

Your Repentance Doesn't Burden Jesus Christ; It Brightens His Joy

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E 'ere tō 'outou tātarahapa i te hopoi'a nō Iesu Mesia; Tē ha'amāra-marama nei te reira i Tōna 'oa'oa

Nā te Tuahine Tamara W. Runia

Tauturu hōē i roto i te peresidenira'a rahi nō te Feia 'Āpī Tamāhine

April 2025 general conference

The invitation to repent is an expression of God's love. Saying yes to that invitation is an expression of ours.

Te tītaura'a manihini 'ia tātarahapa o te hōē ia fa'a'itera'a nō te here o te Atua. Te paraura'a ē, ē i taua tītaura'a ra, o te hōē ia fa'a'itera'a nō tō tātou here.

Several years ago on a trip to Florida, I sat outside reading a book. Its title suggested that we can still make it to heaven, even though we're not perfect now. A woman walking by asked, "Do you think it's possible?"

I looked up, confused, and then realized she was talking about the book I was reading. I said something ridiculous like, "Well, I'm not that far into it, but I'll let you know how it ends."

Oh, how I wish I could travel back in time! I'd tell her, "Yes, it's possible! Because heaven isn't for people who've been perfect; it's for people who've been forgiven, who choose Christ again and again."

Today I want to speak to those of us who sometimes feel, "Repentance and forgiveness seem to be working for everyone but me." Those who privately wonder, "Since I keep making the same mistakes, maybe this is the way I am." Those who, like me, have days when the covenant path feels so steep, it's almost a covenant hike!

A wonderful missionary in Australia, Elder QaQa from Fiji, shared a similar feeling in his departing testimony: "I know that God loves me, but sometimes I wonder, 'Does God know that I love Him?' Because I'm not perfect, and I still

E rave rahi matahiti i i teienei, i roto i te hōē tere i Floride, 'ua pārahi au i rāpae 'a tai'ō noa ai i te hōē buka. Tē fa'a'ite ra te 'upo'o parau o teie buka ē, e ti'a ia tātou 'ia tāpae i te ra'i, noa atu 'aita tātou i i tāpae atu ra i te hōē fāito maita'i roa. 'Ua ui mai te hōē vahine tē haere mai ra nā reira: «'Ia mana'o 'oe, e ti'a anei? »

'Ua hi'o atura vau ma te māere 'e 'ua 'ite a'era vau ē, tē parau ra 'oia nō nī'a i te buka tā'u e tai'ō ra. Parau atura vau i te tahi parau mā'ama'a mai teie te huru, «'Aita vau i ātea roa, terā rā, e fa'a'ite atu vau ia 'oe e aha te hope'ara'a o te reira. »

'Auē tō'u hina'aro 'ia ho'i i muri i te tau ! 'Ua parau atu vau iāna, «'Oia, e nehenehele! Nō te mea e ere te ra'i nō te mau tā'ata ti'a roa; nō te mau tā'ata ia tei fa'a'orehia te hara, 'o tei mā'iti pinepine i te Mesia. »

I teie mahana tē hina'aro nei au e paraparau i te feiā i rotopū ia tātou 'o tē mana'o nei i te tahi mau taime ē, «e 'ohipa te tātarahapa 'e te fa'a'ore-ra'a hara nō te mau tā'ata ato'a 'eiaha rā nō'u. » Te feiā e ui nei ia rātou iho ē, «I te mea ho'i ē, tē rave noa nei au i taua mau hape nei ā, peneiāe o te reira ia tō'u huru. » Te feiā, mai iā'u nei, 'o tē mana'o nei i te tahi mau mahana e au ra ē, e mea pa'ari roa te 'ē'a o te fafaura'a, fātata roa ia mai te hōē ta'umara'a nō te fafaura'a.

I Auteraria, 'ua fa'a'ite te hōē misiōnare fa'ahiahia, 'o Elder QaQanō Fiti, i te hōē ā mana'o i roto i tōna 'itera'a pāpū hou tōna ho'ira'a : « 'Ua 'ite au ē, tē here nei te Atua iā'u terā rā, i te tahi mau taime, tē uiui nei au ē, 'ua 'ite ānei te Atua ē,

make mistakes.”

