

Be Thou Clean

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Of the Seventy

'Ia mā 'oe

Nā Elder D. Martin Goury
Nō te Hitu 'Ahuru

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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."

E fa'ati'a te tātarahapara'a i te mau mahana ato'a ia tātou 'ia 'ite i te arata'ira'a a te Fatu nā roto i te Vārua Maita'i.

I te paera'a o tō'u matahiti, tē ha'uti ra vau i te tu'e pōpō e tō'u mau hoa i muri mai i te fare purera'a i roto i tō'u 'oire iti i te Fenua 'Ivōiri. Tē ha'amana'o maita'i ra vau i te pi'ira'a a te 'orometua i tāna 'āmuira'a 'ia tāmā i tō rātou mau 'ahu nō te fa'aineine i te taera'a mai o te Fa'aora. 'Ei tamari'i, 'ua rave pāpū vau i teie pi'ira'a. 'Ua horo vitiviti au i te fare ia tō'u nā 'avae na'ina'i 'e 'ua tāparu vau i tō'u metua vahine 'ia tāmā i tō'u mau 'ahu 'ia ti'a iā'u 'ia mā 'e 'ia ineine nō te taera'a mai o te Fa'aora i te mahana i muri mai. Noa atu te fē'a'a o tō'u metua vahine nō te ho'i-rū-ra'a mai o te Fa'aora, 'ua horoi 'oia i tō'u 'ahu nehenehe roa a'e.

'Ia po'ipo'i a'e, 'ua 'ōōmo vau i te 'ahu haumi 'e 'ua ti'a'i māite i te fa'arara'a nō te taera'a mai o te Fa'aora. 'A tere noa ai te mahana 'e nō te mea 'aita hō'e a'e 'ohipa i tupu, 'ua fa'aoti au e haere i te fare purera'a. 'Ua oto roa vau i te 'itera'a ē, 'aita e ta'ata i roto i te fare purera'a 'e 'aita te Fa'aora i tae mai. E nehenehe 'outou e feruri i tō'u mau mana'o 'a ho'i marū noa ai au i te fare.

E rave rahi matahiti i muri mai, 'a fa'ari'i ai au i te mau ha'api'ira'a misiōnare nō te fa'aineine i te tomo i roto i te 'Ēkālesia a Iesu Mesia i te Feiā Mo'a i te mau Mahana Hope'a nei, 'ua tai'o vau i te mau parau i muri nei : « 'E 'aita roa te hō'e mea vi'ivi'i e ō i roto i tōna bāsileia ; nō reira 'aita roa te hō'e mea e ō atu i roto i tōna fa'aeara'a, maori rā 'o rātou 'o tei tāmā i tō rātou mau 'ahu i roto i tō'u ra toto, 'e nō tō rātou fa'aro'o, 'e te tātarahapa i tā rātou mau hara ato'a, 'e tō rātou ha'apa'o maita'i ē tae noa atu i te hope'a. »

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

'Ua tauturu te ha'amāramaramara'a tā'u i fāna'o i taua taime ra 'ia tā'a te parau mau fau-fa'a 'o tā'u i 'ore i māramarama i tō'u 'āpīra'a. 'Ua niuhia te poroi a te 'orometua i nī'a i te fau'āra'a o te vī'ivī'i 'ore i te pae vārua. 'Ua fa'aitoito 'oia i te 'āmuira'a 'ia 'imi i te tātarahapa, 'ia rave i te mau taurā'a i roto i tō rātou orarā'a, 'e 'ia fāriu i te Fa'aora nō te fa'aorara'a.

'Ua 'ite tō tātou Metua i te Ao ra i tō tātou tere i te tāhuti nei 'e i te fifi o te hara i roto i tō tātou orarā'a. E māuruuru rahi tō'u i te mea ē 'ua hōrō'a mai 'oia i te hōē Fa'aora nā te tāra'e i tā tātou mau 'ōfatira'a ture. Nā roto i te tusia Tāraēhara a te Fa'aora, e nehenehe tātou tāta'itahi e tātarahapa 'e 'imi i te fa'aorera'a hara 'e 'ia riro mai 'ei mea mā. E mea fau'ā'a te tātarahapa, te hōē parau tumu niu o te 'evanelia, nō tō tātou hōtūra'a pae vārua 'e tō tātou itoito 'a rātere ai tātou nā roto i te mau tāmatarā'a o te orarā'a.

