

Our Heavenly Guidance System

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Mfumo wa Wetu wa Mwongozo wa Mbinguni

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Wa Sabini

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As we focus our lives on Jesus Christ, we will find our way home, enduring to the end and rejoicing to the end.

Jesus Christ changed my life when I was baptized at the age of 26 in my beloved Frutillar, Chile. At that time, my job took me across the ocean, rivers, and lakes of the beautiful Chilean Patagonia. After my baptism, I saw my work and my life in a new and different way, recognizing that truly “all things denote there is a God.”

In nature, salmon are born in the source of the rivers. At some point in their lives, they need to swim downriver to reach the ocean, where they find the nourishment and conditions necessary for their development.

But the ocean is also a dangerous place where predators lurk and where fishers try to catch the salmon with flashy hooks that imitate food but do not nourish them. If the salmon can survive these threats, they will be ready to use their powerful guidance system to return upriver to the same place where they were born, facing new and some familiar challenges. Scientists have studied their migratory behavior for years and have discovered that they use a type of magnetic map, similar to GPS, to guide them to their final destination with incredible precision.

We can all return one day to the heavenly home from where we came. And like the salmon, we have our own magnetic map, or Light of Christ, to guide us there. Jesus taught His disciples, “I am the way, the truth, and the life: no

Tunapofokasi maisha yetu kwa Yesu Kristo, tutapata njia ya kurejea nyumbani, kuvumilia hadi mwisho na kushangilia hadi mwisho.

Yesu Kristo alibadilisha maisha yangu nilipobatizwa nikiwa na miaka 26 katika jiji langu pendwa la Frutillar, Chile. Wakati huo, kazi yangu ilinifanya kuvuka bahari, mito na maziwa ya Patagonia nzuri ya Kichile. Baada ya ubatizo wangu, niliona kazi yangu na maisha yangu katika njia mpya na tofauti, nikitambua kwa dhiti kwamba “vitu vyote vinaonyesha kwamba kuna Mungu.”

Kwa asili, samoni huzaliwa katika vyanzo vya mito. Kuna wakati katika maisha yao, wanahitaji kuogelea kufuata mkondo wa mto kuifikia bahari, ambapo hupata malisho na hali muhimu kwa ajili ya maendeleo yao.

Lakini bahari pia ni mahali hatari ambapo wanyama wawindaji huvizia na ambapo wavuvi hujaribu kukamata samoni kwa ndoano za kulaghai mfano wa chakula lakini haziwalishi. Kama watastahimili vitisho hivi, watakuwa tayari kutumia mfumo wao imara wa mwongozo kurejea juu kinyume na mkondo wa mto sehemu ile ile walipozaliwa, kukabiliana na changamoto mpya na baadhi zinazofahamika. Wanasayansi wamejifunza tabia zao za kuhama kwa miaka mingi na wamegundua kwamba wanatumia aina fulani ya ramani yenye sumaku, inayofanana na GPS, kuwaongoza kwenye eneo lao kwa ufasaha wa hali ya juu.

Sote tunaweza kurejea siku moja kwenye makao ya mbinguni mahali tulikotoka. Na kama samoni, tuna ramani yetu yenye sumaku, au Nuru ya Kristo, kutuongoza huko. Yesu aliwafundisha wanafunzi Wake, “Mimi ndimi njia,

man cometh unto the Father, but by me.”

As we focus our lives on Jesus Christ, we will find our way home, enduring to the end and rejoicing to the end. President Russell M. Nelson taught that “the joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.”

Our Divine Nature and Destiny

From the family proclamation, we read that “each [of us] is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. ... In the premortal realm, spirit sons and daughters knew and worshipped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize their divine destiny as heirs of eternal life.”

Before His birth in mortality, Jesus Christ appeared to Moses and spoke to him on behalf of the Father. He told Moses He had a great work for him to do. During that meeting, the Lord called him “my son” several times.

After that experience, Satan came tempting him, saying, “Moses, son of man, worship me.”

Moses responded to the temptation by remembering his divine nature, saying, “Who art thou? For behold, I am a son of God.” The truth freed Moses from an attack by the adversary.

Brothers and sisters, the hooks of mortality are real. They are often enticing, but they seek only one target: to pull us out of the course of living waters that lead to the Father and eternal life.