In that one tender, haunting question, Elder QaQa summed up exactly what I’ve often worried about. Maybe you’re wondering too, thinking, “I’m trying so hard, but does God know I’m really trying? When I keep falling short, does God know I still love Him?”

It saddens me to admit this, but I used to measure my relationship with the Savior by how perfectly I was living. I thought an obedient life meant I would never need to repent. And when I made mistakes, which was every single day, I distanced myself from God, thinking, “He must be so disappointed in me.”

That’s just not true.

I’ve learned that if you wait until you’re clean enough or perfect enough to go to the Savior, you’ve missed the whole point!

What if we thought about commandments and obedience in a different way?

I testify that while God cares about our mistakes, He cares more about what happens after we make a mistake. Are we going to turn to Him again and again? Are we going to stay in this covenant relationship?

Maybe you hear the Lord’s words “If [you] love me, keep my commandments” and feel deflated because you haven’t kept all the commandments. Let me remind you that it is also a commandment to repent! In fact, it might be the most repeated commandment in the scriptures.

In Alma’s soliloquy, “O that I were an angel, and could have the wish of [my] heart ... and cry repentance,” he wasn’t trying to shame us by pointing out our mistakes. He wanted to cry repentance so that you and I could avoid suffering in the world. One reason Alma hated sin is because it causes us pain.

Sometimes I have to remember, like a Post-it note on my forehead, that the commandments are the path away from pain. And repentance is too. Our prophet said, “The Savior loves us always but especially when we repent.”

te here nei au iāna ? Nō te mea e ʻere au i te mea tiʻa roa, ʻe tē rave noa nei ā vau i te mau hape. »

I roto i teie uiraʻa marū ʻe te haʻamataʻu, ʻua faʻaʻite poto mai te taeʻa QaQa i te mea o tei haapeʻapeʻa pinepine iāʻu. Te ui atoʻa ra paha ʻoutou ia ʻoutou iho i teie uiraʻa ma te feruri ē, «Te tamata itoitō nei au, terā rā, ʻua ʻite anei te Atua ē, tē tāmata mau nei au? ʻIa ʻore anaʻe e taeʻahia iāʻu, ʻua ʻite anei te Atua ē, te here noa ra ā vau iāna? »

Tē ʻoto nei au ia parau i te reira, terā rā, ʻua faʻaʻohipa atoʻa vau i te fāito o tōʻu auraʻa i te Faʻaora i te huru maitaʻi roa o tōʻu oraraʻa. ʻUa manāo vau ē, te auraʻa o te hōʻē oraraʻa haʻapāo , ʻoia hoʻi ia, ʻeʻita roaʻtu e tītauhia iāʻu ʻia tātarahapa. ʻE ʻia rave anaʻe au i te mau hape, oia hoʻi i te mau mahana atoʻa, e faʻaātea ʻē au iāʻu i te Atua ma te feruri ē, «pāpū maitaʻi ē, ʻua hepohepo roa oia iāʻu. »

E ʻere roa atu te reira i te parau mau.

ʻUa haʻapiʻi mai au ē, mai te mea e tiʻaʻi ʻoutou ē tae roa atu i te taime ʻua mā e ʻaore rā, ʻua tiʻa roa ʻoutou nō te haere i te Faʻaora ra, ʻua hahi ia ʻoutou i te mea faufāa.

E aha paʻi ʻāhani ē, e hiʻo tātou i te mau faʻaueraʻa ʻe te haʻapaʻoraʻa mai te tahi atu huru taʻāʻē?

Tē faʻaʻite pāpū nei au ē, noaʻtu ē tē haapeʻapeʻa nei te Atua nō tā tātou mau hape, ʻua hau atu tōna haapeʻapeʻa nō niʻa i te mea e tupui muriʻa i tō tātou raveraʻa i te hape. E fāriu faʻahou anei tātou iāna? E tāmāu noa anei tātou i roto i teie autāʻatiraʻa o te fafauaʻa?

