“Behold I Am the Light Which Ye Shall Hold Up”

By Elder Ronald A. Rasband
Of the Quorum of the Twelve Apostles

“Tazama Mimi ni Mwangaza Ambao Mtainua Juu”

Na Mzee Ronald A. Rasband
Wa Akidi ya Mitume Kumi na Wawili

October 2024 general conference

We hold up the Lord’s light when we hold fast to our covenants and when we support our living prophet.

To the many testimonies at this conference, I add my apostolic witness that Jesus Christ is the Son of God, our Lord and Savior, the Redeemer of all of our Father’s children. By His Atonement, Jesus Christ made it possible for us, if we are worthy, to return to the presence of our Father in Heaven and be with our families for eternity.

The Savior is not absent from our mortal journeys. For the past two days we have heard Him speak through His chosen leaders that we might draw closer to Him.Time and again, with His pure love and mercy, He sustains us as we face the drama of life. Nephi describes: “My God hath been my support; he hath led me through mine afflictions. … He hath filled me with his love.”

That love is evident when we sustain one another in His work.

We sustain our living prophet at general conference, and the First Presidency, the Quorum of the Twelve Apostles, General Authorities, and Officers of the Church. To sustain means tohold upanother person, to give them our attention, to be faithful to their trust, to act upon their words. They speak by inspiration of the Lord; they understand the current issues, the moral decline of society, and the adversary’s increasing efforts to thwart the Father’s plan. Inholding upour hands, we are committing our support, not just for that moment but in our daily lives.

Tunainua juu nuru ya Bwana tunaposhikilia kwa nguvu maagano yetu na tunapomuunga mkono nabii wetu aliye hai.

Kwenye shuhuda nyingi za mkutano huu, nami naongeza ushahidi wangu wa kitume kwamba Yesu Kristo ni Mwana wa Mungu, Bwana na Mwokozi wetu, Mkombozi wa watoto wote wa Baba yetu. Kwa Upatanisho Wake, Yesu Kristo amefanya iwezekane kwetu sisi, kama ni wenye kustahili, kurudi katika uwepo wa Baba yetu wa Mbinguni na kuwa pamoja na familia zetu milele.

Mwokozi hajajitoa kutoka katika safari yetu ya duniani. Kwa siku mbili zilizopita tumemsikia Yeye akinena nasi kupitia viongozi Wake wateule ili tuweze kujongea karibu zaidi na Yeye.Mara kwa mara, kwa upendo Wake ulio safi na rehema, Yeye anatusaidia tunapokabiliwa na changamoto za maisha. Nefi anaeleza: “Mungu wangu amekuwa msaada wangu, ameniongoza katika mateso yangu. … Yeye amenijaza upendo Wake.”

Upendo huo ni dhahiri tunaposaidiana katika kazi Yake.

Tunamuidhinisha nabii wetu aliye hai kwenye mkutano mkuu, na Urais wa Kwanza, Akidi ya Mitume Kumi na Wawili, Viongozi Wakuu wenye Mamlaka, na Maafisa wa Kanisa. Kuidhinisha inamaanishakumkubalimtu mwingine, kumpa usikivu, kuwa waaminifu katika tumaini lao, kuyafanyia kazi maneno yao. Wananena kwa mwongozo wa Bwana, wanaelewa mambo yalivyo sasa, kushuka kwa maadili ya jamii, na jitihada za adui zinazoongezeka za kuzuia mpango wa Baba. Katikakuinua juumikono yetu, tunaahidi kuunga mkono, sio tu kwa wakati ule bali katika maisha yetu ya kila siku.

Sustaining includesholding upour stake presidents and bishops, quorum and organization leaders, teachers, and even camp directors in our wards and stakes. Closer to home, wehold upour wives and our husbands, children, parents, extended family, and neighbors. When wehold upone another we are saying, "I am here for you, not just tohold upyour arms and hands when they 'hang down'but to be a comfort and strength at your side."

Kuidhinisha inajumuishakuwainuamarais wetu wa vigingi, na maakofu, viongozi wa akidi na wa vikundi, walimu, na hata waelekezi wa kambi katika kata na vigingi. Karibu zaidi na nyumbani, sisitunawainuawake zetu na waume, watoto, wazazi, familia na jamaa, na majirani. Wakatitunapoinuanasisi kwa sisi tunasema, "niko hapa kwa ajili yako, siyo tukuinuaviganja vya mikono yako 'inaponing'inia chini'bali kuwa faraja na nguvu kando yako."

