

Harden Not Your Heart

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Ärge tehke oma südant kõvaks

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Seitsmekümnest

April 2025 general conference

If we sincerely repent, humble ourselves, and trust and rely on the Lord, our hearts will be softened.

The Restoration of the gospel of Jesus Christ began when God the Father and His Beloved Son appeared to the young Joseph Smith, answering his humble prayer. As part of the Restoration, Joseph Smith translated an ancient record by the gift and the power of God. This record contains “God’s dealings with ancient inhabitants of the Americas and contains the fulness of the everlasting gospel.”

When I was a young boy, as I read the Book of Mormon, I often wondered why Laman and Lemuel did not believe the truths that were given to them, even when an angel of the Lord appeared and spoke to them directly. Why couldn’t Laman and Lemuel be more humble and obedient to the teachings of their father, Lehi, and their younger brother Nephi?

I found one of the answers to this question in 1 Nephi, which states that Nephi was “grieved because of the hardness of their hearts.” Nephi asked his older brothers, “How is it that ye are so hard in your hearts, and so blind in your minds?”

What does it mean to have a hardness of heart?

The Korean translation of “hardness” in the Book of Mormon is (Wan-Aak:). This phrase uses the Chinese character “Wan” (), meaning “stubborn,” and “Aak” (), meaning “wicked.” When we harden our hearts, we are blinded, and good things cannot come into our hearts or our minds. We become stubborn and begin to place more focus on worldly desires, closing our hearts to the things of God. We choose to focus

Kui me siiralt meelt parandame, alandlikkust otsime ning Issandat usaldame ja Temale toetume, pehmendatakse meie südant.

Jeesuse Kristuse evangeeliumi taastamine algas siis, kui Jumal Isa ja Tema armastatud Poeg ilmusid noorele Joseph Smithile, vastates tema alandlikule palvele. Taastamise osana tõlkis Joseph Smith Jumala anni ja väega muistse ülestähenduse. See ülestähendus räägib „Jumala läbikäimisest Ameerika muistsete elanikega ja sisaldab igavikulise evangeeliumi täiust”.

Kui ma olin väike poiss, mõtlesin Mormoni Raamatut lugedes sageli, miks Laaman ja Lemuel ei uskunud neile antud tõdesid, isegi kui Issanda ingel ilmus ja otse nendega rääkis. Miks ei võinud Laaman ja Lemuel olla alandlikumad ja kuulekamad oma isa Lehhi ja noorema venna Nepi õpetustele?

Ühe vastuse sellele küsimusele leidsin 1. Nepi peatükist, milles öeldakse, et Nepi oli „kurb nende kõvasüdamelisuse pärast”. Nepi küsis oma vanematelt vendadelt: „Kuidas on nõnda, et te olete nii kõva südamega ja nii pimedad oma meeles?”

Mida tähendab olla kõva südamega?

Mormoni Raamatus on sõna „kõva” korea-keelne vaste (Wan-Aak:). See fraas kasutab hiina tähemärki „Wan”(), mis tähendab „kangekaelne” ja „Aak” (), mis tähendab „paheline”. Kui teeme oma südame kõvaks, jääme pimedaks ja head asjad ei saa tulla meie südamesse ega meelde. Me muutume kangekaelseks ja keskendume rohkem maistele soovidele, sulgedes oma südame Jumala asjadele. Me otsustame

solely on our own thoughts while not accepting the opinions and guidance of others. We choose to not open our hearts to the things of God but instead to the influence of the things of the world and the adversary. When our hearts are hardened, we resist the influence of the Holy Ghost. We are “slow to remember the Lord,” and over time we become “past feeling” His words.

Alma taught the people in Ammonihah that some “would reject the Spirit of God on account of the hardness of their hearts.” He also taught that “they that will harden their hearts, to them is given the lesser portion of the word until they know nothing concerning his mysteries.” Eventually, the Spirit withdraws, and the Lord “will take away [His] word” from those who have hardened their hearts just like Laman and Lemuel. Because Laman and Lemuel continually hardened their hearts, resisted the feelings of the Holy Ghost, and chose not to accept the words and teachings of their father and Nephi, they ultimately rejected eternal truths from God.