Peneiaʻe tē faʻaroʻo ra ʻoutou i te mau parau a te Fatu ē, «Mai te mea ē, te here nei ʻoutou iāʻu, a haʻapāo i tāʻu mau faʻaueraʻa » ʻe tē hepohepo ra ʻoutou nō te mea ʻaita ʻoutou i haapaʻo i te mau faʻaueraʻa atoʻa. Tē faʻahaʻamānoa atu nei au ia ʻoutou ē, e faʻaueraʻa atoʻa te tātarahapa! Peneiaʻe o te reira te faʻaueraʻa faʻahiti-pinepine-hia aʻe i roto i te mau pāpaʻiraʻa moʻa

I roto i te parau a Alama, «ahiri au e melahi ē, ʻe e roaʻa mai hoʻi iāʻu te hinaʻaro o tōʻu nei ʻāau ... i te piʻiraʻa atu i te tātarahapa, » ʻaita ʻoia e tāmata nei i te faʻahaʻamā ia tātou nā roto i te faʻaʻiteraʻa i tā tātou mau hape. ʻUa hinaʻaro oia e tītau i te tātarahapa ʻia tiʻa ia ʻoutou ʻe iāʻu nei ʻia ʻape i te mau iui i roto i te ao nei. Te hōʻē o te mau tumu i riri ai ʻo Alma i te hara, nō te mea ia e faʻatupu te reira i te mau iui i roto ia tatou.

I te tahi mau taime, mai te hōʻē parau pāpaʻi i niʻa i tōʻu rae, e tiʻa iāʻu ʻia haʻamanāo ē, o te mau faʻaueraʻa te ʻēʻa nō te faʻaātea i te mau iui. ʻOia atoʻa te tātarahapa. ʻUa parau tō tātou peropheta, «Tē here tāmāu noa nei te Faʻaora ia tātou ʻia tātara-

So when the Lord says, “Repent ye, repent ye,” what if you imagined Him saying, “I love you. I love you.” Picture Him pleading with you to leave behind the behavior causing you pain, inviting you to step out of darkness and turn to His light.

In my daughter Carly’s ward, a new priest knelt to bless the sacrament, and instead of saying, “That they may do it in remembrance of the blood of thy Son,” he inadvertently said, “That they may do it in remembrance of the love of thy Son.” Tears filled Carly’s eyes as the truth of those words sank in.

Our Savior was willing to suffer the pain of His Atonement because He loves you. In fact, you are “the joy that was set before him” while He suffered.

The invitation to repent is an expression of God’s love.

Saying yes to that invitation is an expression of ours.

Picture your favorite image of Christ. Now imagine Him smiling brightly with joy each time you use His gift, because He is the “perfect brightness of hope.”

Yes, your repentance doesn’t burden Jesus Christ; it brightens His joy!

Let’s teach that!

Because repentance is our best news!

We don’t stay on the covenant path by never making a mistake. We stay on the path by repenting every day.

And when we’re repenting, God forgives without shaming us, comparing us to anyone else, or scolding us because this is the same thing we were repenting of last week.

He’s excited every time He sees us on our knees. He delights to forgive us because to Him we are delightful!

Don’t you just feel that’s true?

hapa ana’eihoārā tātou. »

Nō reira, ’ia parau ana’e te Fa’aora, « ’A tātarahapa ’outou, ’a tātarahapa ’outou », ’a feruri na ’āhāni tē parau ra ’oia ē, « ’Ua here au ia ’outou. ’Ua here au ia ’outou » ’A feruri na ē tē tāparu ra ’oia ia ’outou ’ia fa’aru’e i te haere’a o tē fa’atupu i te māuiui, ma te tītau manihini ia ’outou ’ia haere mai i rāpae i te pouri ’ē ’ia fāriu i ni’a i tōna māmarama.

I roto i te pāroita a tā’u tamāhine ’o Carly, ’ua tūturi te hōē tahu’a ’āpī nō te ha’amaita’i i te ’ōro’a, ’aita rā ’oia i parau ē, « ’Ia rave rātou i te reira ma te ha’amana’o i te toto o tō Tamaiti », ’ua hape ’oia i te paraura’a, « ’Ia rave rātou i te reira ma te ha’amana’o i tehereo tō Tamaiti ». ’Ua tahe te roimata i roto i te mata ’o Caryl i tōna ’itera’a i te parau mau o teie mau parau.

