

His Hand Ready to Help Us

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'Ua ineine tōna rima nō te tauturu ia tātou

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Nō te Hitu 'Ahuru

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As we reach out to Jesus Christ in faith, He will always be there.

'Ia pure tātou iāna ma te fāaroò, tei reira noa 'oia.

When I was a child, as a family we went on vacation to a beach on the coast of my native country, Chile. I was excited to spend some days enjoying the summer with my family. I was also thrilled because I thought I could finally join in and do what my two older brothers usually did for fun on the water.

One day my brothers went to play where the waves were breaking, and I felt big and mature enough to follow them. As I moved toward that area, I realized the waves were larger than they appeared from the shore. Suddenly, a wave rapidly approached me, taking me by surprise. I felt like the power of nature had taken over me, and I was dragged into the depths of the sea. I couldn't see or feel any reference point as I was tossed around. Just as I thought my adventure on the earth might be coming to an end, I felt a hand pulling me toward the surface. Finally, I could see the sun and catch my breath.

My brother Claudio had seen my attempts to act as a grown-up and had come to my rescue. I was not far from the shore. Even though the water was shallow, I was disoriented and had not realized I could have helped myself. Claudio told me that I needed to be careful and, if I wanted, he could teach me. Despite the gallons of water I had swallowed, my pride and desire to be a big boy were stronger, and I said, "Sure."

Claudio told me I needed to attack the waves. I told myself I would surely lose that battle

I te hōē tau fa'afa'ae'ara'a i tō'u tamari'ira'a, 'ua haere mātou 'ei 'utuāfare i te pae miti i te pae tahatai o tō'u fenua 'āi'a, Tīreni. 'Ua 'oa'oa roa vau i te fāna'oraa i te tahi mau mahana i te tau ve'ave'a e tō'u 'utuāfare. 'Ua 'oa'oa roa ato'a vau nō te mea 'ua mana'o vau e nehenehe au e 'āmui nō te rave i te mea tā tō'u nā tu'āna e piti i mātau i te rave nō te ha'uti i roto i te pape.

I te hōē mahana, 'ua haere tō'u mau tae'ae e ha'uti i te vāhi fatira'a miti, 'e 'ua mana'o vau ē 'ua ineine au nō te pēē ia rāua. I tō'u haerera'a i taua vāhi ra, 'ite ihora vau e mea rarahi a'e te mau 'are miti 'ia hi'ohia atu nā tātahi I taua iho taime ra, 'ua hitimahuta vau i te piri 'oi'oi-ra'a te hōē 'are miti iā'u. E au ē 'ua haruhia vau e te pūai o te nātura, 'e 'ua hutihia vau i roto i te hōhonura'a o te moana. 'Aita i ti'a iā'u 'ia hi'o 'aore rā 'ia 'ite i te hōē vāhi pāpū 'a patu-noa-hia ai au i ni'a i te mau 'are. I tō'u mana'ora'a 'ua tae mai tō'u hora, 'ite a'era vau i te hōē rima i te hutira'a iā'u i ni'a. I te hope'a, 'ite atura vau i te mahana 'e huti atura i te aho.

'Ua 'ite mai tō'u tu'āne Claudio i tā'u mau tāmatarā'a nō te 'ia riro mai te tā'ata pa'ari 'e 'ua haere mai 'oia e fa'aora iā'u. 'Aita vau i ātea roa i te pae tahatai. Noa atu e mea pāpā'u te pape, 'ua nevanevahia vau 'e 'aita vau i 'ite e nehenehe au e fa'aora iā'u iho. 'Ua parau mai Claudio iā'u 'ia ha'apa'o maita'i 'e mai te mea e hina'aro vau, e nehenehe 'oia e ha'api'i iā'u. Noa atu te mau lītera miti tā'u i inu, 'ua pūai a'e tō'u te'otēo 'e tō'u hi-na'aro 'ia riro 'ei taure'are'a, 'e 'ua parau vau, « 'Ē ».

'Ua parau mai Claudio iā'u ē, 'ia 'aro vau i te mau 'are miti e ti'a ai. Mana'o atu ra vau ē, e riro

against what seemed like a huge wall of water.

As a new big wave approached, Claudio quickly said, “Look at me; this is how you do it.” Claudio ran toward the incoming wave and dove into it before it broke. I was so impressed with his dive that I lost sight of the next incoming wave. So again I was sent to the depths of the sea and tossed by the forces of nature. A few seconds later, a hand grasped mine, and I was again pulled toward the surface and air. The flame of my pride was extinguishing.

This time my brother invited me to dive with him. As per his invitation, I followed him, and we dove together. I felt as if I was conquering the most complicated challenge. Certainly, it was not very easy, but I did it, thanks to the help and example shown by my brother. His hand rescued me twice; his example showed me how to deal with my challenge and be victorious that day.

