



## **Bōk Kōmour kōn Rilōmḡḡr**

**BŪROOKRAAMḲ EO AN ADDICTION RECOVERY**

**12-Buñtōn Unin tōl an Ājmour**

# **Bōk Kōmour kōn Rilomqor**

Būrookraamq eo an Addiction Recovery

**12-Buñtōn Unin tōl an Ājmour**

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# Men Ko Kobban

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# Kile ko

Kajoor in *Kōmour kōn Rilqmōgr: Būrookraam in Ājmour jān Anūrlep Unin tōl nān Buñtōn ko 12 an Ājmour* kar eddeik buñtōn ko 12 an Alcoholics Anonymous World, Inc. nān juon lamlam in katak ko, pedped in katak ko, im tōmak ko an Kabuñ eo an Jisōs Kraist im Armej ro Rekwojarjar ilo Raan Ko Āliktata. Buñtōn ko 12 mokta rej elajrak ijin, im buñtōn ko 12 einwōt kar kōjerbali ilo būrookraam in rej waļok ilo aolepān bwe eo an unin tōl in.

Buñtōn ko 12 raar bar būriini im bar eddeikļok kōn mālim eo an Alcoholics Anonymous World Services, Inc. (AAWS). Mālim nān bar būriini im bar eddeiki tok buñtōn ko 12 ejjab meļeļein bwe AAWS ekar bar etale ak kar kōmālim men ko kobban jeje in ak bwe AAWS eaij in errā kōn men ko rej waļok ijin. Alcoholic Anonymous (AA) ej juon būrookraam in ājmour jān arkqoļ wōt. Jerbal eo an buñtōn ko 12 ilo an ekkeijel ippān būrookraam ko im makūtkūt ko me ippān doon ālkin AA ijoke ej kwaļok būrabōļom ko ilo jabdewōt non AA jeje ejjab eļāñe ejjab kowaļok. Nān kakobaba, ke AA ej juon būrookraam ilo jetōb, AA ejjab juon būrookraam an kabuñ. Āindein, AA ejjab kobaļok ak mōttaik jabdewōt doulul, kumi, ak tōmak an kabuñ.

Buñtōn ko 12 an Alcoholics Anonymous:

1. Jej kile bwe jekar jab maroñ kabwijere ad kabwijrak kōjermal arkqoļ—mour ko ad raar jab maroñ in tōlarōke.
2. Jekar likūti bwe juon kajoor eļapļok jān kōj en maroj bar kōrool kōj nān jeļāļokijeņ.
3. Jekar kōmūmane juon kālet nān ukōt anikaad nān kōjparok eo an Anij ilo ad meļeļe kōn E.

4. Jekar kōmūmane juon etale im ekkatak im jaje mijak e katak in etale eo kōn kōj make.
5. Jekar kwaļoke nān Anij, nān kōj make, im bar juon armej kōn lukkuun paotokin bōd ko ad.
6. Jekar aolep poojak in kōtļok bwe Anij en kōmakūt aolep jab wānōk in kadkad kein.
7. Jekar kōttāik kōj im kajitōk Ippān nān kōmakūt jab wānōk ko ad.
8. Jekar kōmūmane juon laajrakin armej ro jekark kametak er, im jino in kōņaan kōmūman kajimwe ko nān er aolep.
9. Jekar tōl kajimwe ko nān armej ro ijoko jemaroñ, ijellōkin nāāt eo nān kōmūmane emaroñ in kakinejeņ er ak ro jet.
10. Wōnmaanļok im bōk etale eo am make, im nē jej bōd, mōkaj im kwaļoke.
11. Kappukot kōn jar im kōjekļokijeņ nān kōkmanman ļok ad ekkōl in kōnono ippān Anij ilo ad meļeļe kake E, jar wōt kōn jeļāļokijeņ eo An nān kōj im kajoor eo nāb bōkļoke.
12. Ālkin kar bōke juon jetōbin karujruj āinwōt tōprak in buñtōn kein, jekar kajjieoñ in bōkļok ennaan in nān ri arkqoļ ro, im nān kaminene kake pedped in katak kein ilo aolepen men ko ad.

Alcoholics Anonymous World Services, Inc.®

# Kōmour kōn Rilomqor: Būrookraamq in Ājmour jān Añūrlep Buñtōn ko 12

**Buñtōn 1:** Kwaļoke bwe kōj, make, je mōjņo ñan anjō ion añūrlep ko ad im bwe mour ko ad emōj aer jino jorāān.

**Buñtōn 2:** Itok im tōmak bwe kajoor an Anij emaroñ in kōrool kōj ñan dipieo in ājmour ilo jetōb

**Buñtōn 3:** Peeke ñan ukōt ankilaad im mour ko ad ñan kōjeparok eo an Anij, Jemād Indeeo, im Nejin, Jisōs Kraist

**Buñtōn 4:** Kōmmane juon kappok im eperan emōj kar je bōnbōn in katak kake eo kōn kōj make

**Buñtōn 5:** Kwaļok ñan kōj make, ñan Jemedwōj Ilañ ilo etan Jisōs Kraist, ñan mālīm in priesthood eo ekkar, im ñan bar juon armej kake jejjēt in paotok eo an bōd ko ad

**Buñtōn 6:** Jino in pojak ñan an Anij kōmakūt aolep kadkadin mōjņo ko ad

**Buñtōn 7:** Ettā bōro ilo kajitūkin Jemedwōj Ilañ bwe en joļok mōjņo ko ad

**Buñtōn 8:** Je juon laajrak in aolep armej ro raar jorāān im jino in kōṅnaan kōmṅman oktak ñan er

**Buñtōn 9:** Jekdoon ia, kōmṅman oktak ejimwe ñan aolep armej ro jekar kajorāān er

**Buñtōn 10:** Wōnmaanļok im bōk bōnbōn eo am make, im ñe jej bōd, mōkaj im kwaļoke

**Buñtōn 11:** Kapukōte ilo jar im kejakļokjen ñan jeļā ankilaan Irooj im ñan bōk kajoor ñan bōkļoke

**Buñton 12:** Ālkin kar bōke juon jetōbin karujruj kōn Pinmuur eo an Jisōs Kraist āinwōt juon tōprak in bōk buñtōn kein, jej jeere ennaan in ippen ro jet im kaminene kake pedpedin katak kein ilo aolep men jej kōmṅmani

# Naan eo jinoin

Meñe kwoj apañ kōn juon añūrlep ak jeļā kajjien juon eo ej kōmṁṁane, unin tōl in emaroñ juon kōjeraamṁṁan ilo mour eo aṁ. Kōn mālim eo jān Alcoholics Anonymous, buñtōn ko 12 kar kōkṁṁan-ṁṁan ļok ñan kobaik tok katak ko, pedpedin katak ko, im tōmak ko an Kabuñ eo an Jisōs Kraist im Armej ro Rekwojarjar ilo Raan Ko Āliktata. Ilo unin tōl in, buñtōn ko rej kwaļok ilo laajrak eo ippen tok juon pedpedin katak an gospel eo. Unin tōl in enaaj jipañ eok ekkatak wāween buki buñtōn kein. Jekdoṁṁan jekjek rōt ko aṁ rej waļok, buñtōn kein re-naaj jipañ eok itok ñan Kraist im būki kōjeraamṁṁan ko an ājmour im bōk kōmour.

Āñurlep ko remaroñ in ekoba men ko rekajoor einwōt tobacco, arkool, kope, ti, im jimor uno ko karōki ñan leļok im illegal drug ko. Āñurlep ko ekoba bareinwōt ṁṁwil ko einwōt kāmbōļ, alooje pija ko rettoṁṁan, ļōñ, ṁṁwil in letak ko rejjab ekkar, ikkure video, kōjberbal technology ilo jab ekkar, im ṁṁōñā in jab ājmour. Ke rikōjeparok ājmour ro ritijemļok rej ļōmṁṁak añūrlep ej juon nañinmej an ānbwin, ānbwin eo ej lukkuun mōttan in wōt būrabļōṁ eo. Āñurlep ejelet kōļmenļokijē, ānbwin, im jetōb eo, innām bwe uwak eo aikuj in kwaļok aolepen lukkuun nañinmej eo.

Unin tōl in ejjab alikkar ñan jabdewōt lukkuun añūrlep. Meñe armej rej apañ kōn elōñ kain oktak ko an añūrlep, elōñ rekar loe juon uwak pata ilo iaļ eo kar kalaajrake ilo unin tōl in. Eñin ej juon bok in jermal im jermal ñan aolep ro rej kōṁṁan ājmour jen jabdewōt añūrlep. Unin tōl in ej kein riit eo aorōk ilo kweilok in jipañ ko an ājmour jān añūrlep kar loloorjake jen Kabuñ eo an Jisōs Kraist im Armej ro Rekwojarjar ilo Raan Ko Āliktata.

Emṁṁaan im kōrā ro raar eñtaan jen jorāan in men ko rej jen kajojo añūrlep ko im eñjake an aitokitien ājmour kar jipañilo ejaake unin tōl in im kar karuwainene ñan kwaļok aer eñjake ilo mour kaki buñtōn ko 12. Ļōmṁṁak eo an armej (eo “kōj”

ilo unin tōl in) ej jermal ñan letok juon eñtaan in añūrlep im juon lañlōñ in kōmour im ājmour. Kwoj maroñ loe kaenōmṁṁan im rie jen armej rein. Ritōl ro an Kabuñ in im ro retijemļok rej letok kapilok raar barainwōt jipañ jeje im ejaake unin tōl in. Koba in jeļā ļokjeñ im iminene eo an elōñ iaan rijeje rein ej jutak einwōt bar juon rikamool kōn ṁool eo an Pinmuur eo an Jisōs Kraist im maroñ in ājmour jen añūrlep

Kōmij karuwaineneik eok ñan itok ñan juon kweilok in ājmour. (“Kōj” emṁṁaan im kōrā ro raar eñtaan jen jorāan ko rejelet an kajojo añūrlep ko im kar eñjake aitok-iien ājmour.) Tōl ko ñan kapukōt-armej, bitio, taļboṁṁan, ak rekoote kweilok ko (kōn māļim) maroñ loe ilo website eo an Būrookraam in Ājmour jān Āñurlep (AddictionRecovery.ChurchofJesusChrist.org). Jab kōtļok an mijak ko aṁ ḥōbrae eok jen kōjeraamṁṁan ko in pād ilo juon kweilok in ājmour. Jouj im jeļā bwe kweilok kein rej jikin meļeļe, kōjātdikdik, im rie, ijo kwōnaj loe bwe kwōjjab make iaam im kwōnaj loe bwe maroñ ājmour. Jej loe bwe unin tōl in enej lukkuun wājepdik ñe jej jembali buñtōn ko ippen juon riloloorjake im bisop eo ad. Jet iaad wōj rej bōk jipañ jen juon rikakpilok etijemļok ilo iaļan ājmour in ad.