I roto i te 'āmuira'a rahi nō 'Ēperēra 2022, 'ua ani te peresideni Russell M. Nelson i te mau melo ato'a o te 'Ēkālesia 'ia 'ite i te 'oā'a o te tātarahapara'a i te mau mahana ato'a. 'Ua nā 'ō 'oia :

'Eiaha na e mata'u 'aore rā e fa'atāere i te tātarahapara'a. E 'oā'a Sātane i tō 'outou 'ati. 'A ha'apoto noa. 'A ti'avaru i tāna fa'aurura'a i rāpae i tō 'outou orarā'a. 'A ha'amata i teie mahana nō te 'ite i te 'oā'a nō te ti'avarura'a i te tāata tino. Tē here tāmāu nei te Fa'aora ia tātou, 'ia tātarahapa anāe'ihō ārā tātou [...]

« Mai te mea tē mana'o ra 'outou ē, 'ua ātea roa 'aore rā 'ua maoro roa 'outou i rāpae i te 'ē'a nō te fafau'ā'a 'e 'aita e rāve'a nō te ho'i mai, e 'ere roa atu ia i te parau mau ».

Mai te mea ē tē vai ra hōē mea 'aita 'outou i tātarahapa hope roa, tē fa'aitoito atu nei au ia 'outou 'ia ha'apa'o i te pi'ira'a a te peresideni Nelson 'eiaha e fa'atāere i tō 'outou tātarahapara'a. E tītau paha te reira i te tahi itoito nō te rave i teie 'ohipa ; e nehenehe rā vau e ha'apāpū ia 'outou ē 'ua hau atu i te 'ite tāata nei te 'oā'a e roa'a mai nā roto i te tātarahapara'a mau. Nā roto i te tātarahapara'a, e ha'amāmāhia tā tātou hōpoi'a nō te mana'o fa'hapa 'e e monohia e te hōē mana'o hau 'e te 'aihu. 'A tātarahapa mau ai tātou, e ha'amo'ahia ia tātou nā roto i te toto o te Fa'aora, ō tē fa'arahi i tō tātou 'itera'a i te mau muhumuhu 'e te mau fa'aururaa a te Vārua Maita'i.

'Ua fānauhia tō'u hoa mure 'ore e te hōē māhōhā tari'a 'e nō reira, e ti'a iāna 'ia 'ōōmo i te aumero tari'a. E nehenehe te hu'a repo 'e te hou e ha'afifi i te terera'a o teie mau mātini, 'e nō

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 suffers 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 impres-

reira, i te mau po'ipo'i ato'a e hi'opo'a vau iāna 'ia tāmā maita'i i te mau uaua hou 'a 'ōomo ai i te mau tao'a. E fa'aore teie peu 'ohie 'e te tāmā i te repo, te haumi, 'aore rā te fa'arirora'a 'ei pape, ma te ha'amaita'i atu ā i tōna 'aravihi nō te fa'aro'o 'e nō te tāu'aparau. 'Ia 'ore 'oia e ha'apa'o i teie peu i te mau mahana ato'a, e fifi ia tōna 'aravihi 'ia fa'aro'o i te roara'a o te mahana ; E mo'e marū noa te parau 'e i te hope'a, e riro ia 'ei mea faufa'a 'ore. Mai te tāmāra'a tāmahana i tōna mau aumero tari'a e fa'ati'a iāna 'ia fa'aro'o pāpū, e fa'ati'a te tātarahapara'a i te mau mahana ato'a ia tātou 'ia 'ite i te arata'ira'a a te Fatu nā roto i te Vārua Maita'i.

I te hope'a o te misiōni a te Fatu i te tāhuti nei 'e hou tōna revara'a atu i te 'Ō nō Getesemane, 'ua fa'aineine 'oia i tāna mau pipi 'ia fa'aruru i te mau tāmatarā'a e tae mai. 'Ua tāmārū 'oia ia rātou ma te parau e : « Nā te Fa'aa'o ra, nā te Vārua Maita'i ra, 'o tā te Metua e tonono mai ma tō'u nei i'oa ra, nāna e ha'api'i mai ia 'outou i te mau mea ato'a ; 'e e fa'a'ite fa'ahou mai ho'i ia 'outou i te mau parau ato'a tā'u i parau atu ia 'outou na ».

Te hō'e o te mau 'ohipa faufa'a roa a te Vārua Maita'i 'o te arara'a ia, 'e te arata'ira'a i te ta'ata ato'a e fa'aro'o i te fa'aurura'a. Mai te mau uaua fifi o te aumero e nehenehe e fa'ataupupu i te tere maita'ira'a, e nehenehe ato'a tō tātou aura'a pae vārua e tō tātou Metua i te Ao ra e ha'afifihia, 'o tē arata'i atu i te mau mana'o hape 'aore rā i te 'orerā'a e ha'apa'o i tāna mau āo. Nā roto i te fāra'a mai te natirara, mea 'ohie a'e 'ia fāna'o i te mau ha'amāra-maramara'a i nā mua a'e. E nehenehe te reira e arata'i ia tātou 'ia fāriu i ni'a i te ao nei nō te ani i te arata'ira'a 'eiaha rā i te Atua. 'Ua ha'api'i mai te peresideni Russell M. Nelson, « i te mau mahana i muri nei, e'ita tātou e ora mai i te pae vārua mai te peu 'aita te mana arata'i 'e te fa'atere 'e te tāmāhanahana 'e te tāmāu o te Vārua Maita'i. »