President Russell M. Nelson has invited us to think celestial, and I want to follow his advice and apply it to my summer story.

The Savior’s Power over the Adversary

If we think celestial, we will understand that in our lives we will face challenges that seem greater than our capacity to overcome them. During our mortal time, we are subject to the attacks of the adversary. Like the waves that had power over me that summer day, we can feel powerless and want to give in to a stronger fate. Those “malicious waves” could jostle us from side to side. But do not forget who has power over those waves and, in fact, over all things. That is our Savior, Jesus Christ. He has the power to help us out of every miserable condition or adverse situation. Regardless of whether we feel close to Him, He still can reach us where we are as we are.

As we reach out to Him in faith, He will always be there, and in His time, He will be ready and willing to grasp our hands and pull us up to a safe place.

The Savior and His Ministering Example

vau i te pau i roto i teie 'arora'a i taua mea ra e au i te hōē patu pape rahi.

'A fātata mai ai te hōē 'are rahi 'āpī, 'ua parau 'oi'oi Claudio : « 'A hi'o mai iā'u ; E mea nā 'ō 'ia rave ana'e ». 'Ua horo Claudio i mua i te 'are miti 'e 'ua tomo atura i roto hou 'a pararī ai. Nō tō'u māere rahi i tōna 'ou'ara'a, 'aita atura vau i ha'apa'ō fa'ahou i te 'are miti i muri mai. Nō reira, 'ua huti-fa'ahou-hia vau i roto i te hōhonu 'e 'ua patuhia e te mau pūai o te nātura. Tau tetoni i muri iho, 'ua haru mai te hōē rima i tō'u rima, 'e 'ua huti-fa'ahou-hia vau i ni'a i te mata'i. 'Ua morohi marū noa te auahi o tō'u te'ote'o.

I terā rā taime, 'ua ani mai tō'u tu'āne iā'u 'ia hopu nā muri iā'na. 'Ua pe'e 'e 'ua hopu māua mai te au tāna anira'a. E au ē tē upōōti'a ra vau i ni'a i te fifi rahi roa a'e. E mea pāpū e 'aita i 'ōhie roa, 'ua manuia rā vau, maoti te tauturu 'e te hi'ora'a i fa'a'itehia mai e tō'u tu'āne. 'Ua fa'aora tōna rima iā'u e piti taime ; nā tōna hi'ora'a i fa'a'ite mai iā'u e nāhea 'ia fa'aruru i tā'u tītaura'a 'e 'ia upōōti'a i taua mahana ra.

'Ua ani mai te Peresideni Russell M. Nelson ia tātou 'ia feruri tiretiera, e tē hina'aro nei au e pe'e i tāna a'o 'e e fa'āhipa i te reira i roto i tā'u tau fa'afā'aeara'a.

Te mana o te Fa'aora i ni'a i te 'ēnemi

Mai te mea e feruri tiretiera tātou, e 'ite iā tātou ē e fa'aruru tātou i te mau tāmatarā'a hau atu i te rahi i tō tātou 'aravihi 'ia upōōti'a i ni'a i te reira. I tō tātou tau i te tāhuti nei, e fa'aruru tātou i te mau 'arora'a a te 'ēnemi. Mai te mau 'are i mana i ni'a iā'u i taua mahana ve'ave'a ra, e nehenehe tātou e 'ite i tō tātou paruparu 'e e hina'aro 'ia fati i roto i te hōē orara'a pūai a'e. E nehenehe terā mau « 'are 'i'ino » e patu ia tātou i te tahi 'e te tahi pae. 'Eiaha rā 'ia mo'ehia 'o vai tē mau ra i te mana i ni'a i terā mau 'are, 'e i ni'a i te mau mea ato'a. O tō tātou iā Fa'aora, 'o Iesu Mesia. E mana tōna nō te tauturu ia tātou 'ia upōōti'a i ni'a i te mau huru tupura'a pe'ape'a 'e te fifi ato'a. Noa atu tō tātou fātata 'aore rā 'aita iāna, e nehenehe noa 'ōna e tauturu mai ia tātou noa atu tō tātou huru.

'Ia pure tātou iāna ma te fa'aro'o, tei reira noa 'oia, 'e i tōna taime, e 'ineine 'oia nō te tāpe'a i tō tātou rima 'e nō te huti ia tātou i te hōē vāhi pāpū.

Te Fa'aora 'e tāna hōho'a aupurura'a

If we think celestial, we will recognize Jesus Christ as a flawless example of ministry. There is a pattern for us in the scriptures when He or His disciples reach out to someone in need of help, rescue, or a blessing as they reach out with their hands. As in my story, I knew my brother was there, but being there for me was not enough. Claudio knew I was in trouble, and he went to help lift me from the water.

