

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

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Maneno ya Kristo na Roho Mtakatifu Vitatuongoza kwenye Ukweli

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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.

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

Kujua mpango huu wa thamani kutatusaidia kujua sisi ni watoto wa Mungu na tunaweza kuwa kama Yeye.

Mungu ni Baba yetu wa Mbinguni. Sisi ni watoto Wake wa kiroho, na tumeumbwa kwa mfano Wake. Kwa hiyo, kila mmoja wetu, kama mtoto wa Mungu, ana uwezekano wa kiungu wa kuwa kama Yeye.

Tuliishi pamoja Naye kama roho kabla ya kuja katika dunia hii. Baba wa Mbinguni, kama mzazi wa roho zetu, anatupenda, anataka yaliyo mazuri kwetu, na aliandaa mpango kwa ajili yetu ili tupokee baraka zake kuu, ambazo ni kutokufa na uzima wa milele. Kulingana na mpango huu, sisi, kama watoto wa kiroho, tungepewa haki ya kujiamulia ili tuchague mpango Wake. Kwa kuja duniani, tungeondoka kutoka uwepo wa Mungu, kusahahu maisha yetu kabla ya kuja duniani, kupokea miili ya nyama na mifupa, kupata uzoefu wetu binafsi na kukuza imani. Tukiwa na miili ya nyama na mifupa, kama wanadamu wa asili, tungeangukia majaribuni, kuwa wachafu na mbali na Mungu na kutoweza kurejea kwenye uwepo Wake mtakatifu. Kwa sababu ya upendo usio na mwisho wa Baba wa Mbinguni kwetu sisi, Yeye alimtuma Mwanawe, Yesu Kristo, awe Mwokozi wetu. Kupitia dhabihu Yake, Upatanisho, Yesu Kristo alifanya iwezekane kwetu sisi kukombolewa kutoka dhambi zetu na kufufuliwa na kupokea uzima wa milele.

Nina shukrani nyingi kwa kweli hizi tuku—kile tunachokiita mpango wa Baba wa wokovu, mpango Wake wa huruma, au mpango Wake mkuu wa furaha. Kujifunza kweli hizi muhimu kumenisaidia nijue utambulisho wangu wa kweli na baraka kuu za kutukuka na uzima

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 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

wa uzima wa milele ambao Mungu ameuandaa kwa ajili yetu. Nabii Nefi alitufundisha njia: “Kwa hivyo, ... shiriki maneno ya Kristo; kwani tazama maneno ya Kristo yatawaelezea vitu vyote mnavyostahili kutenda.” Nefi aliahadi, “kama mtaingia kwa njia hiyo, na kupokea Roho Mtakatifu, atawaonyesha vitu vyote ambavyo mnastahili kutenda.” Leo, ningependa kushiriki jinsi maneno ya Kristo na Roho Mtakatifu vilivyonisaidia kupata kweli hizi muhimu zinazotoa amani katika miaka yangu ya ujana.

Maneno ya Kristo Yatawaelezea Vitu Vyote Mnavyostahili Kutenda

Kama vile Nefi alivyoandika katika aya ya ufunguzi ya kitabu cha 1 Nefi, mimi pia “nilizaliwa na wazazi wema.” Nilikulia Nagano, Japan, katika nyumba ambayo uaminifu, bidii na unyenyekevu vilihimizwa sana na kuheshimu mila za kale kulifuatwa vikali. Baba yangu alikuwa mtu wa dini sana. Nilimtazama yeye akisali mbele ya madhabahu Shinto na Budha kila asubuhi na usiku. Hata kama sikuwa ninajua alikuwa akisali kwa nani na nini alikiombea, niliamini kuna nguvu fulani isiyoonekana au Mungu alikuwa “mkuu kuokoa” au kutusaidia ikiwa tulisali kwa dhati.

Kama vijana wengine, nilipitia magumu mengi. Nilihangaika, nikidhani kwamba maisha hayakuwa na usawa na yenye panda shuka nyinigi. Nilihisi kupotea kwa kukosa hisi ya mwelekeo katika maisha yangu. Maisha yalionekana kuwa mafupi sana kwa sababu yangeфика mwisho wakati nitakapokufa. Maisha pasipo kujua mpango wa wokovu kwangu mimi yalikuwa yanakanganya.