’Ua hina’aro tō tātou Fa’aora ’ia fa’a’oroma’i i te mauuiui ’o Tōna Tāra’ehara nō te mea tē here nei ’Oia ia ’outou. Te parau mau, ’o ’outou te « ’o’o’a tei fa’ata’ahia nōna » a ro’ohia ai ’oia i te mauuiui.

Te tītaura’a manihini ’ia tātarahapa o te hōē ia fa’ā’itera’a nō te here o te Atua.

Te paraura’a ē, ’ē i taua tītaura’a ra, o te hōē ia fa’ā’itera’a nō tō tātou here.

’A feruri na i te hōho’a o te Mesia tā ’outou e au a’e. I teie nei, ’a feruri na iāna e ’ata’ata ra ma te ’o’o’a i te mau taime ato’a ’a fa’ā’ohipa ai ’outou i Tāna ō, nō te mea ’o ’Oia « te vi’i’i’i ’ore hope roa o te ti’aturira’a. »

’Oia mau, e ’ere tō ’outou tātarahapa i teho-poi’anō Iesu Mesia ; Tēha’amāramamane i te reira i tōna ’o’o’a !

E ha’api’i ana’e i te reira!

Nō te mea te tātarahapa o tā tātou ia parau ’āpī maita’i a’e!

’Aita tātou e fa’aea noa i ni’a i te ’ē’a nō te fa-faura’a ma te ’ore roa e rave i te hōē hape. E fa’aea noa tātou i ni’a i te ’ē’a nā roto i te tātarahapara’a i te mau mahana atoa.

E ’ia tātarahapa ana’e tātou, e fa’a’ore mai te Atua i tā tātou mau hara ma te fa’ahā’amā ’ore ia tātou, ma te ’ore e fa’aaui ia tātou i te tahi atu ta’ata, ’ē ’aore rā, ma te ’ore e a’o ia tātou nō te mea hōē ā teie mea ’ē te mea tā tātou i tātarahapa i te hepetoma i mā’iri a’e nei.

E ’o’o’a ’oia i te mau taime ato’a e ’ite ’oia ia tātou i ni’a i tō tātou mau turi. E ’o’o’a ’oia i te fa’a’ore i tā tātou hara nō te mea nōna, e mea ’o’o’a roa tātou !

’Aita anei ’outou e mana’o nei ē, e parau mau te reira?

Then why is it so hard for us to believe?!

Satan, the great accuser and deceiver, uses shame to keep us from God. Shame is a darkness so heavy it feels that if you took it out of your body, it would have an actual weight or heft to it.

Shame is the voice that beats you up, saying, “What were you thinking?” “Do you ever get anything right?”

Shame doesn't tell us we made a mistake; it tells us we are our mistakes. You may even hear, “Hide.” The adversary does everything in his power to keep the heaviness inside, telling us the cost is too high, that it will be easier if this stays in darkness, removing all hope.

Satan is the thief of hope.

And you need to hear this, so I'll say these words out loud: You are not the voice in your head or the mistakes you have made. You may need to say that out loud too. Tell Satan, “Not today.” Put him behind you.

Feel that pull, the godly sorrow that turns you toward your Savior, and watch His grace enter into your life and the lives of those you love. I promise that the minute we bring a broken heart courageously toward Him, He is immediately there.

If you saw someone drowning, wouldn't you reach your hand out and rescue them? Can you imagine your Savior rejecting your outstretched hand? I imagine Him diving into the water, descending below all things to lift us up so we can take a fresh breath! No one can sink lower than the light of Christ shines.

The Savior is forever brighter than the darkness of shame. He would never attack your worth. So watch closely.

Imagine that this hand represents worth.

This hand represents obedience. Maybe you woke up this morning, said a meaningful prayer, and searched the scriptures to hear God's voice. You've made good decisions and are treating the

Nō te aha iā e mea fifi roa nō tātou 'ia ti'aturi ? !

