

Harden Not Your Heart

By Elder Christopher H. Kim
Of the Seventy

Aza manamafy ny fonareo

Nataon'ny Loholona Christopher H. Kim
Ao amin'ny Fitopololahy

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.”

Raha mibebaka marina isika, manetry tena, ary matoky sy miantehitra amin’ny Tompo, dia halefahina ny fontsika.

Nanomboka ny Famerenana amin’ny laoniny ny filazantsaran’i Jesoa Kristy rehefa niseho tamin’i Joseph Smith zatovo Andriamanitra Ray sy i Jesoa Kristy Zanaka malalany, ho valin’ny vavaka nataony tamim-panetrentena. Tao anatin’ny Famerenana amin’ny laoniny, i Joseph Smith dia nandika ny Bokin’i Môrmôna izay rakitsoratra fahiny tamin’ny alalan’ny fanomezana sy ny herin’ Andriamanitra. Io rakitsoratra io dia mirakitra “ny fifandraisan’ Andriamanitra tamin’ny mponina fahiny tany Amerika ary mitahirany ny fahafenoan’ny filazantsara maharitra mandrakizay.”

Fony aho zazalahy kely, rehefa namaky ny Bokin’i Môrmôna aho, dia nanontany tena matetika hoe nahoana ary i Lamàna sy i Lemoela no tsy nino ireo fahamarinana nomena azy ireo, na dia efa nisy anjelin’ny Tompo niseho sy niresaka tamin’izy ireo mivantana aza. Nahoana i Lamàna sy i Lemoela no tsy mba afaka nanetry tena kokoa sy nankatò ny fampianaran’i Lehi rain’izy ireo sy i Nefia zandrin’izy ireo lahy?

Hitako ao amin’ny 1 Nefia ny iray amin’ireo valin’io fanontaniana io, izay milaza fa “nalahelo [i Nefia] noho ny hamafin’ny fony.” Nanontany ireo zokiny lahy i Nefia hoe: “Nahoana no dia mafy fatratra ny ao am-ponareo ary jamba izait-sizy ny ao an-tsainareo?”

Inona no dikan’ny hoe hamafin’ny fo?

Ny dikanten’ny Kôreana ho an’ny hoe “hamafin’ny” ao amin’ny Bokin’i Môrmôna dia hoe (Wan-Aak:). Io andian-teny io dia mampiasa ny litera Sinoa “Wan” (), izay midika hoe “mafy

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 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 re-

hatoka,” sy ny “Aak” (), izay midika hoe “ratsy fanahy.” Rehefa manamafy ny fontsika isika dia hajambaina, ary tsy misy zavatra tsara afaka ny ho tonga ao am-pontsika sy ao an-tsaintsika. Lasa mafy hatoka isika ary manomboka mifantoka kokoa amin’ireo faniriana araka izao tontolo izao, ka manakatona ny fontsika amin’ireo zavatra araka an’ Andriamanitra. Misafidy ny hifantoka amin’ny eritreritsika irery ihany isika sady tsy manaiky ny hevitra sy ny fitarihan’ny hafa. Misafidy ny tsy hanokatra ny fontsika amin’ireo zavatra araka an’ Andriamanitra isika fa manaiky kosa ny fitaoman’ireo zavatra araka izao tontolo izao sy ilay fahavalo. Rehefa lasa mafy ny fontsika dia manohitra ny fitaoman’ny Fanahy Masina isika. “Mitaredretra ... amin’ny fahatsiarovana ny Tompo” isika ary rehefa mandeha ny fotoana dia “donto” isika ka tsy mahatsapa ny teniny.

Nampianatra ny vahoakan’i Amônihà i Almà fa ny olona sasany dia “nandà ny Fanahin’ Andriamanitra noho ny hamafin’ny fony.” Nampianatra koa izy fa “ireo izay manamafy ny fony dia ireo no omena ny ampahany kely indrindra amin’ny teny mandra-pahatonga azy ireo tsy hahafantatra na inona na inona ny amin’ny misteriny.” Amin’ny farany dia misintaka ny Fanahy, ary ny Tompo dia “[hanatsoaka] hiala aminy ny teni[ny]” amin’ireo izay nanamafy ny fony, tahaka an’i Lamàna sy i Lemoela mihitsy. Noho i Lamàna sy i Lemoela nanamafy hatrany ny fony, nanohitra ny fahatsapana ny Fanahy Masina, ary nisafidy ny tsy handray ireo teny sy fampianaran’ny rainy sy i Nefia, dia nolavin’izy ireo ireo fahamarinana mandrakizay avy amin’ Andriamanitra nony farany.

