

Simple Is the Doctrine of Jesus Christ

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Rahisi Ni Mafundisho ya Yesu Kristo

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I bear witness of the sacred work of teaching Heavenly Father's children the simple doctrine of Jesus Christ.

All of us have family members we love who are being tempted and tried by the seemingly constant forces of Satan, the destroyer, who would make all God's children miserable. For many of us, there have been sleepless nights. We have tried to surround the people who are at risk with every force for good. We have pled in prayer for them. We have loved them. We have set the best example we could.

Alma, a wise prophet from ancient times, faced similar trials. The people he led and loved were frequently under attack by a ferocious enemy, yet they were still trying to rear righteous children in a world of wickedness. Alma felt his only hope of victory was a force which at times we underestimate and often use too little. He pled for God's help.

Alma knew that for God to help, repentance was required by those he led, as well as his adversaries. Thus, he opted for a different approach to battle.

The Book of Mormon describes it this way: "And now, as the preaching of the word had a great tendency to lead the people to do that which was just—yea, it had ... more powerful effect upon the minds of the people than the sword, or anything else, which had happened unto them—therefore Alma thought it was expedient that they should try the virtue of the word of God."

Ninatoa ushahidi wangu juu ya kazi takatifu ya kuwafundisha watoto wa Baba wa Mbinguni injili rahisi ya Yesu Kristo.

Sisi sote tunao washiriki wa familia tun-aowapenda ambao wanashawishiwa na kujaribiwa na nguvu zinazoonekana thabiti za Shetani, mharibifu, ambaye angefanya watoto wote wa Mungu wawe na huzuni. Kwa wengi wetu, kume-kuwa na siku za kukosa usingizi. Tumejaribu kuwazunguka watu ambao wako hatarini kwa kila nguvu ya wema. Tumesihi katika maombi kwa ajili yao. Tumewapenda. Tumeonyesha mfano bora tuwezavyo.

Alma, nabii mwenye hekima kutoka nyakati za kale, alikumbana na majaribu kama hayo. Watu aliowaongoza na kuwapenda walishambuliwa mara kwa mara na adui mkali, lakini bado walikuwa wakijaribu kulea watoto waadilifu kati ka ulimwengu wenye uovu. Alma alihisi tumaini lake la pekee la ushindi lilikuwa nguvu ambayo wakati fulani tunaweza kuidharau na mara nyingi kuitumia kidogo sana. Alisihi kwa ajili ya msaada wa Mungu.

Alma alijua kwamba ili Mungu asaidie, toba ilihitajika kwa wale aliowaongoza, vile vile wapinzani wake. Kwa hivyo, alichagua njia tofauti ya vita.

Kitabu cha Mormoni kinaielezea njia hii: "Na sasa, kwa vile kuhubiri kwa neno kulikuwa na mwelekeo mkubwa wa kuongoza watu kufanya yale ambayo ni haki—ndio, ilikuwa na matokeo ya nguvu zaidi kwa akili za watu kuliko upanga, au kitu kingine cho chote, ambacho kiliwahi kufanyika kwao—kwa hivyo Alma alifikiri ilikuwa bora kwamba wangejaribu matokeo ya uwezo wa neno la Mungu."

The word of God is the doctrine taught by Jesus Christ and by His prophets. Alma knew that the words of doctrine had great power.

In the 18th section of the Doctrine and Covenants, the Lord revealed the foundation of His doctrine:

“For, behold, I command all men everywhere to repent. ...

“For, behold, the Lord your Redeemer suffered death in the flesh; wherefore he suffered the pain of all men, that all men might repent and come unto him.

“And he hath risen again from the dead, that he might bring all men unto him, on conditions of repentance.”

“And you shall fall down and worship the Father in my name.

“... You must repent and be baptized, in the name of Jesus Christ.”

“Ask the Father in my name in faith, believing that you shall receive, and you shall have the Holy Ghost.”

“And now, after ... you have received this, you must keep my commandments in all things.”

“Take upon you the name of Christ, and speak the truth in soberness.

“And as many as repent and are baptized in my name, which is Jesus Christ, and endure to the end, the same shall be saved.”