Tē fa'āhipa nei 'o Satane, te tāata pari rahi'e te ha'avare, i te ha'amā nō te fa'ātea ē ia tātou i te Atua. 'Ua riro te ha'amā 'ei pouri teimaharoa, mai te huru ra ē, 'ia tātara 'outou i te reira i rāpae i tō 'outou tino, e mea teimaha mau.

Te ha'amā o te reo iā e tā'iri ia 'outou 'e e parau mai ē, «E aha tā 'oe e mana'o ra? » «'Ua manu'ia anei 'outou i te hōē mea? »

'E'ita te ha'amā e fa'a'ite mai ia tātou ē, uar-avetātou i te hape; e parau mai te reira ia tātou ē, otātou tā tātou mau hape. E nehenehe ato'a 'outou e fa'aro'o ē, «'A tāpuni. » Te rave nei te enemi i te mau mea ato'a tāna e nehenehe e rave nō te tāpe'a i te teimaha i roto, ma te parau mai ia tātou ē, e mea teitei roa te hō'o, 'e e mea 'ōhie a'e mai te mea ē, e vai noa te reira i roto i te pouri, ma te 'iriti i te ti'aturira'a ato'a.

'O Satane te tāata 'e'ia i te ti'aturira'a.

E mea ti'a ia 'outou 'ia fa'aro'o i teie mau parau, nō reira, e parau vau i teie mau parau ma te reo pūai: E 'ere 'outou te reo i roto i tō 'outou upō'o, e 'aore rā, te mau hape tā 'outou i rave. E ti'a ia 'outou 'ia fa'ahiti ato'a paha i te reira ma te reo pūai. A parau ia Satane, «'Eiaha i teie mahana. » 'A tu'u iāna i muri ia 'outou.

'A 'ite i taua 'ana'anatae ra, te 'oto o te Atua 'o tēfa'afāriuatu ia 'outou i tō 'outou Fa'aora, 'e 'a hi'o ma'ite i tōna aroha i te tomora'a i roto i tō 'outou orara'a 'e i te orara'a o te fei'a tā 'outou i here. Tē fafau nei au ia 'outou ē, i te taime iho 'a fa'a'ite ai tātou iāna ma te itoito i te hōē 'āau 'oto, tei reira iho 'oia.

'Ia 'ite ana'e 'outou i te hōē tāata tē paremo ra, 'e'ita anei 'outou e toro atu i te rima nō te fa'aora mai iāna? Tē feruri ra anei 'outou i tō 'outou Fa'aora i te pāto'ira'a i tō 'outou rima toro? Tē feruri nei au iāna tē 'ou'a ra i roto i te pape, ma te pou i raro a'e i te mau mea ato'anō te huti mai ia tātou i ni'a 'ia ti'a ia tātou 'ia huti fa'ahou i te aho ! 'E'ita te hōē tāata e nehenehe e topa i raro atu i te vāhi e 'ana'ana ai te māmarama 'o te Mesia.

E mea 'ana'ana a'e te Fa'aora ē a muri noa atu i te pouri o te ha'amā. 'Eita roa atu 'oia e fa'a'ino i tō 'outou faufa'a. Nō reira, ha'apa'o maita'i.

'A feruri na ē, tē fa'ahōho'a ra teie rima i te faufa'ara'a.

Tē fa'ahōho'a ra teie rima i te ha'apa'o. Penei a'e 'ua ara mai 'outou i teie po'ipo'i, 'ua pure i te hōē pure faufa'a, 'e 'ua mā'imi i te mau pāpā'ira'a mo'a nō te fa'aro'o i te reo 'o te Atua. 'Ua rave 'out-

people around you with Christlikeness. You're listening to general conference! Your obedience is here!

Or maybe things haven't gone so well. You've struggled lately to do those small, simple things to connect to heaven. You've made some decisions you aren't proud of.

Where is your worth? Has this hand moved at all?