I know how real the hooks of mortality can be. One Sunday, as a new convert, I was teaching a priesthood class when an unsettling conversation arose. I struggled to finish my lesson. I took offense and felt that I was the victim. Without saying a word, I headed for the exit with the idea that I would not return to church for a while.

At that very moment, a concerned priesthood holder stood in front of me. He lovingly

kweli, na uzima; mtu haji kwa Baba, ila kwa njia ya mimi.”

Tunapofokasi maisha yetu kwa Yesu Kristo, tutapata njia ya kurejea nyumbani, kuvumilia hadi mwisho na kushangilia hadi mwisho. Rais Nelson alifundisha kwamba “shangwe tunayohisi haichangiwi kwa kiasi kikubwa na mazingira ya maisha yetu na kila kitu kinachohusiana na fokasi ya maisha yetu.”

Asili na Majaaliwa Yetu ya Kiungu

Kutoka kwenye tangazo la familia tunasoma kwamba “kila mmoja [wetu] ni mwana au binti mpendwa wa kiroho wa wazazi wa mbinguni, na, kwa hivyo, kila mmoja ana asili na majaaliwa ya kiungu. ... Katika maisha ya kabla ya duniani, wana na mabinti wa kiroho walimjua na kumwabudu Mungu kama Baba yao wa Milele na kukubali mpango Wake ambao ungewezesha watoto Wake kupokea mwili na kupata uzoefu wa kidunia ili kukua kwa ukamilifu na hatimaye kutambua majaaliwa yao ya kiungu kama warithi wa uzima wa milele.”

Kabla ya kuzaliwa Kwake hapa duniani, Yesu Kristo alimtokea Musa na kuingea naye kwa niaba ya Baba. Yeye alimwambia Musa kwamba Yeye alikuwa na kazi kubwa ya yeye kufanya. Wakati wa kikao hicho, Bwana alimwita Musa “mwanangu” mara kadhaa.

Baada ya tukio hilo, Shetani alikuja kumjaribu, akisema “Musa, mwana wa mtu, niabudu mimi.”

Musa alijibu jaribu hilo kwa kukumbuka asili yake ya kiungu, kwa kusema, “Wewe ni nani? Tazama, mimi ni mwana wa Mungu.” Ukweli ulimweka Musa huru dhidi ya mashambulizi ya adui.

Akina kaka na akina dada, ndoano za maisha haya zipo kweli. Mara kwa mara hushawishi, lakini hutafuta lengo moja tu: kutuondoa katika njia ya maji hai yanayoongoza kwa Baba na uzima wa milele.

Ninajua jinsi ndoano za maisha zinavyoweza kuwa. Jumapili moja, kama mwongofo mpya, nilikuwa nafundisha darasa la ukuhani wakati mazungumzo yenye vurugu yalipoibuka. Nilihangaika kukamilisha somo langu. Nilikasirishwa na kuhisi kukosewa. Bila kusema neno, nilielekea mlango wa kutokea nikiwa na wazo kwamba nisingerejea kanisani kwa muda fulani.

Kwa wakati huo huo, kuhani mwenye kujali alisimama mbele yangu. Kwa upendo alinalika

invited me to focus on Christ and not on the situation we had experienced in class. As I looked back on the experience with him, he shared with me that he heard a voice tell him, “Go after him; he is important to me.”

My dear friends, we are all important to Him. President Nelson taught that “because of our covenant with God, He will never tire in His efforts to help us, and we will never exhaust His merciful patience with us.” Our divine nature and covenant relationship with God entitle us to receive divine help.

The Need of Nourishment

Just as salmon need to be nourished in the ocean to grow, we also need to nourish ourselves spiritually to avoid dying of spiritual malnutrition. Prayer, the scriptures, the temple, and our regular attendance at Sunday meetings are vital in our spiritual menu.

In November 1956, Ricardo García entered the waters of baptism in Chile, becoming the first member of the Church in my country. Just one day before he died, he declared before his family and friends, “Many years ago, missionaries invited me to be happy along with my family. I am a happy man. Tell everyone in Chile the gospel is happiness.”

After having been nourished with the gospel of Jesus Christ, Ricardo dedicated his entire life to serving God and his neighbor with love. His example of discipleship has blessed generations, including me. The Prophet Joseph Smith taught that “a man filled with the love of God, is not content with blessing his family alone, but ranges through the whole world, anxious to bless the whole human race.”