In those few passages, the Savior gives us the perfect example of how we should teach His doctrine. This doctrine is that faith in the Lord Jesus Christ, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end blesses all of God’s children.

As we teach these principles to those we love, the Holy Ghost will help us to know the truth. Because we need the promptings of the Holy Ghost, we must avoid speculation or personal interpretation that goes beyond teaching true doctrine.

That can be hard to do when you love the person you are trying to influence. He or she may have ignored the doctrine that has been taught. It is tempting to try something new or sensational. But the Holy Ghost will reveal the spirit of truth only as we are cautious and careful not to go beyond teaching true doctrine. One of the surest ways to avoid even getting near false doctrine is

Neno la Mungu ni mafundisho yanayofundishwa na Yesu Kristo na manabii Wake. Alma alijua kwamba maneno ya mafundisho yalikuwa na nguvu kubwa.

Katikasehemu ya 18 ya Mafundisho na Maagano, Bwana alifunua msingi wa mafundisho Yake:

“Kwa maana, tazama, ninaamuru watu wote kila mahali watubu. ...

“Kwani, tazama, Bwana Mkombozi wako aliteseka hadi kifo katika mwili; kwa hiyo aliteseka maumivu ya watu wote, ili kwamba watu wote waweze kutubu na kuja kwake.

“Na yeye amefufuka tena kutoka kwa wafu, ili kwamba aweze kuwaleta watu wote kwake, kwa masharti ya toba.”

“Na ninyi mtaanguka chini na kumwabudu Baba katika jina langu.

“... Ni lazima utubu na kubatizwa, katika jina la Yesu Kristo.”

“Mwombe Baba katika jina langu katika imani, ukiamini kwamba utapokea, na utapata Roho Mtakatifu.”

“Na sasa, baada ... ya kuwa ninyi mmepokea haya, ni lazima mzishike amri zangu katika mambo yote.”

“Jichukulia juu yako jina la Kristo, na sema ukweli katika utulivu.

“Na kadiri wengi wanavyotubu na kubatizwa katika jina langu, ambalo ni Yesu Kristo, na kuvumilia hadi mwisho, hao ndiyo wataokolewa.”

Katika vifungu hivyo vichache, Mwokozi anatupa mfano kamili wa jinsi tunavyopaswa kufundisha mafundisho Yake. Fundisho hili ni kwamba imani katika Bwana Yesu Kristo, toba, ubatizo, kupokea kipawa cha Roho Mtakatifu na kuvumilia hadi mwisho huwabariki watoto wote wa Mungu.

Tunapofundisha kanuni hizi kwa wale tunao wapenda, Roho Mtakatifu atatusaidia kujua ukweli. Kwa sababu tunahitaji maongozi ya Roho Mtakatifu, ni lazima tuepuke kubahatisha au tafsiri binafsi ambazo zinaenda zaidi ya mafundisho ya kweli.

Hilo linaweza kuwa gumu kufanya unapompenda mtu unayejaribu kumshawishi. Huenda amepuuza fundisho ambalo limefundishwa. Inashawishi kujaribu kitu kipya au hisia. Lakini Roho Mtakatifu atafunua roho ya ukweli tu tunapochukua tahadhari na kuwa waangalifu kutofundisha kupita mafundisho ya kweli. Njia moja ya hakika zaidi ya kuzuia hata kukaribia

to choose to be simple in our teaching. Safety is gained by that simplicity, and little is lost.

Teaching simply allows us to share the saving doctrine early on, while children remain untouched by the deceiver's temptations that will later confront them, long before the truths they need to learn are drowned out by the noise of social media, peers, and their own personal struggles. We should seize every opportunity to share the teachings of Jesus Christ with children. These teaching moments are precious and far fewer compared to the relentless efforts of opposing forces. For every hour spent instilling doctrine into a child's life, there are countless hours of opposition filled with messages and images that challenge or ignore those saving truths.

Some of you may wonder whether it might be better to draw your children closer to you through having fun, or you may ask whether the child may start to feel overwhelmed by your teachings. Instead, we should consider, "With so little time and so few opportunities, what words of doctrine can I share that will strengthen them against the inevitable challenges to their faith?" The words you share today could be the ones they carry with them, and today will soon pass.