Your worth isn't tied to obedience. Your worth is constant; it never changes. It was given to you by God, and there's nothing you or anyone else can do to change it. Obedience brings blessings; that is true. But worth isn't one of them. Your worth is always "great in the sight of God,"—no matter where your decisions have taken you.

While I make mistakes, I want to stay in covenant relationship with Christ, and I'll tell you why.

I grew up taking diving lessons and learned that when judges score a dive, they watch the execution. Was the entry perfectly vertical, with toes pointed and a small splash? Then they do something extraordinary. They factor in the degree of difficulty.

Everyone is diving with their own degree of difficulty. And your Savior is the only one who truly knows the difficulty you are diving with. I want a relationship with the one person who gets me, who knows my heart and how hard I'm trying!

He knows the mists of darkness are descending on all of us travelers and that our journey passes by the river of filth—so even when we're holding to the iron rod, we're going to get splashed.

Coming unto Christ is saying, "Will you help me?" with hope, a revealed assurance that His arms are extended to you always. I believe this fresh view of repentance means that even though we don't have perfect obedience yet, we try affectionate obedience now, choosing to stay, again and again, because we love Him.

ou i te mau fa'aotira'a maita'i 'e te rave nei 'outou i te mau ta'ata e ha'ati ra ia 'outou mai te Mesia te huru. Te fa'aro'o ra 'outou i te 'amuira'a rahi! Tei 'o nei to 'outou ha'apa'o!

'Aore ra 'aita paha te mau mea i tere maita'i roa. 'Aita i maoro a'enei, 'ua 'aro 'outou no te rave i taua mau mea ha'iha'i roa ra no te ha'afatata atu i te ra'i. 'Ua rave 'outou i te mau fa'aotira'a 'o ta 'outou e 'ore e te'ote'o.

Tei hea to 'outou faufa'a? 'Ua ha'uti anei teie rima?

'Aita to 'outou faufa'a i natihia i ni'a i te ha'apa'o. E mea vai tamau noa to 'outou faufa'a; 'e'ita roa'tu te reira e tau'i. 'Ua ho'ro'a mai te Atua i te reira ia 'outou, 'e 'aita e mea ta 'outou e 'aore ra ta te tahi atu ta'ata e nehenehe e rave no te tau'i i te reira. E fa'atupu te ha'apa'o i te mau ha'amaita'ira'a; e parau mau te reira. E 'ere ra te faufa'a i te ho'e tuha'a o te reira. E vai rahi noa to 'outou faufa'a i mua i te Atua, »noa'tu e, i hea ta 'outou mau fa'aotira'a i te arata'ira'a 'ia 'outou.

Noa atu te rave nei au i te mau hape, te hina'aro nei au efa'aeanoa i roto i te auta'atira'a fafauhia 'e te Mesia, 'e e fa'a'ite atu vau ia 'outou no te aha.

'Ua pa'ari mai au ma te ha'api'i i te 'ou'a patia i roto i te pape, 'e 'ua ha'api'i mai au e, 'ia nūmera ana'e te mau ta'ata hi'opo'a i te ho'e ou'a patia, 'e hi'o ratou i te huru o te raver'a o te reira. E mea 'afaro ti'a roa anei te 'ou'ara'a, 'e e mea 'afaro anei te mau manimani 'avae 'e te tahi noa pahī pape na'ina'i? I muri iho, e rave ratou i te ho'e 'ohipa faahiahia. E hi'opo'a ratou i te faito o te fifi.

E 'ou'a teta'ata tata'itahi'e to ratou iho faito o te fifi. 'O to 'outou Fa'aora ana'e tei 'ite mau i te fifi ta 'outou e 'ou'a nei. Te hina'aro nei au i te ho'e auta'atira'a 'e te ho'e ta'ata 'o te ta'a ia'u, 'o te 'ite i to'u 'au 'e to'u tamata'ara rahi!

'Ua 'ite 'oia te topa nei te mau rupehu o te pouri i ni'a ia tatou pa'ato'a te feia ratere, 'e e haere to tatou tere na roto i te 'anavai repo, 'e no reira, noa atu e tape'a tatou i te tapu 'auri, e pahihia tatou i te pape.