Ājmour ej ijino ñe jej ṁool im meļeļe bwe jej apañ kōn añūrlep. Ñan jet armej, kakilen er make ainwōt ri añūrlep ro ilo kweilok in ājmour ko ejipañ maroñ ṁool im ñan kemeemej ewi joñan kajoor in aer maroñ añūrlep. Ijoke, jenaaj kanooj in kōjeparok bwe menin en jab kōmṁṁan joñan ad kōjātdikdik ak löke ilo Anij. Eļañne jej meļeļe kake kōj make ainwōt ri añūrlep ro, jemaroñ jab ļōmṁṁakin kariab e ṁool eo bwe Jisōs Kraist emaroñ in kōmour kōj im ukōt lukkuun paotok eo ad. Ilo ad ājmour, jej aikuj kapukōt juon jokin wōt juon ikōtaan ṁool kōn kajoor in añūrlep ilo ejja iien eo wōt löke bwe Jisōs Kraist emaroñ bar kōjepļak kōj ñan dedeļok in ājmour ilo jetōb.



Elañne kwoj eñjake aṃ maroñ bōk juon añūrlep im bōk juon ikideelel edik ñan anjo jen añūrlep, ak eļañne kwoj kōṇaan ejaake juon aikuṃ, kōmij karuwainene eok ñan koba tok ippam ilo ekkatak im mour kake pedpedin katak ko an gospel eo an Jisōs Kraist aīnwōt kar kōmeļeļeiki ilo unin tōl in. Eļañne kwoj ļoore iaļ in kōn juon bōro emool, kwōnaj loe kajoor ilo Jisōs Kraist ñan mour jen añūrlep.

Elder Robert D. Hales kar kōmeļeļeik: “Añūrlep ej ijōļ eo an armij, im jab maroñ kōļak kōṇaan ko ad. Ej juon menin jaje dāpdep kōṇaan” (“Becoming Provident Providers Temporally and Spiritually,” *Liahona*, Māe 2009, 10).

Innām e ekar kōmeļeļeik wāween eo elōñ armej rej apañ in āļiji añūrlep in bōk juon kōṇaan ekajoor:

“Ak aīnwōt ajri ro nejin Anij, ajeļkā eo ad im ta jej aikuṃ in kapukōte ej ta Irooj wōt emaroñ in letok— An iakwe, An eñjake eaorōk, An kōjeparok, An tōmak, An kōjātdikdik ilo ilju jeļaj, lōke iakwe eo An, remaroñ bōktok ñan kōj lañlōñ indeeo (“Becoming Provident Providers Temporally and Spiritually,” 10).

Meñe oktak eoktak ijo jej pād ie im ijo jekōṇan etal ñane me emaroñ in pen anjo jene, BūrookraamŌ in Ājmour jān Añūrlep eo im unin tōl in emōj aer jipañ elōñ armej ro raar etetal jeļjek in jen añūrlep ñan ājmour, im menin emaroñ jipañ kōṃṃane ejja in wōt



## Kadkad In

Moktata im āliktata, jej kōḡnaan bwe kwon jeḷā bwe ewōr kōjātdikdik ḡnan ājmour jān aḡūrlep. (“Kōj” emḡḡaan im kōrā ro raar eḡtaan jen jorāān ko rejelet an kajōjo aḡūrlep ko im kar eḡjake aitok-iiēn ājmour.) Emōj ad jeḷā kōn eḷap būromōj, ak emōj ad loe an kajoor eo an Rilōmḡḡor ukōt aolepen inepata ko ad im anjo ilo anjo ko raiboojoj. Jinoim jekar mour kōn būromōj, inepata, mijak, im mōjḡo kōn illu ak kiiō eḡjake laḡlōḡ im aenōmḡḡan. Emōj ad loe kabwilōḡlōḡ ko ilo mour ko ad make im ilo mour ko an ro jet me raar lokjak ilo aḡūrlep.

Jekar kōḷḷaik wōneān juon jerwaane enana im eḡtaan kōn aḡūrlep ko ad. Ak Anij ekar kōjeraamḡḡan kōj ilo ad kar bōke kajōjo buḡḡtōn ḡnan ājmour. Jekar itok im loe kōj make einwōt ajri ro rejitōnbōro nejim Anij. Bōk juon iruj ilo jetōb, jej kajjieōn aolep raan ḡnan kōkmḡanḡanḷok jemdḡḡon ko ad ippen Jemedwōj Ilaḡ; Nejin, Jisōs Kraist; kōj make; im ro jet. Ilo kakadudu, Rilōmḡḡor ekar kōmḡḡane ḡnan kōj bwe jān jab kōmḡḡane ḡnan kōj make.

Jet armej rej ḷōmḡḡak aḡūrlep ko bwe ren jet mḡwil ko renana me jemaroḡ anjo jene jān make kajoor in kōḡnaan. Jekar jerwaan ḷōmḡḡak im juon eḡjake in men ko jet raorōk ilo mour ko ad. Ejjeḷok men eḷapḷok jen kamḡōḡōḡō eḡjake in aikuj ko ad. ḡḡe

jej kajjieōn in bōjrak, jej eḡjake an ānbwin lukuun kajoor, kōḷmānḷokijeḡ, im eḡjake in kipel. Ilo ad kar leḷok ḡnan kipel im aḡūrlep ko, maroḡ eo ad ḡnan kōjermal anemkwoj in kāālōt eo ad eaar jako ak dikḷok. Būreejtōn Boyd K. Packer ekar katakin, “Aḡūrlep ewōr joḡan an mwijkōk jen armej eo enaaj im kāānjeḷ anemkwoj in kālet eo” (“Revelation in a Changing World,” *Ensign*, Nov. 1989, 14).

Jekar jino jermal eo an ājmour jān ad ettā bōro im mḡool, jān ad kūr ḡnan Anij im ro jet ḡnan jipaḡ, im jān ad bōk jermal ko kar kalaajraki ilo unin tōl in. Buḡḡtōn ko 12 an ājmour raar katakin kōj ewi wāween bōke gospel eo an Jisōs Kraist ḡnan mour ko ad. Būreejtōn Jeffrey R. Holland ekar ba: “Kwōj ke tariḡaeik juon demon in aḡūrlep—jepake ak uno ko rekajoor ak pile, ak . . . alooje pija ko rettoon? . . . Mekarta buḡḡtōn ko jet komaroḡ in aikuj ḡnan madmōd e ḡnūrbōktak kein, itok *moktata* ḡnan gospel eo an Jisōs Kraist” (“Broken Things to Mend,” *Liahona*, May 2006, 70).

Buḡḡtōn 1–3 ej katakin kōj wāween kōmakūtūt tōmak ilo Jemedwōj Ilaḡ im Jisōs Kraist. Buḡḡtōn 4–9 ej bōk ḡnan aolepen juon jermal in ukweḷok. Buḡḡtōn 10–12 ej rōjaḡ kōj ḡnan bōk eddo, ḡnan kapukōt tōl kwojarjar im kajoor ḡnan pād ilo iaḷan bujen eo, ḡnan

kwaļok nān ro jet kabwilōnlōn eo me eaar itok nān mour ko ad, im nān niknik nān jemļokin.

Elōn ro iaad me rej mour ilo ājmour rej pād wōt ilo Būrookraam in Ājmour jān AŅūrlep eo. Jej loe eļap jipaņ ilo ad kōņaan dāpij anemkwoj in kālet eo ad jān aŅūrlep. Im jekar jeraamņan ilo ad kapukōt nān jipaņ ro jet me rej pād ilo kōmakoko nān aŅūrlep. Jej pen wōt tōmak bwe jekar oktak kōn Pinmuur eo an Jisōs Kraist. Āinwōt Antai-Nipai-Liai ro ilo Bok in Mormon (lale Alma 24:17–19). jekar eņjake kōmour im juon oktak ilo lukkuun paotok eo ad kōn jouj im kajoor an Jisōs Kraist. Jejjab kōņaan jerwaane menin letok an kōmour im oktak, innām bwe aolep raan jej kālet nān kemeemej pedped Ioon. Ilo ad wōnmaanļok im pād ilo būrookraam in Ājmour jān AŅūrlep eo, jej bar kakemeemej bwe aŅūrlep ej elukuun kajoor im bwe jemaroņ in pād ilo jekjek eo jejjab kōņaan bar bōk m̄wil in aŅūrlep eo jab nān Anij eļāņņe jekar meļokļok juon men eo aorōk kōn mool kein. Kōņaan eo ad ej nān dāpij ta eo Anij eaar letok ilo jouj nān kōj.

Eļāņņe kwōj eņjake ke ewōr juon aņ aŅūrlep im meņe kōņaan eo ediktata nān anemwkoj im kōņaan “mālejoņi” naan ko an Anij (Alma 32:27), jej karuwainene eok nān kobatok ippām ilo ekkatak im būki pedped in katak ko an Jisōs Kraist āinwōt kar katakin ilo unin tōl in. Eņjake eo ad ekar kwaļok bwe eļāņņe kwōj ļoor iaļ in kōn juon bōro emool, kwonaaj loe kajoor eo kwōj aikuji nān ājmour jān aŅūrlep. Kajoor in ej ņa etan jouj. “Jouj an Anij ej jipaņ kōj kajjojo raan. Ej kakajoorļok kōj nān kōmņan jermal ko remņan jemaroņ jab kōmņani ippād make” Topics and Questions, “(Grace,” Gospel Łaibrāre). Ilo aņ tiljek im būki kajojo buņtōn kein 12, Rilōmqōr eo enaaj kakajoorļok eok im kwonaaj itok im “jeļā mool, im mool enaaj kōmānņan anemkwōjami.” (Jon 8:32).