Mifanohitra amin’i Lamàna sy i Lemoela, i Nefia dia nanohy nanetry tena hatrany, nikatsaka ny fitarihana avy amin’ny Fanahin’ny Tompo. Ho valin’izany dia nanalefaka ny fon’i Nefia ny Tompo. Nozarain’i Nefia fa “nitalaho tamin’ny Tompo [izy]; ary indro Izy tonga namangy ahy sy nampahalefaka ny foko hany ka nino ny teny rehetra izay efa nolazain-draiko aho.” Nanampy an’i Nefia ny Tompo mba hanaiky, hahatakatra, ary hino ny misterin’ Andriamanitra sy ny teniny rehetra. Afaka nanana ny Fanahy Masina ho namany lalandava i Nefia.

Inona no azontsika atao mba tsy hanamafy ny fontsika?

Voalohany, afaka mampihatra ny fibebahana isan’andro isika.

Nampianatra ny Mpamonjintsika hoe: “Koa na zovy na zovy no mibebaka sy mankaty

ceive.”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 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.”

Amiko toy ny ankizy madinika, dia izy no horaisiko.”Nampianatra ny mpaminany malalan-tsika, Filoha Russell M. Nelson hoe:

“Ny fibebahana no fanalahidin’ny fivoarana. Ny finoana madio dia mampandroso antsika eo amin’ny lalan’ny fanekempihavanana.

“Miangavy aho mba tsy hatahotra na hanemotra ny fibebahana. I Satana dia miravoravo amin’ny fahorianao. ... Atombohy anio ny fiainana ny fifaliana amin’ny fialana amin’ny maha-olona araka ny nofo. Tia antsika foana ny Mpamonjy faindrindrarehefa mibebaka isika.”

Rehefa mahatsapa ny fifaliana avy amin’ny fanalefahana ny fontsika sy ny fanatonana ny Tompo isika, dia tonga “tahaka ny ankizy, mankatò, malemy paika, manetry tena, miaritra, feno fitiavana, vonona hanoa amin’ny zava-drehetra izay hitan’ny Tompo fa mety ampitondraina azy, dia tahaka ny zaza manoa an-drainy.”

Faharoa, afaka mampihatra ny fanetrentena isika.

Hitondra fanetrentena ao am-pontsika ny fibebahana isan’andro. Te ho lasa manetry tena eo anatrehan’ny Tompo isika, tahaka ny ankizy kely mankatò ny rain’izy ireo. Dia hanana ny Fanahy Masina miaraka amintsika foana isika avy eo, ary ho malefaka ny fontsika.

Izaho sy i Sue vadiko dia nahafantatra mpivady mahafinaritra iray tao anatin’ny efatra taona izay. Tamin’ny fotoana nihaonanay voalohany tamin’izy ireo dia mpikambana vaovao tato amin’ny Fiangonana ilay lehilahy, ary nihaona tamin’ny misiônera mba hianatra ny filazantsara ny vadiny. Misiônera maro no nihaona taminy mba hanampy azy hanatona an’i Kristy. Tsapanay fa nanana fijoroana ho vavolombelona feno hafanam-po momba ny filazantsara izy ary nahafantatra fa marina ny Fiangonana. Nahatsapa matetika ny Fanahy izy nandritra ny fitsidihanay ary nandray anjara mavitrika tamin’ireo fihaonana rehetra. Tiany ny nifanerasera tamin’ireo mpikambana mahafinaritra ao amin’ny paroasy. Na izany aza, dia sarotra ho azy ny nanolo-tena hiroboka tao amin’ny ranon’ny batisa. Indray andro izy dia namaky ny Môrônia 7:43–44, izay mivaky toy izao:

“Ary koa, indro lazaiko aminareo fa tsy afaka ny hanana finoana sy fanantenana izy raha tsy malemy fanahy sy mietry am-po.

Raha tsy izany dia foana ny finoan[ao] sy ny fanantenan[ao], fa tsy misy azo ekena eo anoloan’ Andriamanitra afa-tsy ny malemy fanahy sy ny

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 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 obe-

diety am-po."