The concept tohold upis rooted in scripture. At the Waters of Mormon, the newly baptized Church members committed "to bear one another's burdens, that they may be light; … [to] comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places."

Dhana yakuinuamsingi wake ni katika maandiko. Katika maji ya Mormoni, wale waumini wapya wa Kanisa waliobatizwa karibuni walitoa ahadi ya "kubeba mizigo ya mmoja na ya mwingine, ili iwe miepesi; … [kuwafariji] wale ambao wanahitaji kufarijiwa, na kusimama kama mashahidi wa Mungu nyakati zote na katika vitu vyote, na katika mahali popote."

To the Nephites, Jesus said: "Hold upyour light that it may shine unto the world.Behold I am the light which ye shall hold up."Wehold upthe Lord's light when we hold fast to our covenants and when we support our living prophet as he speaks the words of God.

Kwa Wanefi, Yesu alisema: "Inueni juunuru yenu kwamba iangaze juu ya dunia.Tazama mimi ni mwangaza ambao mtainua."Sisitunainua juunuru ya Bwana tunaposhikilia kwa nguvu maagano yetu na tunapomuunga mkono nabii wetu aliye hai anaponena maneno ya Mungu.

President Russell M. Nelson said, when serving in the Quorum of the Twelve Apostles, "Our sustaining of prophets is a personal commitment that we will do our utmost to uphold their prophetic priorities."

Rais Russell M. Nelson alisema, wakati akihudumu katika akidi ya Mitume Kumi na Wawili, "Kuwaidhinisha kwetu manabii ni ahadi binafsi kwamba tutafanya kwa kadiri ya uwezo wetu kuunga mkono vipaumbele vyao vya kinabii."

Tohold upthe prophet is a sacred work. We do not sit quietly by but actively defend him, follow his counsel, teach his words, and pray for him.

Kumwinuanabii ni kazi takatifu. Hatukai tu kimya bali kwa kujishughulisha kumlinda, kufuata ushauri wake, kufundisha maneno yake na kumwombea.

King Benjamin, in the Book of Mormon, said to the people, "I am like as yourselves, subject to all manner of infirmities in body and mind; yet I have been chosen … and was suffered by the hand of the Lord … and have been kept and preserved by his matchless power, to serve you with all the might, mind and strength which the Lord hath granted unto me."

Mfalme Benjamini, katika Kitabu cha Mormoni, aliwaambia watu, "Mimi niko kama ninyi, kwa unyonge wa kila aina mwilini na akilini; lakini nimechaguliwa … na nikaruhusiwa kwa mkono wa Bwana … na nimelindwa na kuhifadhiwa kwa uwezo wake usio na kipimo, ili niwatumikie kwa uwezo wote, akili, na nguvu ambazo Bwana amenipatia."

Likewise, at age 100, President Nelson has been kept and preserved by the Lord. President Harold B. Lee, at the time a member of the First Presidency, cited the example of Moses standing atop the hill at Rephidim. "The hands of [the President of the Church] may grow weary," he said. "They may tend to droop at times because of his heavy responsibilities; but as we uphold his hands, and as we lead under his direction, by his side, the gates of hell will not prevail against you

Vile vile, katika umri wa miaka 100, Rais Nelson amelindwa na kuhifadhiwa na Bwana. Rais Harold B. Lee, wakati huo akiwa mshiriki wa Urais wa Kwanza, alitoa mfano wa Musa akisimama juu ya kilele cha kilima Refidimu. "Mikono ya [Rais wa Kanisa] yawezekana ikachoka," yeye alisema. "Inaweza kuelekea kushuka chini kwa uchovu nyakati zingine kwa sababu ya majukumu mazito, lakini tunapoinua juu mikono yake, na tunapoongoza chini ya maelekezo yake,

and against Israel.Your safety and ours depends upon whether or not we follow the ones whom the Lord has placed to preside over his church. He knows whom he wants to presideover this church, and he will make no mistake."

bega kwa bega, malango ya jahanamu haitawashinda nyinyi na dhidi ya Israeli.Usalama wenu na wetu unategemea kwenye ikiwa tutamfuata au kutomfuata yule ambaye Bwana amemweka kuliongoza kanisa lake. Yeye anamjua anayemtaka aliongoze kanisa lake, na yeye hatafanya makosa."