Jej jeļā jen eņjake ko eo ad make bwe kwonaaj anemkwoj jān aŅūrlep. Jekdoņon ewi joņan jōbwābwe im ebweer komaroņ eņjake, kwōj juon ajri nejin juon Jemedwōj Ilaņ eo ej iakwe. Eļēņņe kwaar jab kōņaan loe mool in, pedped in katak rej kōmeļeik

ilo unin tōl in renaaj jipaņ eok bar loe im ejaake ilo ļōmņak im eņjake ko aņ. Pedped in katak kein remaroņ jipaņ eok itok nān Kraist im ļoore E nān ukōt eok. Ilo aņ būki buņtōn ko, kwonaaj bōk waj kōjermal kajoor eo an Rilōmqōr un E enaaj kanekwoj eok jen kōmakoko.

Ro iaad wōj ilo ājmour rej karuwainene eok kōn aolep tūriaņo im iakwe nān koba tok ippām ilo juon mour in kōjādikdik, anemkwoj, im laņlōn, jepooļe ilo pein Jisōs Kraist, ad Ripinmuur. Ejja āinwōt ke jekar ājmour, komaroņ bareinwōt ājmour im mōņōņō kōn aolepen kōjeraamņan ko an gospel eo an Jisōs Kraist.

## Buņtōn Jermal ko

Eņin ej juon būrookraam in mādmođ. Emņanļok eo ad ej pedped ioon ad mour kake buņtōn ko ilo mour ko ad kajjojo raan. Emōj ņaetan menin “jerbale buņtōn ko.” Jermal ko laajraki rej jipaņ kōj itok nān Kraist im bōk tōl im kajoor eo emennin aikuji nān bōk buņtōn eo juon ilo ājmour in ad. Jouj im kemeemej in jermal ippān ribōk eddo eo aņ.

## Mije kadkad eo ad indeeo

Ke Būreejtōn Russell M. Nelson ekar kajitōk ewi wāween jipaņ ro me rej eņtaan kōn aŅūrlep, eaar uwaak, “Katakin er paoktok im jibadbad eo aer” (ilo Tad R. Callister, “Our Identity and Our Destiny” [Brigham Young University devotional, Aug. 14, 2012], speeches.byu.edu). Kajjojo iaad ej juon ajri nejin Anij eo ej iakwe. Jejeļā bwe E ej iakwe kōj im lukkuun kea kōn kōj.

Jekar jab aolep iien ļōmņak kōn wāween in. Elōn iaad kar kipel er ke E ejako ijen. Jet iaad raar jab kea kake wāween eo. Jet iaad raar tōmak bwe Epād ijen im bwe Eaar lukuun in illu ak jab mōņōņō ippād nān jipaņ. Enaņin aoleped wōj, jab meļeļe kōn jemdoņon eo ad ippen Anij kar tōl ļok nān kapukōt E im kajoor eo An nān jipaņ kōj. Ijellōkin, jekar oktak nān men ko rekapopo ak mwil ko nān jipaņ

kōj jerbale apañ ko an mour in. Emakijkij ad kar deļoņe joñok in mwil ko. Jekar kōmņane juon mwil ejjab ekkar, kar tōl ļok ñan eņjake bōd im kajookok, im jen menin ebar tōl ļok ñan elōñ kōmņane eņjake kein. Meļeļe kōn kadmak eo ad im un eo āinwōt ajri ro nejin Anij kar kakjoor kōj ñan rubi joñok in mwil kein.

Jekar bareinwōt ekkatak oktak eo ikōtaan bōd im kajookok. Bōd ej juon eņjake enana kōn juon men jekar kōmņane, im jook eņjake enana kōn wōn kōj. Elder David A. Bednar ekar kōmeļeļeik aorōkin wāween bōd in: “Bōd ko rejelet jetōb ko ad ej āinwōt metak ko ilo ābwinid: Bōd ej juon kōkaļle eo ekauwōtata im juon kōtōrak jān jorrān ko” (“We Believe in Being Chaste,” *Liahona*, May 2013, 44). Mokta jān ājmour, elōñ iaad ijellōkin aer kar eņjake jook, tōmak bwe juon armej ejorān im ejjab erreō ñan bōk iakwe eo jān Anij ak jen jabdewōt.

Mekarta, jinoin jekar itok im loe paotok eo ad ekwojarjar *im* kar meļeļe kōn aikuj ko ad ñan jipañ eo an lañ ñan ājmour jān aņūrlep, jekar jino loe kōj make einwōt an Jisōs Kraist loe kōj: emņāan im kōrā ro rej nañinmej ilo jetōb rej kajjioñ in bōk kōmour kōn jouj eo An im jab jān mņaan im kōrā ro renana rej kajjioñ in emņāan ñan bōk iakwe eo An.

Kōmij karuwainene eok ñan kaminene tōmak bwe kwoj juon ajri nejin Anij im bwe E ej iakwe eok jekdōon ta eo kwaar kōmņane. Ke ej mool menin bwe kālet ko renana rekar kabōjrak iien ko ad remņan, aorōk eo ad ñan Anij emaroñ ban oktak. E ej iakwe kōj kōnke jej ajri ro Nejin, jab kōnke kāālōt ko ad: “Meņe jejjab dedeļok, Anij ej iakwe kōj. Meņe jejjab weepān, An iakwe kōj eweepān. Meņe jemaroñ in eņjake jōbwābwe im ejjeļok kambōj, Iakwe an Anij ej jepooļe kōj” (Dieter F. Uchtdorf, “The Love of God,” *Liahona*, Nov. 2009, 22).

## Jino mōñōñō in bōjrak

Jekar āliktata kōņaan bōjrak ñe metak eo an būrabōļōm ej jino an nana ļok jān metak eo in uwaak eo. Emōj ke aņ tōpar jekjek eo? Eļāñe

kwoj jañin im kwoj wōnmaanļok ilo aņūrlep eo aņ, kwonaaj lukkuun tōpare jekjek eo kōnke aņūrlep ej juon būrabōļōm eo ej eddeklōk. Ej juon nañinmej me ej kadikļok an emņan ad kōjermal maroñ eo ad aolep raan.

Ilo jinoin, mōttan men ko jej aņuri emaroñ pen ak kamijak ñan kōj. Ak ilo ad wōnmaanļok wōt in roñjake ro jet me raar lo lur im jeļāļokijē eo jekar kōņaan ñan kōj make, jekar jino in tōmak bwe kōj jemaroñ bar ājmour.

Mokta jān ad maroñ jino jermal in ājmour eo, jekar moktata aikuj in kōņaan ājmour (lale Alma 32:27). Anemkwoj jān aņūrlep ej jino kōn juon kōņaan kōmņane juon men edik. Eļāñe kōņaan eo aņ edik im jab bwe rainin, jab ineezata. Ilo aņ bōke im jerbale, enaaj eddeklōk! Jekar jeļā bwe juon iaan buñtōn ko rekajoor tata ej bwe jemaroñ in bōke im jar im kajitūkin Anij bwe en kaļapļok ad ikideelel in jitlōk kake.

Eļāñe kwoj jañin kar bōk juon ikideelel ñan jino ājmour, komaroñ kile aņ jab kōņaan im ļōmņak bwe joñan aņ aņūrlep. Kōlaajrak ta eo earoōk ñan kwe. Ļōmņak kake jemdōon eo aņ ippān baamle im ro jeram, jemdōon eo aņ ñan Anij, aņ kajoor ilo jetōb, aņ maroñ in jipañ im kōjeraamņan ro jet, im ājmour eo aņ. Innem pukot oktak ko ikōtaan ta eo kwoj tōmak e ilo im kōjātdikdik kake im mūwil eo aņ. Ļōmņake elmen an makūtūt ko aņ mōjņo ļok. Jar ñan Anij bwe en jipañ eok loe kwe make im mour eo aņ āinwōt An loe—kōn aolepen maroñ eo aņ ekwojarjar—im ta eo kwoj joļok ekauwōtata ilo wōnmaanļok ilo aņūrlep eo aņ.

Kile ta eo kwaar joļoke ilo kōtļoke aņ aņūrlep emaroñ jipañ eok loe kōņaan eo ñan bōjrak. Eļāñe komaroñ loe meņe juon kōņaan ediktata, kwonaj pojak in jino. Im ilo aņ eddeklōk kōn buñtōn ko an būrookraam in im loe oktak ko rej itok ñan mour eo aņ, kōņaan ko aņ renaaj eddeklōk.

*Kakemeemej:* Pedped wōt ioon paotok eo an aņūrlep eo aņ, komaroñ aikuj in kajitōk jermal in

kŏmadmŏd naŅinmej mokta jĀn jino ājmour eo aŅ. Jouj im kŏnono ippen juon eo etimjeļok ilo lale naŅinmej.

### Pukot jipaŅ

Iaļ in ļok nĀn ājmour im kŏmour eaitok im pen, ak jejjab aikuj in make ļok iaad im kŏmŅane. Mour ilo ājmour ej aikuj in lukkuun mŅool eo. Kaarmejetje, make mŅe, im kŏttoļoke rej kŏmŅan an pen nĀn tŏpare jemļok in eddekļok ilo ājmour. Ej menin aorŏk nĀn ad kalaajrake jipaŅ eo an ro jet iien eo emŏkaj tata. Elŏn armej rej kŏŅaan etetal ippĀd im jipaŅ kŏj. Bűerejtŏn Spencer W. Kimball eaar ba: “Anij ekar kakemeemej kŏj, im e ej lale kŏj. Ijoke ej kŏn bar juon armej me ej loe aikuj ko ad” (*Teachings of Presidents of the Church: Spencer W. Kimball* [2011], 82).

Kappukot jipaŅ jĀn Anij im ro jet ejjab letok wŏt kŏperan eo jej aikujĵi nĀn wŏnmaanļok wŏt ilo iaļ in ak ej bareinwŏt jipaŅ kŏj kemeemej bwe jej aikuj jipaŅ. Neĵ kwoj kajitŏk jipaŅ, komaroŅ jeļĀ dettan iakwe im aikuj eo kwoj pukŏte. Elak ļapļok aŅ ekkeijel ippĀn ro jet, eļapļok iien ko remŅman konnaaj bŏk nĀn iakwe im rie ilo etale im loe mŅool in kŏmour eo im ājmour eo.