Rehefa avy namaky ireo andininy ireo izy dia fantany ny zavatra nilainy natao. Nihevitra izy fa takany ny dikan'ny hoe malemy fanahy sy manetry tena. Kanefa tsy ampy tsara ny fahatkarany mba hanana finoana sy fanantenana hankatò ny didin' Andriamanitra. Nila nisafidy ny tsy ho mafy hatoka sy tsy hiantehitra tamin'ny fahendren'ny tenany manokana izy. Nanomboka nanetry tena tamin'ny alalan'ny fibebahana marina izy. Nanomboka takany tamin'ny fomba fijerin' Andriamanitra ny fanetrentena. Niantehitra tamin'ny Ray any An-danitra izy ary nivavaka mba hampalefaka ny fony. Tsapany tamin'ny alalan'ireo vavaka ireo ny Fanahy nijoro ho vavolombelona taminy fa tian'ny Ray any An-danitra hatao batisa izy.

Samy nizara izy mivady fa arakaraka ny fitombon'ny fanetrentenan'izy ireo no nitomboan'ny fahafahany nahatakatra ny tenin' Andriamanitra, ary noalefahina mba hanaraka ny fampianaran'i Jesoa Kristy Tompontosika ny fon'izy ireo.

Fahatelo, afaka matoky sy miantehitra amin'ny Mpamonjintsika isika.

Ohatra lehibe amin'ny famelana ny fony nalefahina tamin'ny alalan'ny fatokiana ny Tompo i Nefia. Izao no nampianariny: "Efa natoky Anao aho ary mbola hatoky Anao mandrakizay. Tsy hape-trako amin'ny sandry nofo ny fitokiako." Mitovy amin'izany ihany, tao anatin'ny fanambarana iray nomena ny Mpaminany Joseph Smith, dia niteny ny Tompo hoe: "Apetraho amin'ilay Fanahy izay mitarika hanao ny tsara ny fitokiana—eny hanao araka ny hitsiny, hanteha amim-panetren-tena." Rehefa mametraka ny fitokiantsika amin'ny Tompo sy miantehitra Aminy isika dia hanalefaka ny fonsika Izy, ary hotohanana isika amin'ny fizahan-toetra antsika sy ny fahasahiranantsika ary ny fahoriantika.

Raha mibebaka marina isika, manetry tena, ary matoky sy miantehitra amin'ny Tompo, dia halefahina ny fonsika. Dia hampidina ny Fanahy Izy avy eo ary haneho amintsika ny misterin'ny lanitra. Hino ny teny rehetra izay nampianariny isika, ary hitombo ny fahatakarantsika.

Ny Mpamonjintsika Jesoa Kristy no ohatra lehibe indrindra amin'ny fahalemam-panahy. Vankintsika ao amin'ny 2 Nephi 31:7 ny hoe: "Nefa na dia masina aza Izy dia asehony ny zanakolombelona araka ny maha-nofo, fa manetry ny tenany eo anoloan'ny Ray Izy ary mijoro ho vavolombe-

dient 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.

lona amin’ny Ray, fa hankatò Azy amin’ny fitandremana ny didiny.” Na dia masina sy tonga lafatra aza Izy, dia nanetry tena teo anatrehan’ny Ray ary nankatò Azy ka natao batisa.

Tamin’ny fiakaran’ny fiainany teto an-tany dia nampanoa ny sitrapony tamin’ny an’ny Rainy Izy tamin’ny alalan’ny fisotroany ilay kapoaka mangidy. Io fijaliana io dia nahatonga Azy “hangovitra noho ny fangirifiriana sy hivoa-drà amin’ny mason-koditra rehetra, ary hijaly na vatana na fanahy.” Nangataka ny Mpamonjy ny mba “tsy hisotroa[ny] ilay kapoaka mangidy sy hitakemotra.” “Kanefa,” hoy Izy, “voninahitra anie ho an’ny Ray, ary nosotroi[ny] izany ary novitai[ny] izay efa nomani[ny] ho an’ny zanak’olombelona.”

Rahalahy sy anabavy, nomena ny safidim-pitondrantena isika. Afaka misafidy ny hanamafy ny fontsika isika, na afaka misafidy ny hanalefaka ny fontsika. Eo amin’ny fiainantsika isan’andro dia afaka misafidy ny hanao ireo zavatra izay manasa ny Fanahin’ny Tompo ho tonga sy hitoetra ao am-pontsika isika. Fantatro fa misy fiadanana sy fifaliana ao amin’ireo safidy ireo.

Andeha isika hanaraka ny ohatr’i Jesoa Kristy Mpamonjintsika izay nanaraka ny sitrapon’ny Ray. Rehefa manao izany isika dia nampanantenana antsika ny Tompo hoe: “Fa indro, hanangona azy ireo Aho toy ny reniakoho manangona ny zanany ao ambany elany, raha tsy hamafisiny ny fony.” Amin’ny anaran’i Jesoa Kristy, amena.