Tē māuruuru nei au ē e nehenehe tātou tāta'itahi e fa'ari'i i te hōro'a o te Vārua Maita'i i te taime tātou i ha'amauhia ai. 'Ua fa'aara mai rā te peresideni Dallin H. Oaks ē, « te mau ha'amaita'ira'a e ro'a nā roto i te hōro'a o te Vārua Maita'i, 'ua niuhia ia i ni'a i te parau ti'a [e] 'e 'ore roa te Vārua o te Fatu e pārahi i roto i te mau hiero vi'ivi'i [Helamana 4:24] ».

'Ia mā'iti pāpū tātou 'ia pē'e i te arata'ira'a a te mau peropheta 'e te mau 'apōsetolo, e rahi atu ā tō tātou 'aravihi 'ia fa'ari'i i te Vārua Maita'i 'ei hoa tāmāu. E hōro'a mai te Vārua Maita'i i te mārāmarama i roto i te mau fa'aotira'a, ma te fa'atupu i

sions 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 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.

te mau mana'o e te mau 'itera'a e tū'ati i te hina'aro 'o tō tātou Metua i te Ao ra. E mea faufā'a roa te fa'ari'ira'a i te Vārua Maita'i 'e'i hoa tāmāu nō tō tātou tupura'a pae vārua.

'Aita i maoro, 'ua tonohia vau nō te peresideni i te hōē 'āmuira'a titi i te titi nō Roto Miti Granger West i Utaha. I reira, 'ua fārerei au i te hōē peresideni titi tei fa'ahotu māite i tōna 'aravihi nō te hāro'aro'a i te muhumuhu a te Vārua Maita'i nā roto i te orara'a parauti'a 'e te tātarahapara'a i te mau mahana ato'a. 'Ei tuha'a nō tā māua mau tūtavara'a nō te tāvinira'a, 'ua fa'anaho māua i te mau fārereira'a i roto e toru 'utuāfare. Te otira'a tā māua fārereira'a hope'a, 'ua toe ia māua fātata e 30 minuti hou tā māua 'ohipa i muri iho. I nī'a i te 'ē'a ho'ira'a i te pū o te titi, 'ua fa'ari'i te peresideni Chesnut i te hōē fa'aurura'a e haere e fārerei i te tahi fa'ahou 'utuāfare. 'Ua fa'ari'i māua to'opiti 'ia pē'e i teie muhumuhu.

'Ua fārerei māua i te 'utuāfare Jones, i reira māua i te 'itera'a i te tuahine Jones e tārava ra i nī'a i te ro'i nō te mā'i. E mea pāpū ē 'ua hina'aro 'oia i te hōē ha'amaita'ira'a a te autahu'ara'a. Nā roto i tāna parau fa'ati'a, 'ua rave māua i te reira i nī'a iāna. 'A fa'aineine ai māua i te haere, 'ua ani mai te tuahine Jones nāhea māua i te 'itera'a i tōna hina'aro rū i te hōē ha'amaita'ira'a. Te parau mau, 'aitamāuai 'ite. Terā rā, nō tō tātou Metua i te ao ra 'ite i tōna mau hina'aro, uafa'auru 'oia i te peresideni Chesnut 'ia fārerei i tōna 'utuāfare. 'Ia fa'ari'i tātou i te arata'ira'a a te reo iti ha'iha'i, e ineine maita'i aē ia tātou nō te utuutu maita'i atu ā i te feiā nava'i 'ore.

Tē fa'a'ite pāpū nei au nō te hōē Metua maita'i 'e te here i te Ao ra. 'O Iesu Mesia te Fa'aora 'e te Tārahara o te ta'ata ato'a. Tē fa'a'ite pāpū nei au e parau mau te Tārahara a Iesu Mesia 'e, mai te mea e ha'api'i tātou 'ia pē'e i te arata'ira'a a te Vārua Maita'i, e arata'i 'oia ia tātou 'ia tātarahapa 'e 'ia fa'āhipa i te mana o te Tārahara o te Fa'aora i roto i tō tātou orara'a. E Peropheta mau 'e te ora te peresideni Russell M. Nelson nā te Fatu, ē te mau tāviri ato'a o te autahu'ara'a i nī'a i te fenua nei i teie mahana. Nā roto i te 'i'oa o Iesu Mesia, 'āmene.