ĻŏmŅak kŏn oktakin kein jipaŅ ko rej peļļok nĀn eok im ewi wāween aŅ maroŅ tŏpare jipaŅ. Jej elmakote kappukot im jermal ippen juon eo ribŏk eddo me eaar emŅan an kar bűiki buŅtŏn ko 12. Juon eo ribŏk eddo ejjab aikuj bwe en jittŏn. Jej rŏjaŅ eok nĀn niknik jar im ļŏmŅake wŏn komaroŅ kajitŏk bwe en aŅ ribŏk eddo einwŏt iien eo emŏkaj tata. Juon jikin emŅan nĀn pukŏt juon ribŏk eddo ej ilo kweilok eo an ājmour. Kweilok ko an āj-mour rej juon jikin ejokane nĀ ad jeere im ekkatak kŏn ājmour.

Kein jipaŅ ko jet ekoba ro uwaan baamļe, ro jerad, ritŏl ro an KabuŅ in, im thereapist ro. Kein jipaŅ eo eļaptata ej Jemedwŏj IlaŅ. Peeke wŏn eo jej kajitűkini im nĀat jej kajitűkini kŏn jipaŅ ej an juon armej make kĀalŏt. Ilo jet jekjek, emaroŅ jab jokane ak lukkuun jipaŅ nĀn kŏj nĀn kwaļoke ak kajitŏk

jipaŅ jen ro uwaan baamļe ak ro jerad. Mekarta, eaorŏk bwe jen bŏk eļap jipaŅ jen elŏn kein jipaŅ ko nĀ emaroŅ. NĀn meļeļe ko reļļapļok, jouj im bar lale “JipaŅ ilo Bŏk Ājmour” jekjŏn eo loe ilo appendix eo an unin tŏl in.

JemaroŅ in āliklik ak jook in kajitŏk jipaŅ jĀn ro jet. JemaroŅ in jab kŏŅaan bwe en jeļĀ kŏn bűrabŏļŏm im jirilok ko ad. JemaroŅ in jab kŏŅaan bwe jen juon menin eddo ak maroŅ jab eŅjake ad kŏŅaan jipaŅ. Ak emŏj ad loe an armej jeraamŅan nĀ jej kajitŏk jipaŅ eo aer. BuŅtŏn 12 ej kŏn jermal in jipaŅ im jipaŅ ro jet. NĀ ro rej pĀd ilo ājmour rej karejar nĀn ro jet, rej bŏk kajoor ilo aer make ājmour.

### Ekkatak im Meļeļe

Eoon im enaan kein laajraki jĀn ritŏl ro an KabuŅ remaroŅ jipaŅ kŏj ilo ājmour eo ad. Kŏjermal er nĀn kĀjekļokjeŅ, ekkatak, im jeje bwebwenato. Kemeemej in mŅool im en alikkar ilo aŅ jeje.

### Kadkad eo aŏ ekwojarjar

“Reilikļok, keememej bwe komŅ kar kwaļok erre eo ami ilo mour eo mŅokta. KomŅij juon ajri neĵin Anij erre eo, im *kŏn An jipaŅ*, komŅ maroŅ anjŏ ilo mĀlijjoŅ ko an laļ in ejerawiwi. KomŅ kar kŏmŅane menin mŅokta, im komŅ maroŅ bar kŏmŅane.

“ReimŅaanļok. JorĀn ko im bűromŏj ko relukuun mŅool, ijoke *bŏtaab rejjamin naaj nĀn indeeo*” (Neil L. Andersen, “Ikkinenjeĵ,” *Liaona*, Nob. 2018, 85; naan ko kar kobaiktok).

- ĻŏmŅak kŏn juon men eaar waļok mokta, tariŅae ta ko iaar irre ie im anjŏ?

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kŏn juon wŏt ainikien, im ba: O Kwŏn tŭriamŏ,  
im kŏjberbal bŏtŏktŏkin pinmuur eo an Kraist bwe  
kŏmin maroŅ bŏk jeorŭŏk bŏd in jerŏwiwi ko amŭ,  
im bŭruŏmŭ ren karreo, bwe kŏmij tŏmak ilo Jisŏs  
Kraist, Nejin Anij, eo eaar kŏmjanman laŅ im laŭ, im  
men otemjeje; Eo enaaj wanlaŭtak ilubwiljin ro nejin  
armej” (Mosaia 4:2).

Jerbal in ajmour ej waŭŏk Ņe jej mije uwaak eo im  
jab bŭrabŏŭŏmŭ eo. Wŏr tŏmak ilo Jisŏs Kraist enaaj  
letok Ņan kŏj kajoor eo im aenŏmjan eo jej aikuji  
Ņan jelmŭe jabdewŏt laŅ.

- Ta kadkad eo aŏ ippŅn Jisŏs Kraist? Ij ke lŏke E  
Ņan jipaŅ Ņa?

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- Ņe ij kile mŏjŅŏ ko aŏ make, iperan ke Ņan  
oktak Ņan aŏ Rilŏmqŏr jan kajoor in pinmuur  
eo An? Etke ak etke ejjab? EŭaŅŅe jab, elmen aŏ  
naaj jino?

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“Jeje ko rekwojarjar rej kwaŭŏk bwe katak ko an  
Kraist rej aŅwŏt tŏmak ilo E im ilo Pinmuur eo  
An, ukweŭŏk, peptaij, bŏk menin letok eo an Jetŏb  
Kwojarjar, im nikip Ņan jemŭŏkin [lale 2 Nipai 31].

“Pinmuur eo an Kraist ekŏmjanne jekjek ko bwe  
jen maroŅ pedped ionon “tŏlloke, im turiamŭkake,  
im jouj eo an Messaia eo Ekwojarjar’ [2 Nipai 2:8],  
‘weepŅn lo [Kraist]’ [Moronai 10:32]], bŏk aolep  
men ko remjan, im bŏk mour indeo.

“Katak ko an Kraist ilo bar juon wŭween rej iaŭ  
eo—ial eo wŏt—me jemaroŅ bŏk aolep kŏjer-  
amjan ko rededeŭŏk Ņan kŏj kŏn Pinmuur eo an  
Jisŏs” (Brian K. Ashton, “The Doctrine of Christ,”  
*Liahona*, Nov. 2016, 106).

- BuŅtŏn ko 12 an ajmour rej jet iien kŏnono  
kake aŅwŏt “buŅtŏn ajri” kŏnke rej kakobaba  
in buŅtŏn ko ilo jermal in bŏk katak eo an Jisŏs  
Kraist Ņan bŭrabŏŭŏmŭ in aŅŭrlep. Elmen an  
“buŅtŏn dikip” kein jipaŅ Ņa bŭki kŏjeraamjan  
ko an Pinmuur eo an Jisŏs Kraiast?

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**Kōṇaan eo aō ṇan bōjrak jān aṅūrlep**

“Ilo aṅ kōmṅakūti jibadbad eo aṅ jān kareel ko an laḷ in, jet men ko me remaroṅ āinwōt aorōk ṇan kwe kiiō naaj makunḷok ilo aorōk ko aer. Kwonaaj aikuj in ba jaab ṇan jet men ko, meṇe remaroṅ āinwōt rejjab kakkure eok. Ilo aṅ jino emṅakūt ilo im wōnṅaanḷok ilo mour in eaitok ilo jerral in kokwojarjar e mour eo aṅ ṇan Irooj, oktak ko ilo kōḷmenḷokjeṇ eo aṅ, eṅjake ko, im kajoor ilo jetōb renaaj kabwilōṅ eok!” (Russell M. Nelson, “Mennin Aorōk ko ilo Jetōb,” *Liaona*, Nob. 2019, 77)

Kallimur in, kar kōmṅan jān juon rikaanan Anij, ej kalaajrake oktak ko rekabwilōṅlōṅ remaroṅ ṇe jej ukōt mije eo ad ṇan Irooj.

- Ta jerral ko aolep raan me inaj būki ṇan mije Jisōs Kraist?

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- Kein kamad rōt ko an laḷ in me imaroṅ in ba jaab ṇane, tōmak bwe renaaj makunḷok ilo aorōk.

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“Im Irooj eba ṇan eō: Kwōn jab bwilōṅ bwe aolep armej, aet, ṁaan im kōrā, aolep laḷ ko, nokwe ko, lo ko im armej, reaikuj bar ḷotak; aet, ḷotak jān Anij, oktak jān jekjek in ḷōṅ im wōtlōk eo aer, ṇan jekjek eo ejimwe, im bōk ḷomṅoren jān Anij, im erom ṁaan im kōrā ro nejn” (Mosaia 27:25).

- Kōṇaan eo aō ṇan oktak ej kii ṇan pimuur jān “jekjek eo enana” aō. Ewōr ke aō kōṇaan bōjrak jān aō aṅūrlep? Ij ke makoko? Eḷaṅṅe āindein, etke?

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## Kappukot jipañ

“Āinwōt rikaļoor ro an Kraist, jejjab kōjekdōon men ko reppen im mellijoñ ko ilo mour ko ad. Ekkā ad aikuj in kōmṡmani men ko reppen me, eļaññe jej kajjieoñi make iaad, enaaj keñtaanān im bōlen pen. Ilo ad bōke kūr eo an Rilōmṡor ñan ‘itok ñan Ippa’ [Matu 11:28], Enaaj letok jipañ, innenṡman, im aenōṡman eo me remenin aikuj” (John A. McCune, “Itok ñan Kraist—Mour āinwōt Armej ro Rekwojarjar ilo Raan ko Āliktata,” *Liaona*, Māe 2020, 36).

- Rilōmṡor eo eaar kōpooj juon jipañ, innenṡman, im aenōṡman, ñan kōmṡmane men ko reppen. Ia eo imarōñ loe jipañ eo im kaenōṡman eo E eaar kallimur kake?

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- Ājmour ej ke einwōt ļap ak bōlen eban tōprak eļaññe ij ļōmṡak in makeļok kake?