Occasionally, we think that we only need to be there for someone in need, and many times there is more we can do. Having an eternal perspective can help us receive revelation to offer timely assistance to others in need. We can rely on the guidance and inspiration of the Holy Ghost to discern what kind of help is needed, whether it is temporal support like emotional comfort, food, or aid with daily tasks, or spiritual guidance to help others in their journey to prepare, make, and honor sacred covenants.

The Savior Is Ready to Rescue Us

When Peter, the senior Apostle, “walked on the water, to go to Jesus, ... he was afraid; and beginning to sink”; then “he cried, saying, Lord, save me.” Jesus knew the faith Peter had exercised to come unto Him on the water. He was also aware of Peter’s fear. According to the account, Jesus “immediately ... stretched forth his hand, and caught him,” saying the following words: “O thou of little faith, wherefore didst thou doubt?” His words were not to scold Peter but to remind him that He, the Messiah, was with him and the disciples.

If we think celestial, we will receive the confirmation in our hearts that Jesus Christ is indeed our Rescuer, our Advocate with the Father, and our Redeemer. As we exercise faith in Him, He will save us from our fallen state, beyond our challenges, infirmities, and needs in this temporal life, and give us the greatest of all gifts, which is eternal life.

The Savior Does Not Give Up on Us

’Ia feruri tiretiera tātou, e ’ite ia tātou ia Iesu Mesia mai te hōē hi’ora’a maita’i roa aē nō te aupururā’a. Tē vai ra te hōē hi’ora’a nō tātou i roto i te mau pāpā’ira’a mo’a ’a toro ai ’oia ’aore rā tāna mau pipi i te rima i te hōē tāata e hina’aro ra i te tauturu, te fa’aorara’a, ’aore rā te hōē ha’amaita’ira’a ’a toro ai rātou i te rima. Mai tō’u ’āamu, ’ua ’ite au ē tei reira tō’u taeāe, ’aita rā i nava’i i vai noa i reira. ’Ua ’ite ’o Claudio tē fifi ra vau ē ’ua haere mai ’oia e tauturu iā’u ’ia amo iā’u i rāpae i te pape.

I te tahi taime, e mana’o tātou ē ’ua nava’i te ti’a-noa-ra’a nō te tahi tāata e hina’aro ra i te tauturu, ’e e mea pinepine, e nehenehe tātou e rave hau atu ā. E nehenehe te hi’ora’a ātea mure ’ore e tauturu ia tātou ’ia fa’ari’i i te heheura nō te hōrō’a i te tauturu i te taime ti’a ia vetahi ē i roto i te ’ati. E nehenehe tātou e tūru’i i ni’a i te arata’ira’a ’e te fa’aururā’a a te Vārua Maita’i nō te ’ite e aha te huru tauturu e hina’arohia, pae tino ānei mai te tāmāhanahanara’a i te pae ferurirā’a, te mā’a, te tauturu i roto i te mau ’ohipa o te mahana tāta’ita-hi, ’aore rā te arata’ira’a pae vārua nō te tauturu ia vetahi ē i roto i te fa’aineinera’a, te ravera’a, ’e te fa’aturara’a i te mau fafaurā’a mo’a.

’Ua ineine te Fa’aora nō te fa’aora ia tātou

I tō Petero, te ’āpōsetolo matahiapo, « haere-ra’a ia Iesu ra nā ni’a i te ’are [...] ’ua mata’u ihora ; ’e tē paremō ra i raro, » i muri iho « ’ua pi’i atura e te Fatu ’ia ora vau ». ’Ua ’ite Iesu i te fa’aro’o tā Petero i fa’āhipa nō te haere iāna ra i ni’a i te ’are. ’Ua ’ite ato’a ’oia i te mata’u ’o Petero. ’Ia au i te ’āamu, « ’Ua fa’atoro maira Iesu i tāna rima i reira ra, haru maira iāna » ’e nā ’ō maira : « ’E teie nei tāata fa’aro’o hara’ini, e ’aha ’oe i mata’u ai ? » E ’ere tāna mau parau nō te tama’i ia Petero, nō te fa’aha’amana’o rā iāna ē, tei piha’i iho ’oia, te Mesia iāna ’e i te mau pipi.

’Ia feruri tiretiera tātou, e fa’ari’i tātou i te ha’apāpūrā’a i roto i tō tātou ’āau ē ’o Iesu Mesia mau tō tātou Fa’aora, tō tātou Arai ē te Metua, ’e tō tātou Tārahara. ’Ia fa’āhipa tātou i te fa’aro’o iāna, e fa’aora ’oia ia tātou i roto i tō tātou huru hi’a, i ’ō atu i tō tātou mau tāmatarā’a, mau paruparu, ’e mau hina’aro i roto i teie orara’a tāhuti, ’e e hōrō’a mai ’oia ia tātou i te hōrō’a rahi roa aē o te mau hōrō’a ato’a, ’oia ho’i te ora mure ’ore.