Te haerera'a i te Mesia, o te paraura'a ia e; «E ti'a anei ia 'oe 'ia taturu mai ia'u? » ma te ti'aturi, te ha'apapura'a i fa'a'itehia mai e, te fa'atoro tamau nei to'na na rima ia 'outou. Te ti'aturi nei au e, te aura'a o teie mana'o 'api no ni'a i te tatarahapa, 'oia ho'i, noa'tu 'aita tatou e ha'apa'o maita'i, te tamata neiratatou i te ha'apa'o i te here ite'ienei, ma te ma'iti i te fa'aea noa no te mea te here nei tatou

Remember King Benjamin's people, who had no more disposition to do evil but only to do good continually? Do you think they packed up their tents, went home, and never made another mistake? Of course not! The difference is they no longer wanted to sin. They had affectionate obedience! Their hearts were turned and tuned to God while they struggled!

Once, at the beach, I saw a bird flying into the wind, flapping its wings so hard, almost frenetically, but staying in the same place. Then I noticed another bird, higher up. It had caught an updraft and was floating easily, unburdened in the wind. That's the difference between trying to do this by ourselves and turning to our Savior, letting Him lift us, with "healing in his wings."

As mission leaders in Australia, during our last visit with each missionary, we talked about 3 Nephi 17, where the people were close to the Savior and could hear Him praying for them. We asked, "If you could hear the Savior praying for you, what do you think He would say?"

To hear their answers was one of the most Spirit-filled experiences of my life. Every one of those missionaries would pause, and tears would fill their eyes as we reminded them, "Your Savior knows the degree of difficulty you're experiencing. He's felt it!"

This is what those missionaries quietly and tenderly shared: One sister said, "Jesus would tell the Father, 'She's doing her very best. I know how hard she is trying.'" An elder said, "With everything that's happened in his life, I'm so proud of him."

Let's try this. Tonight, before you pray, imagine Jesus Christ close by. He is your Advocate with the Father. Ask yourself, "What would my Savior say to the Father about me?"

And then become silent.

Listen for that voice that says good things about you—the voice of the Savior, your finest friend, and your Father in Heaven, who is really

iāna.

Tē ha'amana'o ra ānei 'outou i te nūna'a o te ari'i Beniamina 'o tei 'ore roa atu i hina'aro e rave i te 'ino, e rave tāmāu noa rā i te maita'i ?! Tō 'outou mana'o, 'ua 'ohi anei rātou i tō rātou mau fare 'ie, 'ua ho'i i te fare, 'e 'aita roa'tu i rave fa'ahou i te tahi atu hape? 'Aita roa'tu ! Te ta'aēra'a, 'aita rātou ihina'arofa'ahou e rave i te hara. 'Ua fa'a'ite rātou i te ha'apa'ora'a here! 'Ua fāriu tō rātou māfatu i te Atuaa'aro ai rātou!

I te hōē taime, i te pae tahatai, 'ua 'ite au i te hōē manu e rere ra i roto i te mata'i, ma te tā'iri pūai i tōna mau pererau, ma te riarā roa, terā rā, te vai noa ra 'oia i te hōē vāhi. I muri iho, 'ua 'ite au i te tahi atu manu, i nī'a aē. 'Ua haru mai 'oia i te hōē pape pu'e 'e 'ua tere 'ohie noa 'oia ma te 'ore e ha'afifihia 'e te mata'i. O te ta'aēra'a ia i rotopu i te tāmatarā'a i te rave i te reira nā tātou iho 'e te fāriura'a'tu i tō tātou Fa'aora, ma te vaiiho iāna 'ia fa'ateitei ia tātou i nī'a ma te «fa'aora i roto i tōna mau pererau. »

'Ei mau ti'a fa'atere misiōni i Auteraria, i roto i tō mātou tere hope'a 'e te mau misiōnare tāta'itahi, 'ua paraparau mātou nō nī'a i te 3 Nephi 17, i reira te tā'ata i fatata ai i te Fa'aora 'e i fa'aro'o ai iāna i te purera'a nō rātou. 'Ua ui atu mātou, « 'āhiri ē, 'ua ti'a ia 'oe 'ia fa'aro'o atu i te Fa'aora i te purera'a nō'oe, i tō 'oe mana'o e aha tāna e parau ? »