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- Elmen jeļā bwe ejjeļok ej ko jān ekajet ko ilo mour ko aer im bwe kōj wōj aolep aikuj jipañ eō joļok makoko im āliklik ñan tōpar ro jet kōn jipañ?

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- Emoj ke aō jar kōn wōn ro in kajitōk bwe ren aō ribōk eddo? Elōñ ke jabdewōt et ko raar itok ñan ļōmṡak e aō?

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“Ejja āinwōt kōn jouj eo an Irooj me kajjojo armej, kōn tōmak ilo pinmuur eo an Jisōs Kraist im ukweļok jān jerawiwi ko aer, rej bōk kajoor im jipañ ñan kōmṁani jermal ko remṁan me reban kar maroñ kōmṁani eļañne kar leļok ñan maroñ ko aer make. Jouj in ej juon kajoor in jipañme ej kōtļok bwe emṁaan ro im kōrā ro ren bōk mour indeo im mour āinwōt Anij ālkin aer kōdepak-pakļok kijejeto ko aer remṁan tata make.” (Bible Dictionary, “Jouj”).

- Ewōr iien ko ñe ij maroñ joļok aō añūrlep iumin jiddik wōt iien. Ekōjkan an aō pād wōt im anemkwoj jān añūrlep, meñe ij mōk ak ebweer?

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## Buñtōn 1: Kwaļoke bwe kōj, make, je mōjņņ nān anjo ion aņūrlep ko ad im bwe mour ko ad emōj aer jino jorāān.

Katak eo Aorōk: M̄ool

Elōñ iaad raar jino aer aņūrlep jen kajnōt. Jet iaad wōj rekar jino in koba kōnke kōn juon aikuj in kwaļok (einwōt juon uno eo kar kōmālim im leļok) Elōñ iaad raar jino einwōt kajjieoñ in joor jen metak. Elōñ iaad raar jino makūtkūt ko rej tōl ļok nān m̄wilin aņūrlep ke jekar baj ajri wōt. Jekdoņn ta wūn ko ad im jekdoņn ta jekjek ko ad, jenaaj loe kio wōt bwe aņūrlep ej letok kakkije eļapļok jen metak ilo ānbwin. Ej kemeraik inepata ak kamij eņjake ko ad. Ej jipañ kōj joļok ad būrabōļōm̄—ak tōmak ta eo kar ba ijoke tōmak in ejjab jim̄we. Jiddik ien jekar eņjake an ejjeļok mijak, inepata, ajimakeke, ebweer, aļļok, ak edodo. Ak kōnke mour in eobrak kōn jekjek ko rej kipel kain eņjake kein, jej jerbāl emakijki ilo ejjeļok bōbweer nān aņūrlep ko ad. Aņūrlep ej juon iaan wāween ko jej kajjieoñ in jerbale ippen aikuj ko eņjake ko ad. Rilōm̄oņr Jisōs Kraist emeļeļe kōn apañ in. Rikanaan Spencer W. Kimball ekar ba, “Jisōs eaar loe jerawiwi einwōt ebōd ijoke eaar bareinwōt maroñ loe jerawiwi an einwōt toor ļok jen m̄wilaļ im aikuj ko jañin kar loi ilo mōttan eo

an rijerawiwi” (“Jesus: The Perfect Leader,” *Ensign*, Aug. 1979, 5).

Ijoke, elōñ iaad raar likjab in kile ak kwaļoke ad kar jerwaane maroñ eo nān jumae im jitlok ipped make. Ilo tōre eo ad im jekar lukkuun jerata, elōñ iaad raar loe bwe ekar wōr ippād jejjo kālet ko. Āinwōt an kar Būreejtōn Russell M. Nelson kar kōmeļeļeiki: “Aņūrlep ej kadikļok tokālik anemkwoj nān kālet. Kōnono kōn men ko an re baijin, juon emaroñ jino mwijkōk jān ankilaan make” (“Addiction or Freedom,” *Ensign*, Nob. 1988, 7).

Jej kōņaan bōjrak ijoke ejjeļok kōjātdikdik. Obrak kōn mijak im bōbweer, elōñ iaad rekar bar ļōm̄ņakin kajemļok ad mour ñe eaar ukooktak eo wōt. Ak jekar jeļā bwe eaar jab iaļ eo in Jemedwōj Ilañ ekar kōņaan bwe jen bōke.

Eaar pen nān kwaļoke m̄wilin aņūrlep ko ad. Jekar kariab jekjek eo ad em̄ool im kar kajjieoñ jumae an itok kaje ko jen kālet ko ad ilo kadikļok ak ņooje m̄wil ko ad. Jekar jab jeļā ke m̄oņe ro jet im kōj make, ekar kaļapļok ad pād ilo m̄wilin aņūrlep

ko. Ilo ad möjño ļok añürlep ej ļapļok, elōn iaad raar loe ruwōn ippen baamļe, ro jeran, ritōl ro an Kabuñ, im bareinwōt Anij. Jekar kaļapļok ad make pād ilo m̄wilin ajimakeke, kōjenolok kōj make jen ro jet—eļaptata Anij.

Ñe jej oktak ñan riab im ittiņo, ļōmņakin jekpene kōj make ak ņa ruwōn ro jet, jej möjño ļok ilo jetōb. Kōn kajojo makūtūt in riab im ņooj añürlep ko ad, jej likwōj kōj make kōn “to epedañūtñūt [ko]” bwe tokālik nej jino einwōt m̄adm̄ad ko (2 Nipai 26:22). Innem enaj itok juon iien ñe jekar jelmae m̄ool ilo juon wāween eo open. Jejjab maroñ bar ņooj añürlep ko ad ilo ad riab ak ba, “ejjab nana menin!”

Juon eo ejitōnbōro, juon taktō, ak juon ri ekajet, ak juon ritōl an m̄on jar eaar jiroñ kōj m̄ool eo jejjab maroñ kariab e: añürlep eo eaar kakkure mour ko ad. Ñe jej m̄ool in kalimjek mour eo ad etto, jej kwaļok bwe ejjeļok men en kar kajjioñ in jerbale kōn kōj make. Jej kile bwe añürlep emōj an jorāan. Jej jeļā ewi joñan an añürlep ko ad kar kakkure jem-dōḡon ko ad im kar joļok eñjake ko kōn aorōk eo ad. Ilo iien in, jej bōk buñtōn eo jinointata ñan anemkwoj jen añürlep ko im ajmour jen kapukōt peran eo ñan kwaļok ke menin eļapļok jen juon būrabōļōm̄ ak m̄wil enana.

Āliktata jekar kwaļoke m̄ool eo bwe mour ko ad emōj aer jorāan im bwe jekar aikuļ jipañ ñan anjo ion añürlep ko ad. Jej kile bwe jemaroñ jab kōmour kōj make im kwaļoke jejjab maroñ pād im jeļā ke jej kaminene añürlep eo ad ilo jabdewōt jekjek. Jekar jeļā bwe jekar aikuļi jipañ jen Anij im ro jet ñan m̄ool ñan kōj make. Men eo ekabwilōñlōñ kake kōn m̄ool ej jeļā juraake im wujlepļok āliktata jino ajmour.

Mool ej pedped eo ñan aolep buñtōn ko jet im ej jipañ kōj jeļā aikuļ ko ad ñan Rilqmōqr eo. Būreejtōn Dieter F. Uchtdorf, mokta ilo Būreejtōn̄ji eo Kein Kajuon, kar katakin: “Maroñ in alikkar ad loe kōj make eaorōk ñan eddekļok eo ad ilo jetōb im emmanļok eo. Eļañne m̄ōjño ko im likjab ko ad rej pād wōt ilo ņojak ilo marok ko, innām kajoor in lqmōqr eo an Rilqmōqr ejjab maroñ kōmour er

im kōkajoor er [lale Ether 12:27]” (“Lord, Is It I?,” *Liahona*, Nov. 2014, 58).

Ñe jej kōtļok kōj ñan kōm̄man ad kōņaan ilo añürlep ko ad, jej riab ñan kōj make im ro jet, ijoke jejjab maroñ m̄ool in riabe kōj make. Jekar āinwōt ñe em̄man ad pād, obrak kōn peran im jekpen ko. Ijoke juon jikin ijo ilowaa em̄wilaļ, jejeļā bwe kōtļok kōj ñan añürlep ko ad enaaj tōl ļok ñan eļapļok būromōj. Meram an Kraist ej wōnmaanļok in bar kakemeemej kōj. Kaarmejeje m̄ool in ekamōkmōk, ekar juon kakkije ñan kwaļoke āliktata in ar kar bōk juon būrabōļōm̄ Āliktata, jekar kōtļok juon peļļok edik ñan an kōjātdikdik bwe koņ. Ñe jej kālet ñan kwaļok ke ewōr juon ad būrabōļōm̄ im jekar aikuļ in kapukōt jipañ, jekar leļok bwe kōjātdikdik en juon jikin ñan eddekļok.

## Buñtōn Jerbal ko

Eñin ej juon būrookraam̄ in jermal. Ilo ad wōnmaanļok in pedped ion ilo jokin mour kake buñtōn ko ilo kajjojo raan. Menin kar jeļā kake āinwōt “jerbale buñtōn ko.” Laajrakin jermal kein rej jipañ kōj itok ñan Kraist im bōk tōl im kajoor eo menin aikuļ ñan bōk buñtōn eo tok juon ilo ad ajmour.

## Joļok utiej bōro im kapukōt ettā bōro

Utiej bōro im m̄ool rejjab aikuļ in koba ippen doon. Utiej bōro ej juon men eo me loe ak jjab m̄ool im juon men eaorōk an aolep añürlep. Utiej bōro ej iñtōk e m̄ool eo kōn men ko einwōt rej, im raaar, im renaaj waļok. Ej juon apañ eļap ñan ajmour eo ad. Būreejtōn Ezra Taft Benson ekar ba:

“Utiej bōro eitok ilo wāween jiāe. Jej karḡñrḡñ anki-laad ņae ankilaan Anij. Ñe jej tōl utiej bōro eo ad ņae Anij, epād ilo jitōbōn ‘ankilaaō im jab ankilaan en kōm̄man.’ . . .

