresha uwezo wake wa kusikia na kuwasiliana vizuri. Anap-opuuza tendo hili la kila siku, uwezo wake wa

fers 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."

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

kusikia huathiriwa siku nzima; maneno yanayo-semwa polepole hufifia na hatimaye kutosikika. Kama vile usafishaji wake wa kifaa cha kusikia kila siku unavyomruhusu kusikia vizuri, toba ya kila siku huturuhusu kutambua mwongozo wa Bwana kupitia Roho Mtakatifu.

Karibu na mwisho wa huduma ya Bwana duniani na kabla ya kwenda Kwake kwenye Bustani ya Gethsemane, Yeye aliwaandaa wanafunzi Wake kukabiliana na majaribu yajayo. Yeye aliwahakikishia, akisema: "Lakini huyo Msaidizi, ambaye ni huyo Roho Mtakatifu, ambaye Baba atampeleka kwa jina langu, atawafundisha mambo yote, na kuwakumbusha yote niliyowaambia."

Mojawapo ya kazi muhimu za Roho Mtakatifu ni kuonya, kuongoza na kumwelekeza kila mtu ambaye anasikiliza sauti laini, ya ndani kabisa. Kama vile kuziba kwa mirija ya kifaa cha kusaidia kusikia inavyoweza kuzuia utendaji kazi kwa usahihi, muunganiko wetu wa kiroho na Baba yetu wa Mbinguni unaweza pia kuathiriwa, na kusababisha dhana potofu hatari au kushindwa kutii ushauri Wake. Ujio wa mtandao umefanya habari kufikiwa kwa urahisi zaidi kuliko hapo awali. Hilo linaweza kutuongoza kuugeukia ulimwengu ili kupata mwongozo badala ya kumgeukia Mungu. Rais Russell M. Nelson amefundisha, "Katika siku zijazo, haitawezekana kuendelea kuishi kiroho bila mwongozo, maelekezo, faraja na ushawishi wa mara kwa mara wa Roho Mtakatifu."

Ninashukuru kwamba kila mmoja wetu anaweza kupokea kipawa cha Roho Mtakatifu wakati wa uthibitisho wetu. Hata hivyo, Rais Dallin H. Oaks alionya kwamba "baraka zinazopatikana kupitia kipawa cha Roho Mtakatifu zinategemea ustahili [na] 'Roho wa Bwana haishi kwenye mahekalu yasiyo matakatifu' [Helaman 4:24]."

Tunapochagua kwa uangalifu kufuata mwongozo wa manabii na mitume, uwezo wetu wa kumfanya Roho Mtakatifu kama mwenza wetu wa daima hukua. Roho Mtakatifu hutoa uwazi katika kufanya maamuzi, mawazo yenye kuchoea na yenye misukumo ambayo huendanaa na mapenzi ya Baba yetu wa Mbinguni. Kuwa na Roho Mtakatifu kama mwenza wa daima ni muhimu kwa ukuaji wetu wa kiroho.

Hivi karibuni nilipewa jukumu la kuongoza mkutano katika kigingi katika Kigingi cha Salt Lake Granger West huko Utah. Wakati wa tukio hili, nilikutana na rais wa kigingi ambaye kwa

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.

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.

bidii amekuza uwezo wake wa kutambua maongozi ya Roho Mtakatifu kupitia maisha ya haki na toba ya kila siku. Kama sehemu ya juhudi zetu za kuhudumu, tuliratibu ziara za kaya tatu. Baada ya kukamilisha ziara yetu ya mwisho, tulijikuta tukiwa na takriban dakika 30 zilizosalia kabla ya ratiba yetu iliyofuata. Tuliposafiri kurudi kwenye kituo cha kigingi, Rais Chesnut alipata hisia ya kutembelea familia moja ya ziada. Sote wawili tulikubali kufuata msukumo huu.

Tulienda kuitembelea familia ya Jones, ambapo tuligundua Dada Jones amekuwa kitandani kwa muda mrefu kwa sababu ya ugonjwa. Ilikuwa dhahiri kwamba alihitaji baraka ya ukuhani. Kwa ruhusa yake, tulimhudumia. Tulipokuwa tukijiandaa kuondoka, Dada Jones aliuliza jinsi tulivyojua kuhusu hitaji lake la haraka la baraka. Ukweli ni, sisi hatukujua. Hata hivyo, Baba yetu wa Mbinguni, ambaye alikuwa anajua mahitaji yake, alijuana kumtia moyo Rais Chesnut kutembelea nyumbani kwake. Tunapokubali mwongozo wa sauti tulivu, ndogo, tunajihami vyema zaidi kuwatumikia wale walio katika shida.

Ninashuhudia juu ya Baba wa Mbinguni mwenye ukarimu na upendo. Yesu Kristo ni Mwokozi na Mkombozi wa wanadamu. Ninashuhudia kwamba Upatanisho wa Yesu Kristo ni halisi na kwamba tunapojifunza kufuata mwongozo wa Roho Mtakatifu, Yeye atatuongoza kutubu na kutumia nguvu za Upatanisho wa Mwokozi katika maisha yetu. Rais Russell M. Nelson ndiye nabii wa kweli na aliye hai wa Bwana, mwenye funguo zote za ukuhani duniani leo. Katika jina la Yesu Kristo, amina.