I have always admired my great-grandmother Mary Bommeli's devotion to sharing the doctrine of Jesus Christ. Her family was taught by missionaries in Switzerland when she was 24.

After being baptized, Mary desired to join the Saints in America, so she made her way from Switzerland to Berlin and found work with a woman who employed her to weave cloth for the family's clothing. Mary lived in a servant's room and set up her loom in the home's living area.

At that time, teaching the doctrine of The Church of Jesus Christ of Latter-day Saints was illegal in Berlin. But Mary found she could not keep from sharing the things she had learned. The woman of the house and her friends would gather around the loom to hear Mary teach. She spoke of the appearance of Heavenly Father and Jesus Christ to Joseph Smith, the visitation of angels, and the Book of Mormon. Remembering the accounts of Alma, she taught about the

mafundisho ya kupotosha ni kuchagua kurahishi-sha kufundisha kwetu. Usalama unapatikana kwa urahisi huo, na kidogo sana hupotea.

Kufundisha huturuhusu tu kushiriki fundisho la kuokoa mapema, wakati watoto wakibaki bila kuguswa na vishawishi vya mdanganyifu ambavyo vitawakabili baadaye, muda mrefu kabla ya kweli wanazohitaji kujifunza kuzimishwa na kelele za mitandao ya kijamii, makundi rika na mapambano yao binafsi. Tunapaswa kukamata kila fursa ya kushiriki mafundisho ya Yesu Kristo pamoja na watoto. Nyakati hizi za kufundisha ni za thamani na ni chache sana zikilinganishwa na juhudi zisizokoma za nguvu pinzani. Kwa kila saa inayotumiwa kuingiza mafundisho katika maisha ya mtoto, kuna masaa mengi ya upinzani yaliyojaa jumbe na picha zinazopinga au kupuuza kweli hizi okozi.

Baadhi yenu mnaweza kufikiria kama inaweza kuwa bora kuwa karibu na watoto wako kwa kuwa na burudani, au unaweza kuuliza kama mtoto anaweza kuanza kuhisi kulemewa na mafundisho yako. Badala yake, tunapaswa kufikiria, "Kwa muda mfupi sana na fursa chache sana, ni maneno gani ya mafundisho ninayoweza kushiriki ambayo yatawaimarisha dhidi ya changamoto zisizoepukika kwenye imani yao?" Maneno unayoshiriki leo yanaweza kuwa yale wanayobeba pamoja nao, na leo punde itapita.

Siku zote nimestaajabia kujitolea kwa dhati kwa bibi wa baba yangu Mary Bommeli kwenye kushiriki mafundisho ya Yesu Kristo. Familia yake ilifundishwa na wamisionari huko Uswizi alipokuwa na umri wa miaka 24.

Baada ya kubatizwa, Mary alitamani kujiunga na Watakatifu huko Amerika, kwa hivyo alisafiri kutoka Uswizi hadi Berlin na kupata kazi kwa mwanamke ambaye alimuajiri kufuma nguo za familia. Mary aliishi katika chumba cha mtumishi na kuweka mashine yake ya ushonaji sebuleni mwa nyumba hiyo.

Wakati huo, kufundisha mafundisho ya Kanisa la Yesu Kristo la Watakatifu wa Siku za Mwisho ilikuwa haramu huko Berlin. Lakini Mary aliona kwamba hangeweza kuacha kushiriki mambo ambayo alikuwa amejifunza. Mama mwenye nyumba na marafiki zake wangukanyika karibu na mashine ili kumsikiliza Mary akifundisha. Alizungumza kuhusu kuonekana kwa Baba wa Mbinguni na Yesu Kristo kwa Joseph Smith, kutembelewa na malaika, na

doctrine of the Resurrection. She testified that families can be reunited in the celestial kingdom.

Mary's enthusiasm to share the doctrine of the restored gospel soon caused trouble. It was not long before the police took Mary off to jail. On the way, she asked the policeman for the name of the judge she was to appear before the next morning. She also asked about his family and if he was a good father and husband. The policeman described the judge as a man of the world.