“Ankilaad ilo jiāe ankilaan Anij ej kōtļok an ikideelel ko, kwole, im itok limo ko rej etal ñan jab maroñ dāpiji.

Ri juwa rejjab bōk mālim eo an Anij ilo leļŋk tōl nān mour ko aer. Rej karŋrŋrŋ loļŋkjeŋ ko aer kōn mool im jumae jeļāļŋkjeŋ eo eļap an Anij, maroŋ ko aer ŋae kajoor in priesthood eo an Anij, tōprak ko aer ŋae jermal ko An rekajoor” (*Katak ko an Būreejtōn ro an Kabuñ in: Ezra Taft Benson* [2014], 232).

Ilo juon bar meļeļe, jekar kālet nān eļļŋk jen utiej bōro ko ad im mool kōn añŪrlep eo ad. Ejjab pidodo nān ettā bōro, jermal aolepen iiō ko in make-loļŋkjeŋ, im lukkuun kālet mool, ijoke kajojo iien, ej erom juon kōjeraamman eļap.

Eaar juon oktak eļap nān kōj ke jekar āliktata eļļŋk jen utiej bōro eo ad im erom ettā bōro. Elōñ iaad wōj rekar jab kōttāik kōj make ak “ijjab kar kipel er nān kōttāik er.” (Alma 32:13). Juon wōt iaan wāween ko, kaje ko an añŪrlep ko ad rekar bōktok nān kōj, im jekar jerwaane men ko rekar aorōk ippād—mōko imōd, jikin jermal ko ad, baamle ko ad, im bar anemkwoj eo ad. Jekar jerwaane lōke eo an baamle eo im ro jerad. Jekar jerwaane ad make-utiej im ad lōke nān jelmae appaŋ ko an mour in. Jekar tōpar jekjek ko ad renana tata jemaroŋ e, im ļōmņak bwe ettā bōro eaar waļŋk jen metak, eaar jino in ad ājmour.

Ājmour jen añŪrlep ejjab pidodo, ebōk eļap jermal. Ijoke jekar āliktata jeļā bwe wōneen eo jej kōļļāiki nān pād wōt ilo añŪrlep ko ad eaar ļap jen wōņāān ājmour. Ilo ad eļļŋk jen utiej bōro, jekar poojak in jino iaļ eo ļŋk nān anemkwoj jen añŪrlep.

### **Kwōn mool im kōnono ippen juon armej**

Juon makūtkūt eaorōk nān jipaŋ kōj mool kōn añŪrlep ko ad ej nān kōnono ippen juon armej kake. Kōnke añŪrlep ko ad raar kōmņan menin ad kwaļŋke, kōmeļeļeik, im riab nān ro jet, ekoba kōj make, elōñ iaad rekapeel ilo mōņ. Loļŋkjeŋ in ej komaroŋ kōj nān pukōt añŪrlep ko ad, im epen bwe jen mool in loe men ko. Ilo ad kadikļŋk im kwaļŋke mŋwil eo ad, jej ļōmņak ebōd ad kabwijere. Mekarta,

ñe jej peļļŋk im tōpare-bar juon armej, armej en emaroŋ jipaŋ kōj loe mool eo im loe mōņ eo.

Armej eo jemaroŋ kōņaan kōnono ippen moktata ej Jemedwōj Ilañ. Jemaroŋ jar im kajitūkin E bwe en jipaŋ kōj mool, kalikkare ad loe men ko, im bōk peran eo nān bōke mool eo. Innem jemaroŋ jar im ļōmņak kōn juon bar armej nān kōnono ippen, juon eo me emeļeļe kake gospel eo an Jisōs Kraist im iaļ eo nān ājmour. Kālet armej eo kwoj lōke. Emaroŋ juon eo pālele, jinen im jemān, uwaan baamle, ritōl an Kabuñ, jerad, mōttad rijermal, taktō, ribōk eddo, mijenede ro, ak juon eo ej kōjeikiik ilo juon kweilŋk in ājmour. Ālkin kālet juon armej, buñtōn eo tok juon ej kwaļŋk ippāer wāween jej appaŋ kaki. Jej aikuj in jar kōn peran nān mool ilo ad maroŋ e añŪrlep ko ad. (Lale pepa eo “Jipaŋ ilo Ājmour.”)

### **Pād ilo kweilŋk ko**

Kweilŋk ko an ājmour rej kein jipaŋ ko rekajoor an kōjātdikdik im rie. Jekdoņ ia jej pād ie, jemaroŋ in pād ilo kweilŋk ko ilo armej ak online. Kweilok kein rej juon jikin nān koba ippen ro jet rej kapukōt ājmour im ippen ro ededeļŋk aer kar bōk iaļ in im rej kaņŋole an menin jermal. Ilo kweilŋk ko an ājmour, jej loe ro jet rejeļā būki buñtōn ko im kapukōt ājmour im ro me rej kōņaan jipaŋ kōj ilo iaļ in ad make. Kweilŋk ko an ājmour rej juon jikin meļeļe, kōjātdikdik, im rie.

Ilo kweilŋk kein, jej ekkatak pedped in katak ko an gospel me remaroŋ jipaŋ ukōt mŋwil. Būreejtōn Boyd K. Packer ekar kwaļŋk “Ekkatak katak ko an kojpeļ eo renaaj kōkmanmanļŋk mŋwil emōkaj ļŋk jān juon ekkatak in mŋwil eo enaaj kōkōmanmanļŋk mŋwil. Ļōmņak ko me eļāñne juon armej ej mije wōt ak jiktok ippen makūtkūt ko rejjab itok limoer. Eñin wūnin ad lukkuun kipel ekkatak kōn katak ko an gospel eo” (“Little Children,” *Ensign*, Nob. 1986, 17). Kweilŋk ko ejjeļŋk wōņāāer im rennojak. Etal nān AddictionRecovery.ChurchofJesusChrist.org nān pukōt kweilŋk eo epaake eok.



- Ta eo iaar kōm̄m̄ane bwe in maroñ pād ilo m̄wilin añŲrlep eo aō?

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- Ta katak ko ak joñnok ko Iaar kakure?

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### KŲle im maro

“Em̄ŲŲŲŲ ro aolep rej kwŲle im maro kōn w̄anŲk: bwe renaaj obrak” (Matu 5:6).

“Im aō eaar eañden; im iaar bukwelŲlŲ im̄aan aō Rikōm̄anm̄an, im iaar k̄Ųr ñan e ilo jar ekajoor im akweļap ñan jetŲb eo aō; im aolep̄an raan eo iaar k̄Ųr ñan e; aet, im ke boñŲn eo eaar itok iaar kotak wŲt ainikiŲ bwe en tŲpar lañ ko” (Enos 1:4).

- Ilo jeje kein ruo rekwojarjar, jej loe bwe jetŲb ko ad remaroñ kŲle. Em̄Ųj ke aō kar eñjake an ejjeļŲk kobban ilowaa, meñe ijjab kŲle ilo kanniek? Ta eo ej kōm̄m̄an bwe en ejjeļŲk kobban?

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- Elmen an kŕle eo aŏ kŏn men ko an Jetŏb jipaŅ eŏ mŕool?

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### Mŕool

“Jet remaroŅ kŏŅaan aorŏkin kadm ad eo emejaja āinwŏt mŕool bwe en juon katak eo iminene kake. Ak ij tŏmak menin bwe emaroŅ in lukkuun jinoin gospel eo. Ilo an ejjeŕŕk mŕool, mour ko ad . . . renaaj rup ilo elŏn mŏttan ko rekajŕŕ im jorāān” (Gordon B. Hinckley, “We Believe in Being Honest,” *Ensign*, Oct. 1990, 2).

- Ta wāween ko iaar riab im kajjieoŅ in ŕooj aŏ aŅŪrlep jen nā make im ro jet? Elmen an mŕwil in kar kŏmŕan “kajŕŕ im jorāān”?

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### Ettā Bŏro

“Kŏnke kar kipel koŕ bwe koŕin ettā koŕin mŕŏŕŏŕŏ; bwe juon armej jet iien, eŕānne kipel e bwe en ettā, ej pukot ukeŕŕk; im kiiŏ emŕool, jabdewŏt eo ej ukeŕŕk enaaj lo tŭriamŕo kake; im e eo ej lo tŭriamŕo kake im niknik nān jemŕŕkin enaaj mour” (Alma 32:13).

- Ta jekjek ko rekar kipel eŏ bwe in ettā bŏro im ukweŕŕk?

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- Ta kŋjĀtdikdik eo Alma eaar letoke nān eŋ? Elmen aŋ marŋ loe ak bŋk kŋjĀtdikdik eo?

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### Kapooļe kŋn mĀlijjoŋ ko

“Emŋj kapooļ eŋ kŋn, kapo ko im jerŋwiwi ko epi-dodo aer jepooļ eŋ.

“Im nē ij kŋnaaŋ mŋŋŋŋŋ, buruŋ ej kŋrraat kŋn jerŋwiwi ko aŋ; mekarta, ijeļā ilo wŋn iaar lŋke.

“Aŋ Anij Eaar aŋ aŋinwoļā; Eaar tŋl eŋ ilubwiljin eŋtaan ko aŋ ilo āne jemāden; im eaar oŋaake eŋ ioon dān ko rekanooj mŋwilaļ.

“Eaar kobraŋ eŋ kŋn iakwe eo An, emŋool nān jako eo an ānbwinnŋ” (2 Nipai 4:18–21).

- Ke Nipai ekar eŋjake an mŋjŋo ļŋk, wŋn eo ekar likŋt an lŋke ippen?

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- Ta eo imaroŋ kŋmŋane bwe in likŋt elŋŋ ļŋk lŋke ilo Irooj?

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**“Ijeḷā bwe armej ejeḷok tokjen.”**

“Im ālikin men kein ekar iumwin tōrean elōñ awa ko mōkta jān an Moses kar bar bōk lukkuun kajoor eo an āinwōt ñan armej; im eaar ba ñan e make: Kiiō, kōn un in ijeḷā bwe armej ejej tokjān, men eo me ijjamin kar kōtmāne” (Moses 1:10).

- Ilo wāween rōt ko ejeḷok tokjen ña ñe ij jab bōk jipañ eo an Anij?