In contrast to Laman and Lemuel, Nephi continually humbled himself, seeking guidance from the Spirit of the Lord. In return, the Lord softened Nephi’s heart. Nephi shares that he “did cry unto the Lord; and behold he did visit me, and did soften my heart that I did believe all the words which had been spoken by my father.” The Lord helped Nephi to accept, understand, and believe all the mysteries of God and His words. Nephi was able to have the constant companionship of the Holy Ghost.

What can we do to not harden our hearts?

First, we can practice daily repentance.

Our Savior taught, “Whoso repenteth and cometh unto me as a little child, him will I receive.” Our beloved prophet, President Russell M. Nelson, taught:

“Repenting is the key to progress. Pure faith keeps us moving forward on the covenant path.

“Please do not fear or delay repenting. Satan delights in your misery. ... Start today to experience the joy of putting off the natural man. The Savior loves us always but especially when we repent.”

As we experience the joy of softening our hearts and coming to the Lord, we become “as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the

keskenduda ainult oma mõtetele ega võta kuulda teiste arvamusi ja juhiseid. Me otsustame mitte avada oma südant Jumala asjadele, vaid hoopis maailma asjade ja vastase mõjule. Kui meie süda on kõva, seisame vastu Püha Vaimu mõjule. Me oleme „pikaldased meeles pidama Issandat” ja aja jooksul muutume tundetuks Tema sõnade suhtes.

Alma õpetas Ammoniiha rahvale, et mõned hülgavad „Jumala Vaimu nende kõvasüdameliseuse .. tõttu”. Ta õpetas ka, et „need, kes teevad oma südame kõvaks, neile antakse väiksem osa sõnast, kuni nad ei tea tema saladustest midagi”. Lõpuks tõmbub Vaim tagasi Issand võtab „oma sõna ära” neilt, kes on oma südame kõvaks teinud, nagu Laaman ja Lemuel. Kuna Laaman ja Lemuel tegid pidevalt oma südame kõvaks, seisis vastu Püha Vaimu tunnetele ning otsustasid mitte kuulda võtta oma isa ja Nephi sõnu ja õpetusi, lükkasid nad lõpuks tagasi Jumala igavesed tõed.

Vastupidi Laamanile ja Lemuelile alandas Nephi end pidevalt, otsides juhatust Issanda Vaimult. Vastutasuks pehmendas Issand Nephi südant. Nephi jagas, et ta „[hüüdis] Issanda poole; ja vaata, ta kõneles minuga ja pehmendas minu südant, nii et ma uskusin kõiki sõnu, mis minu isa oli rääkinud”. Issand aitas Nephi kõiki Jumala saladusi ja Tema sõnu vastu võtta, mõista ja uskuda. Nephi sai Püha Vaimu pideva kaasluse osaliseks.

Mida saame teha, et oma südant mitte kõvaks muuta?

Esiteks saame iga päev meelt parandada.

Meie Päästja õpetas: „Ma võtan vastu igauhe, kes parandab meelt ja tuleb minu juurde nagu väike lapsuke.” Meie armas prohvet, president Russell M. Nelson, õpetas:

„Meeleparandus on edenemisevõti. Puhasku hoiab meid lepingurajal edasi liikumas.

Palun ärge kartke ega viivitage meeleparanduse tegemisega. Saatan rõõmustab teie viletsuse üle. .. Tehke algust juba täna, et kogeda rõõmu loomupärase inimese mahajätmisest. Päästja armastab meid alati, kuid eriti siis, kui me meelt parandame.”

Kui me kogeme rõõmu oma südame pehmeks muutumisest ja Issanda juurde tulemisest, saame me „lapse sarnaseks – alistuvaks, tasaseks, alandlikuks, kannatlikuks, täis armastust, taht-

Lord seeth fit to inflict upon him, even as a child doth submit to his father.”

Second, we can practice humility.

Daily repentance will bring humility to our hearts. We want to become humble before the Lord, like a little child who obeys their father. We will then always have the Holy Spirit with us, and our hearts will soften.