Te fa'aro'ora'a i tā rātou mau pāhonora'a, 'o te hōē o te mau 'ohipa pae vārua rahi roa aē o tō'u orara'a. E fa'aea teie mau misiōnare tāta'itahi 'e e 'i tō rātou mata i te roimata 'a fa'aha'amana'o ai mātou ia rātou ē, « 'Ua 'ite tō 'outou Fa'aora i te faito o te fifi tā 'outou e fa'aruru nei. » 'Ua 'ite 'oia i te reira! »

Teie tā teie nau misiōnare i parau marū mai ma te here : 'Ua parau mai hōē tuahine ē, « E parau Iesu i te Metua, 'Te tāmata nei 'oia ma tōna maita'i ato'a. 'Ua 'ite au ē, tē tāmata 'ū'ana nei 'oia. » 'Ua parau te tahi misiōnare ē, « Tē 'oa'oa nei au iāna nō te mau mea ato'a tei tupu i roto i tōna orara'a ».

E tāmata ana'e tātou i te reira. I teie pō, hou a pure ai 'outou, a feruri ē, tei pīha'i iho noa Iesu Mesia. 'O 'Oia tō tātou pāruru i mua i te Metua. 'A ui ia 'outou iho, «e aha rā ia tā tō'u Fa'aora e parau i te Metua nō nī'a iā'u? »

I muri iho, a fa'aea noa ma te mū ore.

'A fa'aro'o i terā reo 'ia parau i te mau mea-maita'inō nī'a ia 'outou—te reo o te Fa'aora, tō 'outou hoa maita'i roa aē, 'e tō 'outou Metua i te

there. Remember, Their love and your worth are always great, no matter what!

I stand here to witness that Jesus Christ gives light to those who sit in darkness. So, on those days when you feel that voice telling you to hide, that you should hide in a dark room all by yourself, I invite you to be brave and believe Christ! Walk over and turn on the Light—our Perfect Brightness of Hope.

Bathed in His light, you'll see people all around you who have felt alone too, but now, with the light on, you and they will wonder, "Why were we so afraid in the dark? And why did we stay there so long?"

"May the Lord of Lights wrap you in His arms and console and love you continually." May we love Him continually and choose Him, again and again. In the name of Jesus Christ, amen.

ra'i ra, tei reira mau 'oia. 'A ha'amana'o, tōrāua- here 'e tō'outou ti'amā e mau mea rahi ia, noa atu te huru.

Tē ti'a nei au i 'ō nei nō te fa'a'ite pāpū ē, tē hōro'a nei Iesu Mesia i te māmarama i te feiā e pārahi nei i roto i te pouri. Nō reira, i taua mau mahana ra 'ia fa'aro'o ana'e 'outou i terā reo 'ia parau mai ia 'outou 'ia tāpuni, iatāpuni 'outou i roto i te hōē piha pouri, tē tītau nei au ia 'outou 'ia fa'aitoito 'e 'ia ti'aturi i te Mesia ! Haere i mua 'e 'a fa'aama i te mōri—tō tātou ti'aturirā'a i te vi'ivi'i 'ore hope roa.

Ma te hā'atihia i tōna māmarama, e 'ite 'outou 'ati a'e ia 'outou i te mau tāata tei feruri ē, 'o rātou ana'e, i teie nei rā, i roto i te māmarama e uiui 'outou'e 'orātou ia 'outou iho ē, « nō te aha tātou i ri'ari'a roa ai i roto i te pouri ? 'E nō te aha tātou e fa'aea maoro ai i reira? »

«E ti'a anei i te Fatu o te mau māmarama 'ia hā'ati ia 'outou i roto i tōna nā rima 'e 'ia tāmarū 'e 'ia here tāmau noa ia 'outou. »E ti'a ānei ia tātou 'ia here iāna'e 'ia mā'iti tāmau noa iāna. Nā roto i te i'oa 'o Iesu Mesia, 'āmene.