President Nelson draws upon years of serving the Lord. His maturity, wide-ranging experience, wisdom, and consistent receipt of revelation is specifically suited for our day.He has said: "The Church of Jesus Christ of Latter-day Saints is preparing the world for the day when 'the earth shall be full of the knowledge of the Lord' (Isaiah 11:9). … This work is empowered by a divine announcement made 200 years ago. It consisted of only seven words: 'This is My Beloved Son. Hear Him!' (seeJoseph Smith—History 1:17)."

Rais Nelson anayo mengi kutokana na miaka mingi ya kumtumikia Bwana. Ukomavu wake, uzoefu wake mpana, hekima na mwendelezo wa kupokea mafunuo ni wa kufaa mahususi kwa ajili ya siku yetu.Kanisa la Yesu Kristo la Watakatifu wa Siku za Mwisho linauandaa ulimwengu kwa ajili ya siku ambayo 'dunia itajawa na kumjua Bwana' (Isaya 11:9). … Kazi hii inahalalishwa na tangazo takatifu lililotolewa miaka 200 iliyopita. Iilikuwa na maneno sita pekee: "Huyu ni Mwanangu Mpendwa. Msikilize Yeye!" (onaHistoria ya—Joseph Smith 1:17). "

President Nelson has also said: "There has never been a time in the history of the world when knowledge of our Savior is more personally vital and relevant toevery human soul. Imagine how quickly the devastating conflicts throughout the world—and those in our individual lives—would be resolved if we all chose to follow Jesus Christ and heed His teachings."

Rais Nelson pia amesema: "Hakujawahi kuwepo na kipindi kama cha sasa katika historia ya ulimwengu ambapo maarifa juu ya Mwokozi wetu ni ya msingi na muhimu sana binafsi kwakila nafsi ya mwanadamu. Fikiria jinsi migogoro ya uharibifu ulimwenguni kote—na katika maisha yetu binafsi—itakavyotatuliwa kwa haraka kama sisi sote tukichagua kumfuata Yesu Kristo na kutii mafundisho Yake."

Brothers and sisters, we need to do more lifting and less murmuring, more upholding the word of the Lord, His ways, and His prophet, who has said: "One of our greatest challenges today is distinguishing between the truths of God and the counterfeits of Satan. That is why the Lord warned us to 'pray always, … that [we] may conquer Satan, and …escape the hands of the servants of Satanthat do uphold [the adversary's] work' [Doctrine and Covenants 10:5; emphasis added]."

Akina kaka na akina dada, tunahitaji kufanya zaidi mambo yenye kuinua na kupunguza kunung'unika, kushika zaidi neno la Bwana, njia Zake, na nabii Wake, ambaye amesema: mojawapo ya changamoto zetu kuu leo ni kubainisha ukweli wa Mungu na bandia za Shetani. Ndiyo sababu Bwana alituonya sisi "tuombe daima, … ili [tuweze] kumshinda Shetani, na …kuepuka mikono ya watumishi wa Shetaniambayo hufanya kazi za [adui] [Mafundisho na Maagano 10:5; msisitizo umeongezwa]."

Last April, Sister Rasband and I had the honor of joining our beloved prophet and Sister Nelson for the rededication of the Manti Utah Temple.

Aprili iliyopita, mimi na Dada Rasband tulipewa heshima ya kuungana na nabii na Dada Nelson kwa ajili ya uwekaji upya wakfu wa Hekalu la Manti, Utah.

President Nelson surprised everyone when he entered the room. Only a very few of us knew he was coming. In his presence, I immediately felt the light and prophetic mantle he carries. The look of joy on the faces of the people personally seeing the prophet will stay with me forever.

Rais Nelson alimshangaza kila mtu alipoingia kwenye chumba. Ni wachache wetu tu tuliojua kwamba anakuja. Katika uwepo wake, mara moja nilihisi nuru na joho la kinabii analobeba. Mwonekano wa shangwe kwenye nyuso za watu wakimwona nabii ana kwa ana utabaki nami milele.

In the prayer of rededication, President Nelson petitioned the Lord that His holy house

Katika sala ya uwekaji upya wakfu, Rais Nelson alimsihi Bwana kwamba nyumba Yake

would essentiallyhold upall who entered the temple, "that they may receive sacred blessings and remain worthy and faithful to their covenants … that this may be a house of peace, a house of comfort, and a house of personal revelation for all who enter these doors worthily."

takatifu kimsingiingewainua juuwote walioingia ndani ya hekalu hili "ili waweze kupokea baraka takatifu na wabakie wenye kustahili na waaminifu kwenye maagano yao … kwamba hii ipate kuwa nyumba ya amani, nyumba ya faraja, na nyumba ya ufunuo binafsi kwa wote wanaoingia milango hii wakiwa wenye kustahili."