My wife, Sue, and I have known a wonderful couple for the last four years. When we initially met them, the husband was a new member of the Church, and his wife was meeting with the missionaries to study the gospel. Many missionaries met with her to help her come unto Christ. We felt that she had a vibrant testimony of the gospel and knew that the Church was true. She felt the Spirit often during our visits and actively participated in all the meetings. She loved to interact with the wonderful members of the ward. However, she found it difficult to commit herself to enter the waters of baptism. One day she was reading Moroni 7:43–44, which reads:

“And again, behold I say unto you that he cannot have faith and hope, save he shall be meek, and lowly of heart.

“If so, [your] faith and hope is vain, for none is acceptable before God, save the meek and lowly in heart.”

After reading these verses, she realized what she needed to do. She thought that she had understood the meaning of being meek and humble. However, her understanding was not sufficient enough to have faith and hope to obey the commandments of God. She had to let go of her stubbornness and her own wisdom. She started to humble herself through sincere repentance. She began to understand humility in the perspective of God’s eyes. She relied on Heavenly Father and prayed to soften her own heart. Through these prayers, she felt the Spirit witness to her that Heavenly Father wanted her to be baptized.

Both husband and wife shared that the more they became humble, the more they could understand the words of God, and their hearts were softened to follow the teachings of our Lord Jesus Christ.

Third, we can trust and rely on our Savior.

Nephi was a great example of allowing his heart to be softened by trusting in the Lord. He taught, “I have trusted in thee, and I will trust in

likuks alluda kõigile asjadele, mida Issand näeb sobivaks talle määrata, just nagu laps allub oma isale.”

Teiseks saame olla alandlikud.

Igapäevane meelearandus muudab südame alandlikuks. Me tahame saada alandlikuks Issanda ees, nagu väike laps, kes kuuletub oma isale. Siis on Püha Vaim alati meiega ja meie süda pehmeneb.

Viimased neli aastat oleme koos abikaasa Sue’ga tundnud üht imelist paari. Kui me nendega alguses kohtusime, oli see mees Kiriku uus liige ja tema naine kohtus misjonäridega, et evangeeliumi uurida. Paljud misjonärid kohtusid temaga, et aidata tal Kristuse juurde tulla. Tundsi, et tal oli elav tunnistus evangeeliumist ja ta teab, et Kirik on tõsi. Ta tundis meie külastuste ajal sageli Vaimu ja osales aktiivselt kõigil koosolekutel. Talle meeldis suhelda koguduse suurepärase liikmetega. Tal oli aga raske teha otsust ristimisvette astuda. Ühel päeval luges ta kirjakohta Moroni 7:43–44, mis ütleb järgmist:

„Ja taas, vaata, ma ütlen teile, et tal ei saa olla usku ja lootust muidu, kui ta on tasane ja vaga südamega.

Kui nõnda, siis on [teie] usk ja lootus asjata, sest mitte keegi pole vastuvõetav Jumala ees kui vaid südames tasane ja vaga.”

Pärast nende salvide lugemist mõistis ta, mida peab tegema. Ta arvas, et teab, mida tähendab olla tasane ja alandlik. Tema mõistmisest aga ei piisanud, et tal oleks usku ja lootust Jumala käskudele kuuletuda. Ta pidi lahti laskma oma kangekaelsusest ja omaenda tarkusest. Ta hakkas siira meelearanduse kaudu alandlikkust otsima. Ta hakkas mõistma, mida tähendab olla Jumala silmis alandlik. Ta toetus Taevasele Isale ja palvetas, et ta süda võiks pehmeneda. Nende palvete kaudu tundis ta, kuidas Vaim tunnistas talle, et Taevane Isa soovib, et ta saaks ristitud.

Mõlemad abikaasad jagasid, et mida alandlikumaks nad muutusid, seda rohkem suutsid nad Jumala sõnu mõista ja nende süda pehmus, et järgida meie Issanda Jeesuse Kristuse õpetusi.

Kolmandaks saame usaldada oma Päästjat ja loota Tema peale.