In the jail, Mary requested a pencil and some paper. She spent the night writing a letter to the judge, bearing witness to the Resurrection of Jesus Christ as described in the Book of Mormon, discussing the spirit world, and explaining repentance. She suggested that the judge would need time to reflect on his life before facing final judgment. She wrote that she knew he had much to repent of, much which would deeply sadden his family and bring him great sorrow. In the morning, when she had finished her letter, she gave it to the policeman and asked him to deliver it to the judge, and he agreed to do so.

Later, the policeman was summoned by the judge to his office. The letter Mary had written was irrefutable evidence that she was teaching the doctrine of the restored gospel and, by so doing, breaking the law. However, it wasn't long before the policeman returned to Mary's cell. He told her that all charges were dismissed and that she was free to go. Her teaching the doctrine of the restored gospel of Jesus Christ had caused her to be cast into jail. And her declaring the doctrine of repentance to the judge got her cast out of jail.

Mary Bommeli's teaching did not end with her release. The record of her words passed true doctrine down through generations yet unborn. Her belief that even a new convert could teach the doctrine of Jesus Christ has ensured that her descendants will be strengthened in their own battles.

As we do our best to teach those we love about the doctrine of Jesus Christ, some may still not respond. Doubts may creep into your mind. You might question whether you know the Savior's doctrine well enough to teach it effectively.

Kitabu cha Mormoni. Akikumbuka masimulizi ya Alma, alifundisha kuhusu fundisho la Ufufuo. Alishuhudia kwamba familia zinaweza kuunganishwa tena katika ufalme wa selestia.

Shauku ya Mary ya kushiriki mafundisho ya injili ya urejesho hatimaye ilisababisha mata-tizo. Haikupita muda polisi walimpeleka Mary jela. Wakiwa njiani, Mary alimuuliza polisi jina la hakim ambaye angepelekwa mbele yake asubuhi ya siku iliyofuata. Pia aliuliza kuhusu familia yake na kama alikuwa baba na mume mwema. Polisi alimtaja hakim huyo kuwa mtu wa ulimwengu.

Akiwa jela, Mary aliomba penseli na karata-si. Alitumia usiku kucha akiandika barua kwa hakim, akitoa ushahidi wa Ufufuo wa Yesu Kristo kama ilivyoelezwa katika Kitabu cha Mor-moni, akijadili ulimwengu wa roho na kuelezea toba. Alipendekeza kwamba hakim anghitaji muda wa kutafakari juu ya maisha yake kabla ya hukumu ya mwisho. Aliandika kwamba alijua alikuwa na mengi ya kutubu, mengi ambayo yangeihuzunisha sana familia yake na kumletea huzuni kubwa. Asubuhi, alipomaliza barua yake, alimpatia polisi na kumwomba aipeleke kwa hakim, naye akakubali kufanya hivyo.

Baadaye, polisi aliitwa na hakim ofisini mwake. Barua ambayo Mary alikuwa ameandika ilikuwa ushahidi usioplingika kwamba alikuwa akifundisha fundisho la injili iliyorejeshwa na, kwa kufanya hivyo, alivunja sheria. Hata hivyo, haikupita muda polisi huyo akarudi kwenye chumba cha Mary. Alimwambia kwamba mashtaka yote yalitupiliwa mbali na kwamba alikuwa huru kwenda zake. Kufundisha kwake mafundisho ya injili ya urejesho ya Yesu Kris-to kulikuwa kumemfanya atupwe gerezeni. Na kutangaza kwake fundisho la toba kwa hakim kulimfanya atolewe gerezeni.

Mafundisho ya Mary Bommeli hayakuishia kwa kuachiliwa kwake. Rekodi ya maneno yake yalitoa mafundisho ya kweli kwa vizazi ambavyo bado havijazaliwa. Imani yake kwamba hata mwongofu mpya angeweza kufundisha ma-fundisho ya Yesu Kristo imehakikisha kwamba wazao wake wataimarishwa katika vita vyao wenyewe.

Tunapofanya tuwezavyo kuwafundisha wale tunaowapenda kuhusu mafundisho ya Yesu Kristo, wengine wanaweza bado wasiitikie. Shaka zinaweza kuingia akilini mwako. Unaweza kuhoji kama unajua mafundisho ya Mwokozi vya kuto-

And if you've already made attempts to teach it, you may wonder why the positive effects aren't more visible. Don't give in to those doubts. Turn to God for help.