E’ita te Fa’aora e fa’aru’e ia tātou

My brother did not give up on me that day but persisted so I could learn how to do it for myself. He persisted, even if that required rescuing metwice. He persisted, even if I could not get it at first. He persisted so I could overcome that challenge and succeed. If we think celestial, we will realize that our Savior will be there as many times as necessary to provide help if we want to learn, change, overcome, cope, or succeed in whatever will bring true and everlasting happiness to our lives.

The Savior's Hands

The scriptures immortalize the symbol and significance of the Savior's hands. In His atoning sacrifice, His hands were pierced by nails to affix Him to the cross. After His Resurrection, He appeared to His disciples in a perfect body, but the prints in His hands remain as a reminder of His infinite sacrifice. His hand will always be there for us, even if we cannot see it or feel it at first, because He was chosen by our Heavenly Father to be our Savior, the Redeemer of all humankind.

Within Our Grasp, by Jay Bryant Ward

The Hand of God, by Yongsung Kim

If I think celestial, I know that we are not left alone in this life. While we must face challenges and trials, our Heavenly Father knows our capabilities and knows we can bear or overcome our difficulties. We must do our part and turn to Him in faith. His Beloved Son, Jesus Christ, is our rescuer and will always be there. In His name, the sacred name of Jesus Christ, amen.

'Aita tō'u tu'āne i fa'aru'e iā'u i terā mahana, 'ua onono noa rā 'ōia 'ia nehenehe au e ha'api'i e nāfea vau iho 'ia rave i te reira. 'Ua tāmāu noa 'ōia, noa atu 'ua tītauhia e fa'aora iā'ue piti taime. 'Ua tāmāu noa 'ōia noa atu 'aita vau i manuia i te taime mātāmua. 'Ua tāmāu noa 'ōia 'ia ti'a iā'u 'ia upōōti'a i nī'a i terā tītaura'a 'e 'ia manuia. 'Ia feruri tiretiera tātou, e 'ite tātou e tei reira tō tātou Fa'aora i te mau taime ato'a e hina'arohia nō te hōro'a i te tauturu mai te mea e hina'aro tātou e ha'api'i, e tau'i, e ha'avī, e 'aro, 'aore rā e manuia i roto i te mau mea ato'a o tē 'āfa'i mai i te 'o'āoa mau 'e te mure 'ore i tō tātou orara'a.

Te rima o te Fa'aora

Tē fa'a'ite nei te mau pāpā'ira'a mo'a i te tāpāo 'e te aura'a o te rima o te Fa'aora. I roto i tāna tusia tāraēhara, 'ua puta tōna nā rima i te naero nō te tāpe'a iāna i nī'a i te sātauro. I muri a'e i tōna ti'a-fa'ahou-ra'a, 'ua fā atu 'ōia i tāna mau pipi i roto i te hōē tino maita'i roa, terā rā 'ua vai noa te mau puta i roto i tōna mau rima 'ei fa'aha'amana'ora'a i tāna tusia hope 'ore. E vai noa tōna rima nō tātou, noa atu e'ita tātou e 'ite 'aore rā e fa'ari'i i te reira i te ha'amatarā'a, nō te mea 'ua mā'itihia 'ōia e tō tātou Metua i te Ao ra nō te riro 'ei Fa'aora nō tātou, 'ei Tāraēhara nō te mau tāata ato'a.

Within Our Grasp [Tei mua noa i tō tātou rima], nā Jay Bryant Ward

The Hand of God [Te rima o te Atua], nā Yongsung Kim

'Ia feruri tiretiera vau, 'ua 'ite au ē e'ita tātou e vaiho-ōtahi-noa-hia i roto i teie orara'a. Noa atu e ti'a ia tātou 'ia 'ite i te mau fifi 'e te mau tāmatarā'a, 'ua 'ite tō tātou Metua i te Ao ra i tō tātou mau 'aravihi 'e 'ua 'ite 'ōia e nehenehe tātou e fa'āroma'i 'aore rā e upōōti'a i nī'a i tō tātou mau fifi. E ti'a ia tātou 'ia rave i tā tātou tuha'a 'e 'ia fāriu iāna ra ma te fa'aro'o. 'O tāna Tamaiti Here, 'o Iesu Mesia, tō tātou fa'aora 'e e vai noa mai 'ōia. Nā roto i tōna i'oa, te i'oa mo'a o Iesu Mesia, 'āmene.