We all need to be lifted up by the Lord with peace, with comfort, and most of all with personal revelation to counter the fear, darkness, and contention encompassing the world.

Sisi sote tunahitaji kuinuliwa na Bwana kwa amani, kwa faraja, na zaidi ya yote kwa ufunuo binafsi kukabili hofu, giza na ugomvi unaouzingira ulimwengu.

Before the service, we stood outside in the sun with President and Sister Nelson to view the beautiful setting. President Nelson's ancestral ties to the area run deep. His eight great-grandparents settled in the valleys surrounding the temple, as did some of mine. My great-grandfather Andrew Anderson served on the construction crew of early pioneers who labored 11 years to complete the Manti Temple, the third in the Rocky Mountains.

Kabla ya ibada, tulisimama nje juani pamoja na Rais na Dada Nelson ili kutazama machweo mazuri. Muunganiko wa Rais Nelson kwenye vizazi vya eneo hili ni wa kina sana. Mababu wanane wa baba yake walihamia na kuishi katika bonde hili linalolizunguka hekalu hili, kama ilivyokuwa kwa baadhi ya mababu zangu. Babu wa baba yangu Andrew Anderson alihudumu kwenye kundi la waanzilishi wa awali ambao walifanya kazi ya ujenzi huo kwa miaka 11 ili kukamilisha Hekalu la Manti, hekalu la tatu katika Milima ya Rocky.

As we stood with President Nelson, we had the opportunity tohold upand support the prophet of God in celebration of the rededication of the Lord's holy house. It was a day I will never forget.

Tulipokuwa tumesimama na Rais Nelson, tulipata fursa yakumwinuana kumsaidia nabii wa Mungu katika kusherehekea uwekaji upya wakfu wa nyumba takatifu ya Bwana. Ilikuwa siku ambayo sitaisahau.

"We build temples to honor the Lord," President Nelson said that sacred day. "They are built for worship and not for show. We make sacred covenants of eternal significance inside these sacred walls."We are gathering Israel.

"Tunajenga mahekalu ili kumpa heshima Bwana," Rais Nelson alisema siku ile takatifu. "Yamejengwa kwa ajili ya kuabudu na siyo kwa ajili ya maonyesho. Tunafanya maagano matakatifu yenye upekee wa milele ndani ya kuta hizi takatifu."Tunaikusanya Israeli.

President Nelson and the prophets before him have cradled the holy temples in their arms. Today, around the world, we have 350 sacred houses of the Lord that are operating, announced, or under construction. As prophet, since 2018, President Nelson has announced 168 temples.

Rais Nelson na manabii waliokuwa kabla yake wameyalea mahekalu matakatifu katika mikono yao. Leo, kote ulimwenguni, tunazo nyumba takatifu za Bwana 350 ambazo zinafanya kazi, zimetangazwa, au ziko katika hatua za ujenzi. Kama nabii, tangu mwaka 2018, Rais Nelson ametangaza mahekalu 168.

"In our time," he has said, "a whole, complete, and perfect union of all dispensations, keys, and powers are to be welded together (seeDoctrine and Covenants 128:18). For these sacred purposes, holy temples now dot the earth. I emphasize again that construction of these temples may not change your life, but your service in the temple surely will."

"Katika wakati wetu," amesema, "muunganiko wote, mkamilifu, na ulio kamili wa vipindi vyote, funguo, na nguvu vinapaswa kuunganishwa pamoja (onaMafundisho na Maagano 128:18). Kwa ajili ya malengo haya matakatifu, mahekalu matakatifu sasa yanasambaa duniani. Ninasisitiza tena ya kwamba ujenzi wa mahekalu haya huenda usibadilishe maisha yenu, lakini huduma yenu hekaluni hakika itabadilisha."

"The Savior and His doctrine are the very heart of the temple," the President says. "Every-

"Mwokozi na mafundisho Yake ndiyo moyo wa hekalu," Rais anasema. "Kila kitu kinacho-

thing taught in the temple, through instruction and through the Spirit, increases our understanding of Jesus Christ. His essential ordinances bind us to Him through sacred priesthood covenants. Then, as we keep our covenants, He endows us withHishealing, strengthening power."