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- Ilo wāween rot ij lukkuun in aorōk?

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- Elmen aō marōñ kile ke aikuj in pedped ion Anij bwe en bōktok eō ñan kwaḷok aō make “ejeḷok” im erom einwōt juon ajri? (Mosaia 4:5; bar lale Mosaia 3:19).

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## Būuñtōn 2: Itok im tōmak bwe kajoor an Anij emaroñ in kōrool kōj ñan dipieo in ājmour ilo jetōb.

### Katak eo Aorōk: Kōjātdikdik

Ñe jej jeļā bwe ejjeļok ad kajoor ioon aņūrlep ko ad, elōñ iaad rekar eņjake an jako kōjātdikdik. Jekar kajjieoñ in joļok elōñ iien ko. Elōñ iaad rekar jar ñan Anij elōñ iien ko. Jekar jeorļok ad bōd kōn m̄wil eo ad im kar kallimur ñan oktak. Ak ālkin ālijii im bar ālijii ad wōtlok, jej jino in ļōmņak kōn an Anij jab m̄oņoņō IPPAD im jab maroñ jipañ kōj. Elōñ iaad rekar rūttoļok ilo ejjeļok katak kōn Anij im raar kajjieoñ aolep men remaroñ aolep iaļ in mour. Juon wōt iaer, buñtōn 2 ej kowaļok ñan kōj juon uwaak jekar kowaane ak jab ļōmņake—ñan pukōt kōjātdikdik ilo Jisōs Kraist im kajoor in Pinmuur eo An.

Āliktata jej ettā bōro, jekar kajitōk kōn jipañ. Ālkin kar eņjake an dik kōjātdikdik, jekar jino in pād ilo kweilok ko an ājmour im jerbale ippen ribōk eddo ro ad. Ñe jej jino itok ñan kweilok ko, jej obrak kōn pere im mijak. Jekar mijak, m̄ok, im maroñ bareinwōt lellōtaan, akō emņan bwe jekar itok.

Ilo kweilok ko an ājmour, armej rej m̄ool in kwaļok jekjek rōt mour ko rekar pād ie, ta eo ekar waļok

bwe ukōt er, im elmen rōt wāween anjo jen aņūrlep. Jej loe bwe elōñ armej me jekar ioon er ilo kweilok kein raar eņjake mokta ļok an ejjeļok kōjātdikdik en jekar eņjake. Ak ilo ad wōnmaanļok in pād, jej loe elōñ ro iaer rej m̄ool in ettōndikdik, kōnono, mejen mōņoņō im kije kōn ilju im jekļaj eo. Jekar loe elōñ ro rekar eņjake juon kajoor in oktak ilo mour ko aer, juon oktak me jemaroñ bar kōņaan.

Ilo m̄ool, pedped in katak ko rej letok im kar kaminene kake rekar jino jerbale kōj. Ilo ad bar roolto, jej jino in eņjake juon men jekar jab eņjake ilo iio ko—kōjātdikdik kake. Eļañne eaar ejjeļok kōjātdikdik ñan ro jet me rekar pād ilo turin kak-kure, bōlen en kar bareinwōt ejjeļok kōjātdikdik ñan kōj. Jej jino in tōmak bwe eļañne jen kar oktak ñan Jisōs Kraist, en kar “ejjeļok m̄wil, ejjeļok aņūrlep, ejjeļok jumaē, ejjeļok jerawiwi, ejjeļok jorāan jen kallimur in dipio in jeorļok bōd” (Boyd K. Packer, “The Brilliant Morning of Forgiveness,” *Ensign*, Nov. 1995, 19).

Ilo tōrein tōmak im naan in kaņool, jej loe bwe kōjātdikdik enaaj kōmņan ad jeļā im kile juon men

ñan tūriamō im kajoor eo an Anij. Jej jino in tōmak bwe E emaroñ kadiwōj ļok kōj jen kōmakoko in añürlep. Jekar ļoor waanjoñak ko an ro jerad raar ajmour. Jekar jino jerbale buñtōn ko, bök jipañ jen ro jet—ekoba ribök eddo ro ad—im pād ilo kweilok ko an ajmour. Ilo ad jar, kōjekļokjeņ, im mour kōn jejej ko rekwojarjar, kajojo iien jej jino in kōkāāl makūt-kūt eo ad ilo Kabuñ in. Kabwilōñlōñ ko ad raar jino waļok, im jekar loe ad make jeraamņman kōn jouj eo Jisōs Kraist ñan jipañ tōlarök kōj ilo kōmņman kōņaan juon raan ilo juon iien.

Ilo ad jerbale aolepen buñtōn 2, jej jino in mōņōņō in bar bök jikin lōke ilo kōj make im añürlep ko ad kōn tōmak ilo iakwe im kajoor eo an Jisōs Kraist. Jej jerbale buñtōn in ilo ļomņak ko ad im bōro wōt ippen ribök eddo eo an ro jet, im jej ekkatak pedped eo an ajmour jen añürlep aikuj in ilo jetōb. Innem, ilo ad iuun doon maanļok jerbale kajojo iaan buñtōn ko kar elmakote ilo unin tōl in, wāween ajmour ilo jetōb ekar ñan kōj.

Bürookraam in ej ilo jetōb, im ej juon bürookraam in jerbale. Ñan kōj im ro jet, jerbale in ajmour eaar aorök ilo jabdewōt kijejeto. Ilo ad bōki pedped in katak kein im kōtļok aer jerbale ilo mour ko ad, jej bar rool im emņman im dipio in ajmour ilo jetōb. Jej loe juon jemdoņon emņool ippād make, ippen ro jet, im ippen Rilqmqqr eo Jisōs Kraist.

Ñan jet iaad wōj, kabwilōñlōñ eo an ajmour emōkaj an itok; ñan ro jet, ajmour emōj an ļapļok jen an jidik illok jidik. Juon wōt iaer, men eo eaorök ej bwe jen wōnmaanļok in *kaminene* tōmak im lōke bwe Anij emaroñ kōmņane ñan kōj men eo me jejjab maroñ kōmņane ña kōj make. Kajojo iien jenañin maroñ ba bwe kōn “dim ilo Kraist,” emōj ļomņoren kōj jen añürlep im kar mōņōņō kōn juon “kōjätdikdik emeram” (2 Nipai 31:20).

Jemedwōj Ilañ im Nejin, Jisōs Kraist, rej pād ippād ilo jekjek in jerbale eo an añürlep. Rej jipañ kōj kakaajririik im kaļapļok ad kōjätdikdik ilo Kraist. Būreejtōn M. Russell Ballard ekar ba:

“Ñan aolep ro raar bök kuņaer ilo jabdewōt kain añürlep, ewōr kōjätdikdik kōnke Anij ej iakwe aolep ro Nejin im kōnke Pinmuur eo an Irooj Jisōs Kraist ekōmņman bwe aolep men ren pidodo.

“Emōj aō loe kōjeraamņman eo an ajmour ekabwilōñlōñ me emaroñ kanemkwoj kōj jen to ko an añürlep. Irooj ej aō Seperd, im jej jāmin kōņaan ilo ad lōke kajoor in Pinmuur eo [An]. Ijeļā bwe Irooj emaroñ im enaaj kanemkwoj ro rej añürlep jen kōmakoko eo er, einwōt Rijilök Paul ekar kwaļok, ‘Imaroñ in kōmņman men otemjej ilo Eo ej kakajoor eo’ (Pilippai 4:13)” (“O That Cunning Plan of the Evil One,” *Liahona*, Nob. 2010, 110).

Eļañne jej bar rool ñan einwōt mokta, jej loe eļap aorök ilo oktak ñan Anij im kōnono ippen ribök eddo ro ad. Jemaroñ in kar po ñan joļok aolep kōjätdikdik. Ijoke juon bar rool ñan einwōt mokta ejjab kakkure eddekļok eo jekar kōmņane, im ejjab aikuj in bwe en kajorāan kōjätdikdik eo ad. Bar rool ñan einwōt mokta ej juon bar kakemeemej elukkuun kajoor kōn menin aikuj eo ad ilo wōnmaanļok wōt im etal ñan kweilok ko an ajmour, kapukōt rie eo an ribök eddo ro im ro jet, wujeleplok ñan Anij, im jerbale aolepen buñtōn kein. Ilo ad kate wōt iuun maanļok, jej jino in eñjake kajor eo an Jisōs Kraist ilo mour ko ad. Jej emņmanļok im maroñ in jittok, im bwe kōjätdikdik eo ad en eddekļok.

Elder David A. Bednar ekar katakin: “Jemaroñ riab in ļomņak bwe kōjeraamņman ko im menin letok ko rej kakkōņi ñan armej ro jet me re wānōk loj ak ro me rej jerbale ilo kūr ko an Kabuñ. Ij kaņool bwe tūriamō ko an Irooj rej ñan aoleped wōj im bwe Rilqmqqr eo an Israel ekōņaan letok menin letok ko ñan kōj” (“The Tender Mercies of the Lord,” *Liahona*, Māe 2005, 101). Jisōs Kraist eaar letok ñan kōj elōñ tūriamō ko ilo ad etal maanļok ñan ajmour, juon iaan men ko eoarök an kōjätdikdik ej bwe kajoor eo an Anij emaroñ bar kōrool kōj ñan dipio in ajmour eo ad ilo jetōb.

## Buñtön Jerbal ko

Eñin ej juon bürookraam in jermal. Ilo ad wönmaanloq in pedped ion ilo jokin mour kake buñtön ko ilo kajjojo raan. Menin kar jeļā kake ainwöt “jerbale buñtön ko.” Laajrakin jermal kein rej jipañ kōj itok ñan Kraist im bōk tōl im kajoor eo menin aikuj ñan bōk buñtön eo tok juon ilo ad ajmour.

### Ejaake juon meļeļe ejimwe kōn kadkad eo an Anij

Jook eo ad emakijkij an kakkure meļeļe eo kōn kadkad im iakwe eo an Anij ñan kōj. Jako loq jen eñjake in metak ko ad im añürlep, emakijkij ad loe E ainwöt juon eo elukkuun pukōt ñan ukōt bōkā, inepata, ak illu ippād. Unin jerbale buñtön in ej ñan likūt rājet pepe ko rejjab jimwe kōn Anij im ejaake juon meļeļe emmanloq kōn An iakwe, tūriamō, im mōḡḡḡḡ in in kōḡaan kōjeraamḡane kōj.