Return to Our Heavenly Home

Deep inside each of us is a desire to return to our heavenly home, and Jesus Christ is our heavenly guidance system. He is the way. His atoning sacrifice makes it possible for us to make sacred covenants with God. Once we make covenants, we will at times find ourselves swimming against the current. Danger, disappointment, temptation, and affliction will test our faith and spiritual strength. Ask for help. Jesus Christ understands and is always eager to share our burdens.

nifokasi kwa Kristo na sio kwenye tukio lililo-tokea darasani. Nikitafakari kuhusu tukio hili pamoja naye, alishiriki pamoja nami kwamba alisikia sauti ikimwambia, “Mfuate, yeye ni wa muhimu kwangu.”

Marafiki zangu wapendwa, sisisoteni wa muhimu Kwake. Rais Nelson alifundisha kwamba “Kwa sababu ya agano letu pamoja na Mungu, Yeye kamwe hatachoka katika juhudi Zake za kutusaidia, na kamwe hatuwezi kumaliza subira Yake ya rehema kwetu.” Asili yetu ya kiungu na uhusiano wa agano pamoja na Mungu hutufanya tuwe na haki ya kupokea msaada wa kiungu.

Hitaji la Virutubisho

Kama vile samaki samoni anavyohitaji kuru-tubishwa katika bahari ili kukua, nasi pia tuna-hitaji kujirutubisha wenyewe kiroho ili kuepuka kifo kitokanacho na utapiamlo wa kiroho. Sala, maandiko, hekalu na mahudhurio yetu ya mara kwa mara ya mikutano ya Jumapili ni vya msingi katika menyu yetu ya kiroho.

Mnamo Novemba 1956, Ricardo Garcia aliingia kwenye maji ya ubatizo huko Chile, na kuwa muumini wa kwanza wa Kanisa katika nchi yangu. Siku moja kabla ya kufariki, alitamka kwa familia yake na marafiki, “Miaka mingi iliyopita, wamisionari walinalika niwe na furaha pamoja na familia yangu. Mimi ni mtu mwenye furaha. Mwambie kila mtu katika Chile injili ni furaha.”

Baada ya kurutubishwa na injili ya Yesu Kristo, Ricardo aliweka wakfu maisha yake yote katika kumtumikia Mungu na jirani yake kwa upendo. Mfano wake wa uanafunzi umebariki vizazi vingi, ikijumuisha mimi. Nabii Joseph Smith alifundisha kwamba “mtu aliyejaa upendo wa Mungu, hatosheki na baraka za familia yake pekee, bali huenda ulimwenguni kote, akijitahidi kubariki jamii yote ya binadamu.”

Kurudi Nyumbani Kwetu Mbinguni

Ndani kabisa ya kila mmoja wetu ni hamu ya kurejea nyumbani kwetu mbinguni, na Yesu Kristo ndiye mfumo wetu wa mwongozo wa mbinguni. Yeye ni njia. Dhabihu Yake ya kulipia dhambi hufanya iwezekane kwetu sisi kufanya maagano matakatifu pamoja na Mungu. Tunapofanya maagano, wakati mwingine tutajikuta tukiogelea kinyume na mkondo wa maji. Hatari, kuvunjwa moyo, majaribu na mateso vitajaribu imani yetu na uimara wetu wa kiroho. Omba msaada. Yesu Kristo anaelewa na daima ana

Remember that He is known as “a man of sorrows, and acquainted with grief.” The Savior taught, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” His atoning sacrifice allows our sins to be forgiven to the point that He no longer remembers them.

We may not totally forget our sins as part of our mortal learning so we will remember not to repeat them. Instead, we will remember Him as we take the sacrament at church every Sunday. This ordinance is an essential part of worship and spiritual development. Joy comes when we understand that this is not just another day. “The sabbath was made for man” with the intention of giving us rest from the world and renewing our body and spirit.

We also remember Him when we go to the temple—the house of the Lord. Temples give us a deeper knowledge of Jesus Christ as the center of the covenant that leads us to eternal life, “the greatest of ... the gifts of God.”

Attending the temple has given me comfort and great hope about our eternal destiny. I have experienced heavenly connections with people on both sides of the veil. I’ve seen healing miracles in the lives of my young children, two of whom live with unseen illnesses that require daily care for the rest of this life.