"All who worship in the temple," President Nelson has said, "will have the power of God and angels having 'charge over them' [Doctrine and Covenants 109:22]. How much does it increase your confidence to know that, as an endowed woman or man [or temple-attending youth] armed with the power of God, you do not have to face life alone? What courage does it give you to know that angels really will help you?"

Angels reaching out tohold us upis described in the scriptures when Jesus Christ knelt humbly in the Garden of Gethsemane. By His suffering He provided an infinite Atonement. "There," President Nelson states,"the greatest single act of love of all recorded history took place. … There at Gethsemane, the Lord 'suffered the pain of all men, that all … might repent and come unto him' [Doctrine and Covenants 18:11]."

"Remove this cup from me," Jesus Christ asked, "nevertheless not my will, but thine, be done.

"And there appeared an angel unto him from heaven, strengthening him."

We have angels round about us today. President Nelson has said, "[In the temple,] you will learn how to part the veil between heaven and earth, how to ask for God's angels to attend you."

Angels bring light. God's light. To His Nephite Apostles, Jesus said, "Behold I am the light which ye shall hold up."As we sustain our prophet, we testify he is called of our Savior, who is "the light … of the world."

Dear President Nelson, on behalf of the members and friends of the Lord's Church throughout the world, we feel blessed tohold upyour teachings, tohold upyour example of Christlike living, and tohold upyour fervent testimony of our Lord and Savior, the Redeemer of us all.

I bear my apostolic witness that Jesus Christ is "the light … of the world."May we all, as His

fundishwa ndani ya hekalu, kupitia maelekezo na kupitia Roho, huongeza uelewa wetu juu ya Yesu Kristo. Ibada Zake muhimu hutuunganisha Kwake kupitia maagano matakatifu ya ukuhani. Kisha, tunaposhika maagano yetu, Yeye hutubariki kwa nguvuYakeya uponyaji na yenye kuimarisha.

"Wale wote wanaoabudu hekaluni," Rais Nelson alisema, "watakuwa na nguvu za Mungu na malaika 'watawahudumia.' [Mafundisho na Maagano 109:22]. Ni kwa kiasi gani hii huongeza kujiamini kwako kujua kwamba, kama mwanamume au mwanamke au [kijana anayehudhuria hekaluni] aliyekingwa na nguvu za Mungu, huhitaji kuyakabili maisha peke yako? Ni ujasiri gani unaupata kwa kujua kwamba malaika hakika watakusaidia?

Malaika wakitufikia ilikutuinuainaelezwa katika maandiko wakati Yesu alipopiga magoti chini kwa unyenyekevu katika Bustani ya Gethsemane. Kwa kuteseka Kwake alitoa Upatanisho usio na mwisho. "Hapo," Rais Nelson anaeleza, "tendo moja pekee la upendo kati ya yote yaliyoandikwa katika historia lilifanyika. Pale Gethsemane, Bwana 'aliteseka maumivu ya watu wote, kwamba wote … wapate kutubu na kuja Kwake.'[Mafundisho na Maagano 18:11]."

"Uniondolee kikombe hiki," Yesu Kristo aliomba, "walakini si mapenzi yangu, bali yako, yatimizwe.

Na hapo malaika kutoka mbinguni akamtokea akamtia nguvu."

Tunao malaika wametuzunguka sisi leo. Rais Nelson amesema, "[Hekaluni,] utajifunza jinsi ya kufungua pazia kati ya mbingu na dunia, jinsi ya kuwaomba malaika wa Mungu ili wakuhudumie wewe."

Malaika huleta nuru. Nuru ya Mungu. Kwa Mitume Wake Wanefi, Yesu alisema, "Tazama mimi ni mwangaza ambao mtainua."Tunapomwidhinisha nabii wetu, tunashuhudia yeye ameitwa na Mwokozi wetu, ambaye ni "nuru … ya ulimwengu."

Rais Nelson, kwa niaba ya waumini na marafiki wa Kanisa la Bwana kote ulimwenguni, tunahisi kubarikiwakuyainuamafundisho yako,kuinuamfano wako wa maisha kama ya Kristo, nakuinuaushuhuda wako wa dhati juu ya Bwana na Mwokozi wetu, aliye Mkombozi wetu sisi sote.

Ninatoa ushahidi wangu wa kitume kwamba Yesu Kristo ndiye "nuru … ya ulimwengu."Na sisi

disciples, “hold up” His light. In the name of Jesus Christ, amen.

sote, kama wanafunzi Wake, “tuinue juu” mwangaza Wake. Katika jina la Yesu Kristo, amina.