Si muda mrefu baada ya kuanza kujifunza Kiingereza katika shule ya upili, wanafunzi wote katika shule yetu walipokea nakala ya Agano Jipya. Japo ndiyo punde tu tulikuwa tumeanza kujifunza Kiingereza, mwalimu wetu alituambia tulipaswa kujifunza Kiingereza kwa kukisoma. Nilifungua biblia na kupitia yaliyomo. Maneno ya Agano Jipya yalikuwa magumu sana kwangu. Maneno ya Kijapani yalikuwa magumu vilevile. Hata hivyo, nilivutwa kwenye orodha ya kauli na maswali ya nafsi ambayo yalijumuishwa kabla ya maandishi ya kibiblia katika Biblia hii ya Gideon—maswali kuhusu kuhisi upweke, kukosa kujiamini, kukanganyikiwa, kukabiliana na majaribu ya maisha, na kadhalika. Kila kipengele kwenye orodha kilifuatiwa na rejeleo kwenye

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 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,

mistari na kurasa ndani ya Agano Jipya. Nilivutiwa hasa na kauli ya “Wakati umechoka.” Rejeleo liliongoza kufunua Mathayo 11:28–30, ambapo Yesu aliwaambia wanafunzi Wake:

“Njooni kwangu, ninyi nyote msumbukao na wenye kulemewa na mizigo, nami nitawapumzisha.

“Jitieni nira yangu, mjifunze kwangu; kwa kuwa mimi ni mpole na mnyenyekevu wa moyo; nanyi mtapata raha nafsini mwenu.

“Maana nira yangu ni laini, na mzigo wangu ni mwepesi.”

Hii ilikuwa ni mara ya kwanza ninakumbuka kusoma maneno ya Yesu Kristo. Japokuwa sikuelewa maneno yote Yeye aliyoyasema, maneno Yake yalinifariji, yaliinua nafsi yangu na yalinipa tumaini. Kadiri nilivyosoma maneno Yake, ndivyo zaidi nilivyohisi ninapaswa kujaribu matokeo ya wema wa maneno Yake. Sikuwa kamwe nimewahi kuhisi vile nilivyohisi siku ile. Nilihisi nilipendwa. Nilihisi kwamba Yesu Kristo alikuwa ananijua.

Kadiri nilivyoendelea kusoma, nilihisi kama vile alizungumza nami moja kwa moja wakati aliposema, “Heri wenye njaa na kiu ya haki: maana hao watahibishwa.”

Maneno yake yaliujaza moyo wangu, japokuwa sikuweza kuelezea hisia zangu vyema kwa wakati ule. Japokuwa Yesu Kristo aliishi karne nyingi zilizopita katika nchi ambayo sikuifahamu, nilihisi ningeweza kutumainia maneno Yake kwa moyo wangu wote. Nilitumaini siku moja hapo baadaye, ningeweza kupokea zaidi kuhusu Yesu Kristo.

Roho Mtakatifu Atakuonesha Vitu Vyote Unavyopaswa Kufanya

Hiyo siku moja ilikuja miaka michache tu baadaye. Nilikutana na wamisionari vijana waliojitolea kwa dhati, wa Kanisa la Yesu Kristo la Watakatifu wa Siku za Mwisho. Na punde nilikutana na kundi dogo la aina hiyo na Watakatifu wa Siku za Mwisho wenye shangwe wanaojitahidi kumfuata Yesu Kristo. Licha ya kunichukua muda kuwaamini kikamilifu, nilikuja kuona katika injili iliyorejeshwa kile nilichokitamani wakati nilipojifunza Agano Jipya—maneno ya Yesu Kristo na tumaini na amani ambavyo huja kutokana na maneno hayo.

Uzoefu mtakatifu mahususi ulikuwa wakati wamisionari waliponifundisha kusali. Nili-jifunza kwamba tulipaswa kumwita Mungu

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.