Nefi oli suurepärase näide sellest, kuidas ta lubas oma südant pehmenendada, lootes Issanda peale. Ta õpetas: „Ma olen usaldanud sind ja

thee forever. I will not put my trust in the arm of flesh.” Similarly, in a revelation given to the Prophet Joseph Smith, the Lord said, “Put your trust in that Spirit which leadeth to do good—yea, to do justly, to walk humbly.” When we put our trust in the Lord and rely on Him, He will soften our hearts, and we will be supported in our trials, troubles, and afflictions.

If we sincerely repent, humble ourselves, and trust and rely on the Lord, our hearts will be softened. He will then pour out His Spirit and show us the mysteries of heaven. We will believe all the words that He has taught, and our understanding will deepen.

Our Savior, Jesus Christ, was the ultimate example of meekness. In 2 Nephi 31:7, we read, “But notwithstanding he being holy, he showeth unto the children of men that, according to the flesh he humbleth himself before the Father, and witnesseth unto the Father that he would be obedient unto him in keeping his commandments.” Even though He was holy and perfect, He humbled Himself before the Father and was obedient to Him by being baptized.

At the end of His mortal life, Jesus Christ submitted His own will to His Father by partaking of the bitter cup. This suffering caused Him “to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit.” The Savior asked that He “might not drink the bitter cup, and shrink.” “Nevertheless,” He said, “glory be to the Father, and [He] partook and finished [His] preparations unto the children of men.”

Brothers and sisters, we’ve been given moral agency. We can choose to harden our hearts, or we can choose to soften our hearts. In our daily lives, we can choose to do the things that invite the Lord’s Spirit to come into and dwell in our hearts. I know that in these choices, there is peace and joy.

Let us follow the example of our Savior, Jesus Christ, who followed the will of the Father. As we do so, the Lord has promised us, “For, behold, I will gather them as a hen gathereth her chickens under her wings, if they will not harden their hearts.” In the name of Jesus Christ, amen.

ma usaldan sind igavesti. Ma ei looda lihalikule käsivarrele.” Sarnaselt sellele ütles Issand prohvet Joseph Smithile antud ilmutuses: „Usalda seda Vaimu, mis juhib tegema head, jah, tegutsema õiglaselt, kõndima alandlikult.” Kui me usaldame Issandat ja loodame Temale, pehmedab Ta meie südame ja meid toetatakse meie katsumustes, muredes ja kannatustes.

Kui me siiralt meelt parandame, alandlikkust otsime ning Issandat usaldame ja Temale toetume, pehmedatakse meie südant. Seejärel valab Ta välja oma Vaimu ja näitab meile taeva saladusi. Me usume kõiki sõnu, mida Ta on õpetanud, ja meie mõistmine süveneb.

Meie Päästja Jeesus Kristus oli tasaduse ülim eeskuju. Salmis 2. Nefi 31:7 loeme: „Aga sellele vaatamata tema, olles püha, näitab inimlastele, et vastavalt lihale ta alandab ennast Isa ees ja tunnustab Isale, et ta on temale sõnakuulelik tema käskudest kinnipidamisel.” Kuigi Ta oli püha ja täiuslik, alandas Ta end Isa ees ja oli Temale kuulekas, saades ristitud.

Oma sureliku elu lõpus allutas Jeesus Kristus oma tahte oma Isale, juues kibedast karikast. See kannatus pani Teda „valust värisema ja veritsema igast poorist, ja kannatama nii kehas kui vaimus”. Päästja palus, et ta võiks „pääseda kibeda karika joomisest”. „Ometi,” ütles Ta, „au olgu Isale, ja ma jöin ja lõpetasin oma ettevalmistused inimlaste heaks.”

Vennad ja õed! Meile on antud moraalne valikuvabadus. Me võime valida, kas teeme oma südame kõvaks või valime oma südame pehmeddamise. Oma igapäevaelus saame valida teha asju, mis kutsuvad Issanda Vaimu tulema meie südamesse ja seal elama. Ma tean, et nendes valikutest on rahu ja rõõmu.

Järgigem meie Päästja Jeesuse Kristuse eeskuju, kes järgis Isa tahet. Kui me seda teeme, on Issand meile töötanud: „Sest vaata, ma kogun nad kokku, nagu kana kogub oma tibud oma tiibade alla, kui nad ei tee oma südant kõvaks.” Jeesuse Kristuse nimel, aamen.