"Yea, and cry unto God for all thy support; ... let the affections of thy heart be placed upon the Lord forever."

"And now I would that ye should be humble, and be submissive and gentle; easy to be entreated; full of patience and long-suffering; being temperate in all things; being diligent in keeping the commandments of God at all times; asking for whatsoever things ye stand in need, both spiritual and temporal; always returning thanks unto God for whatsoever things ye do receive."

If you pray, if you talk to God, and if you plead for His help for your loved one, and if you thank Him not only for help but for the patience and gentleness that come from not receiving all you desire right away or perhaps ever, then I promise you that you will draw closer to Him. You will become diligent and long-suffering. And then you can know that you have done all that you can to help those you love and those you pray for navigate through Satan's attempt to derail them.

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

You can find hope in the scriptural record of families. We read of those who turned away from what they were taught or who were wrestling with God for forgiveness, such as Alma the Younger, the sons of Mosiah, and Enos. In their moments of crisis, they remembered the words of their parents, words of the doctrine of Jesus Christ. Remembering saved them. Your teaching of that sacred doctrine will be remembered.

I bear witness of the sacred work of teaching Heavenly Father's children the simple doctrine of Jesus Christ, which allows us to be spiritually-cleansed and ultimately be welcomed into God's presence, to live with Him and His Son in glory forever in families. In the name of Jesus Christ, amen.

sha ili kuyafundisha kwa ufanisi. Na ikiwa tayari umefanya majaribio ya kuifundisha, unaweza kujiuliza kwa nini matokeo chanya hayaonekani kwa uwazi zaidi. Usikubali mashaka hayo. Mgeukie Mungu akusaidie.

"Ndio, na umlilie Mungu kwa ajili ya usaidizi wako wote; ... mapenzi ya moyo wako na yawekwe kwa Bwana milele."

"Na sasa ningetaka kwamba muwe wanyenyekevu, na muwe wapole na waungwana; wepesi kusihiwa; wenye utele wa subira na uvumilivu; wenye kiasi katika vitu vyote, wenye bidii katika kutii amri za Mungu wakati wote; mkiomba kwa vyovyote mnavyohitaji, vya kiroho na vya kimwili; na kila wakati kumshukuru Mungu kwa vyo vyote mnavyopokea."

Ikiwa unasali, ikiwa unazungumza na Mungu, na ikiwa unasihhi kwa ajili ya msaada Wake kwa ajili ya mpendwa wako, na ikiwa unamshukuru si tu kwa ajili ya usaidizi bali kwa subira na upole unaotokana na kutopokea yote unayotamani mara moja au pengine kutopokea kabisa, basi nakuahidi kwamba utasonga karibu Naye. Utakuwa mwenye bidii na mvumilivu. Na kisha unaweza kujua kwamba umefanya yote unayoweza ili kuwasaidia wale unao wapenda na wale unao waombea kuvuka katika jaribio la Shetani la kuwapotosha.

"Bali wao wamngojeao Bwana watapata nguvu mpya; watapanda juu kwa mbawa kama tai; watapiga mbio, wala hawatachoka; watakwenda kwa miguu, wala hawatazimia."

Unaweza kupata tumaini katika kumbukumbu za kimaandiko za familia. Tunasoma kuhusu wale ambao walikengeuka kutoka kwenye yale waliyofundishwa au ambao walikuwa wana pambano na Mungu kwa ajili ya msamaha, kama vile Alma Mdogo, wana wa Mosia na Enoshi. Katika nyakati zao za shida, walikumbuka maneno ya wazazi wao, maneno ya mafundisho ya Yesu Kristo. Kukumbuka kuliwaokoa. Kufundisha kwako fundisho hilo takatifu litakumbukwa.

Ninatoa ushuhuda wa kazi takatifu ya kufundisha watoto wa Baba wa Mbinguni mafundisho rahisi ya Yesu Kristo, ambayo huturuhusu kusafishwa kiroho na hatimaye kukaribishwa katika uwepo wa Mungu, kuishi Naye na Mwanawe katika utukufu milele katika familia. Katika jina la Yesu Kristo, amina.