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,

kwa jina. Tunaposali, tunapaswa kuzungumza kutoka moyoni mwetu, kuelezea shukrani zetu, na kushiriki matumaini na matamania. Pale tunapokuwa tumesema yote tunayotaka kusema, tunahitimisha sala yetu kwa kusema, “Katika jina la Yesu Kristo, amina.” Tunafanya hivi kwa sababu Yesu ametuamuru kuomba katika jina Lake. Kusali kwa Baba wa Mbinguni kulinisaidia nijue Yeye ni nani na uhusiano wangu na Yeye—kwamba nilikuwa mwanaye mpendwa wa kiroho. Nilijifunza kwamba kwa sababu Baba wa Mbinguni ananijua na kunipenda, Yeye atazungumza nami binafsi, kwa upekee na katika njia nitakazozielewa kupitia Roho Mtakatifu.

Kuna wakati ambapo sikumtambua kabisa Roho Mtakatifu. Nilielewa vibaya, nikidhani kwamba yote niliyopaswa kufanya ilikuwa ni kufuata hatua za sala na kitu fulani kikubwa kinge-tokea. Siku moja, wakati wa somo na wamisionari, nilitoka nje ya somo ili kupumzika kidogo. Bado nilikuwa nimekanganyikiwa kuhusu nini ninapaswa kufanya kwenye maisha yangu ikiwa injili ya urejesho ya Yesu Kristo ilikuwa ya kweli.

Nilipotaka kurejea kwenye chumba ambacho wamisionari walikuwa wakingojea, nilisikia sauti ya mmoja wa wamisionari. Nilisikia jina langu. Badala ya kufungua mlango, nilisikiliza sauti upande mwingine wa mlango. Nilishangaa. Walikuwa tu wakisali kwa Baba wa Mbinguni. Aliyekuwa akisali alikuwa akisihi kwa Mungu kwamba Yeye aweze kusikia sala yangu. Japo Ki-japani chake hakikuwa kizuri, kusikiliza sala yake ya dhati kulilainisha moyo wangu. Nilijiuliza kwa nini walijali sana kunihusu mimi. Kisha nilitam-bua kwamba sala yao kwa niaba yangu iliakisi upendo wa Baba wa Mbinguni na Mwokozi kwa ajili yangu. Upendo huo ulinipa tumaini, na baadaye nilisali kwa Mungu kwa imani na kwa kusudi halisi. Nilipofanya hivyo, nilipata hisia ya shangwe na amani kwamba hakika nilikuwa mtoto wa Mungu na kwamba nilikuwa na uwezekano na hatma ya kiungu. Mpango wa wokovu ulizama kwa kina kwenye moyo wangu.

Rais Russell M. Nelson amesema, “Jinsi unavyofikiria wewe ... ni nani huathiri ... kila uamuzi utakaowahi kuufanya.” Hiyo ni kweli kwangu. Maamuzi ya kumfuata Mwokozi Yesu Kristo kwa kubatizwa na kupokea kipawa cha Roho Mtakatifu kulibariki maisha yangu sana kuliko ningeweza kufikiria. Tunapoingia kwenye agano la ubatizo na Mungu, tunaahidi kwamba tuko radhi kujichukulia juu yetu jina la Yesu

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 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.

Kristo, kushika amri za Mungu na kumtumikia Yeye kwa maisha yetu yaliyosalia. Baba yetu wa Mbinguni, kwa upande Wake, anatahidi kwamba tunaweza kuwa na Roho Wake daima kuwa pamoja nasi—mwongozo unaoendelea kutoka kwa Roho Mtakatifu.

Ninakualika uwe na imani katika ujumbe ule Nefi aliotufundisha—kwamba maneno ya Kristo na Roho Mtakatifu yatakuielekeza kwenye “vitu vyote ambavyo [wewe] unatahili kutenda.” Kila kitu! Hii ni zawadi ya thamani kutoka kwa Mungu.

Akina kaka na akina dada, nina shukrani kwa ajili ya mpango wa wokovu wa Baba yetu wa Mbinguni. Kwa sababu anatupenda, Yeye amean-daa njia ya kurejea kwenye uwepo Wake kupitia Mwana wake wa Pekee, Yesu Kristo. Kuujua mpango huu wa thamani kutatusaidia kujua sisi ni watoto wa Mungu na tunaweza kuwa kama Yeye. Nina shukrani kwa ajili ya ukweli huu muhimu. Ninatoa ushahidi wangu kwamba maneno ya Yesu Kristo na Roho Mtakatifu vitatuongoza kupokea uzima wa milele. Ninajua mambo haya ni ya kweli. Katika jina takatifu la Yesu Kristo, amina.