Our family rejoices as we share about the plan of happiness. My children’s faces light up when they hear that, thanks to Jesus Christ, their “afflictions shall be but a small moment.” We love our children deeply, and we know that someday, as President Jeffrey R. Holland taught, they “will stand before us glorified and grand, breathtakingly perfect in body and mind.” Our covenants bring us closer to God to the point of making the impossible possible, filling every space of darkness and doubt with light and peace.

Thanks to Jesus Christ, there are hope and well-founded reasons to continue loving, praying, and supporting those we care about.

I know He lives. He knows us and He loves us. He is the way, the truth, and the life of the world.

I invite all of us today to center our lives on

shauku ya kushiriki mizigo yetu.

Kumbuka kwamba Yeye anajulikana kama “mtu wa huzuni nyingi, ajuaye sikitiko.” Mwokozi alifundisha, “Ulimwenguni mnayo dhiki: lakini jipeni moyo; mimi nimeushinda ulimwengu.” Dhabihu yake ya kulipia dhambi huruhusu dhambi zetu kusamehewa kwa kiwango ambacho Yeye hazikumbuki tena.

Yawezekana tusizisahau dhambi zetu kabisa kama sehemu yetu ya kujifunza hapa duniani ili tukumbuke kutokuzirudia tena. Badala yake, tutamkumbuka Yeye tunaposhiriki sakramenti kanisani kila Jumapili. Ibada hii ni sehemu muhimu ya kuabudu na ukuaji wa kiroho. Shangwe huja pale tunapoelewa kwamba hii sio tu siku nyingine. “Sabato ilifanyika kwa ajili ya mwanadamu,” ikiwa na nia ya kutupatia mapumziko kutoka ulimwenguni na kufanya upya miili na roho zetu.

Pia tunamkumbuka Yeye pale tunapokwenda hekaluni—nyumba ya Bwana. Hekalu hutupatia uelewa wa kina juu ya Yesu Kristo kama kitovu cha agano ambacho huongoza hadi kwenye uzi-ma wa milele, ambayo ni “zawadi kuu ... zawadi zote za Mungu.”

Kuhudhuria hekaluni kumenipa faraja na tumaini kuu kuhusu hatima ya milele. Nimepitia uzoefu wa muunganiko wa kimbingu pamoja na watu wa pande zote mbili za pazia. Nimeona miujiza ya uponyaji katika maisha ya watoto wangu wadogo, wawili kati yao wanaishi na ugonjwa usiojulikana unaohitaji matunzo ya kila siku kwa maisha yote yaliyobakia.

Familia yetu hushangilia tunaposhiriki kuhusu mpango wa furaha. Watoto wangu wanafurahia wanaposikia, kwamba kwa shukrani kwa Yesu Kristo, “mateso [yao] yatakuwa kwa muda mfupi.” Tunawapenda watoto wetu kwa dhati, na tunajua kwamba siku moja, kama Rais Jeffrey R. Holland alivyofundisha, “watasimama mbele yetu wakiwa wametukuzwa na kupendeza, wakamilifu kimwili na kiakili.” Maagano yetu hutuleta karibu na Mungu kwa kiwango cha kufanya yasiyowezekana yawezekane, kwa kujaza kila sehemu yenye giza na wasiwasi kwa nuru na amani.

Shukrani kwa Yesu Kristo, kuna tumaini na sababu nzuri za kuendelea kupenda, kusali na kuwasaidia wale tunaowajali.

Ninajua Yeye yu hai. Yeye anatujua na Yeye anatupenda. Yeye ni njia, kweli na uzima wa ulimwengu.

Ninawaalika sisi sote hivi leo kukita maisha

Jesus Christ and His teachings. Doing so will help us avoid biting the hooks of temptation, offense, and self-pity. We will stand as temples— holy, firm, and constant. We will weather the storms, and we will make it home, enduring to the end and rejoicing to the end. In the name of Jesus Christ, amen.

yetu kwa Yesu Kristo na mafundisho Yake. Kwa kufanya hivyo kutatusaidia kuepuka kumeza ndoano za majaribu, chuki na kujihurumia. Tutasimama kama mahekalu—watakatifu, imara na madhubuti. Tutapambana na tufani, na tutafika nyumbani, tukivumilia hadi mwisho na kushangilia hadi mwisho. Katika jina la Yesu Kristo, amina.