Moktata, eorōk ñan meļeļe bwe Anij epād ijen meñe rejjab eñjake An pād. Itok ñan jeļā bwe Anij ej kate jermal im ej bōk kijenmej. Emaroñ in pen ñe jekar kōjermal kōḡaan, ijoke kajojo iien jej maroñ in jino loe im eñjake kadkad eo An ekwojarjar. Jej jino in jeļā bwe Anij emmanloq.

Jemaroñ kajjitōk ippān Jemedwōj Ilañ ñan jipañ kōj meļeļe kake paotōk eo An. Jemaroñ kalimjek kajoor an Anij ilo mour ko ad im ewi wāween An kōmḡane ñan kōj. Jemaroñ in ekkatak jeje ko rekwojarjar kōn tūriamōkake im jouj eo an Rilomḡor innem kōnono kake jeje kein rekwojarjar ippen ribōk eddo ro a im ro jet rej kōḡaan jipañ kōj.

Ilo ad jino bōk juon meļeļe emman kōn iakwe im tūriamōkake an Anij, jej jino eñjake eļaploq lōke im kōjātdikdik ilo kajoor an Anij ñan kadiwōjloq kōj. Būreejtōn J. Reuben Clark Jr. ekar kaḡool kōn tūriamōkake eo an Jemedwōj Ilañ ke kar ba: Ij tōmak bwe Jemedwōj Ilañ ej kōḡaan lomḡoren aolep ajri ro nejnin. . . . Ij tōmak bwe ilo an ekajet im tūriamō e enaaj letok ñan kōj nepar eo eļaptata ñan jermal ko ad, letok ñan kōj aolep men ko e ej maroñ letok,

im ilo ukōt loq, Ij tōmak bwe e enaaj kipel iood kaje eo ediktata me e emaroñ in kipele” (ilo Conference Report, Okt. 1953, 84).

### Jar im ekkatak jeje ko rekwojarjar

Būreejtōn M. Russell Ballard ekar ba: “Eļaññe jabdewōt eo ej añürlep ewōr an kōḡaan anjo, innem ewōr juon wāween anemkwoj ilo jetōb—juon wāween ko jen kōmakoko—juon wāween emōj kaḡool. Ej jino kōn jar—emool, tokjān jar, im kemaanwa ippen ippen Rikōmman eo an jetōb ko ad im ānbwinnid, Jemedwōj Ilañ” (“O That Cunning Plan of the Evil One,” *Liahona*, Nob. 2010, 110).

Ilo ad kōtloq utiej bōro im kajjieoñ kōmḡan joñan wōt ad maroñ kajojo raan, jej kōḡaan jar kōn unin tōl im tōl jen juon Jemedwōj Ilañ eo ej iakwe. Elōñ iaad raar jañin lukkuun kar jar ak liññuri jeje ko rekwojarjar. Elōñ iaad raar po ilo kapo ñan jab jar ak ekkatak. Jekar bōd ilo ad ba wōt ke kijejeto kein rekar jab jermal kōnke jekar jab eñjake ad epaakeļok Anij ak kōnke jekar appañ wōt kōn añürlep.

Jekar loe bwe juon iaan men eo eorōk ñan bōk jeraamḡaan ej ñan wönmaanloq im kōjermal kein jermal kein ilo jetōb. Lukkuun jar, jar ilo kaḡoolol aolepen juon raan, im jar kōn ro jet ekar lukkuun kaminene ko rekāal im rekajoor ñan elōñ iaad wōj. Juon iaan wāween ko ñan kaļaploq kajoor in jar ej jen mool in kwaļok appañ ñan Anij. Meñe jej kwaļoke ñan ippān Jemedwōj Ilañ kōn an ejeļok ad kōḡaan oktak, ad kōḡaan ekar kajoorloq. Jekar bareinwōt eñjake ikutkut in, lur, imwe jiddik ko jān Jetōb Kwojarjar. Jekar jino in kajitūkin Anij ta makūtikut jiddik ko jemaroñ in būki kajojo raan, ijellōkin kajitūkin E bwe ñan kōmakūt appañ ko im añürlep ko ad.

Āliktata, kōḡaan eo ñan kemaanwa ippen Anij ej tōl loq kōj ñan ekkatak naan ko an rikanaan ro raan kein im etto. Jar im ekkatak jeje ko rekwojarjar, kapukōt uwaak ko ñan kajitōk ko ad, im looki imwe ko jān Jetōb eo emaroñ in lukkuun jipañ ilo itok ñan tōmak bwe Anij emaroñ im enaaj jipañ kōj.



Juon jikin emman nān ekkatak naan in Anij ej pād ilo jeje ko rekwojarjar im ālij ilo jemļokin kajojo jepta ilo unin tōl in. Kajojo eoon im ālij kar kālet e tok im kajojo kajitōk kar kajitūkin kōn kōjātdikdik bwe emaroņ jipaņ kōj būki eoon ko im ālij ko nān mour ko ad. Jekar loe bwe meņe ebök jejo minit in kajojo raan nān kapukōt ta eo Anij ekōņaan bwe en kōnono nān kōj ej kwaļok eļap jinekjeje. Jej leļok ad kaņool kōn mool in: “Aet, jej lo bwe jabdewōt eo e kōņaan maroņ jirok ioon naan eo an Anij, eo emōkaj im kajoor, eo enaaj ajeje ijeņ im ijeņ aolep mōņ im aujiid im kōttōbalbal ko an devil” (Hilamōn 3:29).

## Ekkatak im Meļeļe

Laajrakin jeje ko rekwojarjar im ennaan ko jen ritōl ro an Kabuņ in remaroņ jipaņ ilo ad ājmour. Jemaroņ kōjērbali nān kōkmanmanļok mour, ekkatak, im jeje bwebwenato. Jej aikuj keememej nān mool im alikkar ilo ad jeje nān bök aolepen joortoklik eo jān menin.

## Tōmak ilo Anij

“Koņin lōke Anij; koņin tōmak bwe E emour, im bwe Eaar kōmanman men otemjeje, jimor ilo laņ im ilo laļ; koņin lōke bwe Ippān epād jeļā otemjeļok, im kajoor otemjeļok, jimor ilo laņ im ilo laļ; koņin lōke bwe armeje ej jab jeļā aolep men ko Irooj E jeļā” (Mosaia 4:9).

- Elōņ rikamool ro ilo laņ im ilo laļ rej kamool kōn an wōr Anij. Ta kein kamool kōn Anij im An iakwe me emōj Aō eņjake?

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## Kōļapļok tōmak ilo Jisōs Kraist

Būreejtōn Rusell M. Nelson ekar katakin: “Jino rainin nān kōļapļok tōmak eo ami. Jān tōmak eo ami, Jisōs Kraist enaaj kōļapļok maroņ eo ami nān kōmakūt toļ ko ilo mour eo ami” (“Kraist Emōj an Jerkakpeje; Tōmak ilo E Enaaj Kōmakūt Toļ ko,” *Liaona*, Māe 2021, 101).

Elōņ iaad raar kajjieoņ in ājmour jān aņūrlep ko ad kōn wōt kajoor in kōņaan ak kōn tōmak ilo juon eo jerad ak taktō. Kiiō ak tokālik, jekar loe bwe tōmak ilo kōj make ak ro jet ekar jab kōtļok ad lukkuun anjo ioon aņūrlep ko ad. Tōmak ilo Jisōs Kraist im kajoor eo An nān kōmour kōj ej pedped in ājmour eo ad.

- Ekōjkan aō eņjake kōn kōjeparok kien ko an Rilōmōqr?

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- Ta eo ekar jipaň eö tōmak ilo Jisōs Kraist?

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- Ta ribök eddo eo aō, ritōl ro an Mōnjar eo, im ro jet rej loe bwe In kōm̄mane ñan kałapłok aō tōmak?

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### Kajoor im kajoor in kōjātdikdik

Ñe jej kōjātdikdik ilo būruwōd im ļōm̄nak ko ad, jenaaj bōk juon mije emeram ļok kōn ilju im jekłaj eo ad. Kōjātdikdik ej bōktok kajoor edim im lōke jab kijenmmej bajjek. Kōjātdikdik emarōn in bar juon jipaň kōn aeņōm̄man, lur, im dim ilo ad eddekłok ilo aolepen ad ajmour jen añūrlep.

Jekdoqon pedped in katak in, Būreejtōn Russell M. Nelson ekar ba, “Kōjātdikdik ekajoorļok jān bajjek kōṅnaan ļokōm̄. Kōjātdikdik, kar kapenļok kōn tōmak im iakwe em̄ool, ej ejaake juon kajoor eppen āinwōt meel. Kōjatdikdik ej erom̄ āinwōt juon emjak ñan jetōb eo. . . . Eļañne jenaj dāpdep wōt ñan emjak in kōjātdikdik eo, menin enaaj ad kein dāpdep *indeo*” (“A More Excellent Hope” [Brigham Young University devotional, Jan. 8, 1995], 3, speeches. byu.edu).

- Ñāāt eo iaar eņjake kajoor im lōke kōnke kōn kōjātdikdik ilo Kraist?

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- Ta kaminene ko im jermal ko ilo jetöb aolep raan me laar kömmane ilo törein?

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- Elmen an köjätidikdik kar jelet aö lömnaak, mywil, im jetöb? Elmen an menin jelet köttöpar ko aö ilju im jekläj im bülään ko?

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- Elmen an jelet jemdoon ko im iaiö ko aö ippen armej ro me rej iakwe im kea kön eö?

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### Laajrakin kañoolol

Juon wäween kile kajoor an Anij ilo mour ko ad ej emakijkij liññuri im jeiki köjeraamman ko ad. Jemaroñ mejeleleok emmanlok kön iakwe eo an Jemedwöj Ilañ ñan köj ilo ad kalimjeki kañool in iakwe eo An im kajoor ilo mour ko ad.

- Ta eo ij lukuun kañoolol kake?

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- Ta men ko remṃan rekar waḷok ilo mour eo aō?

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- Ekōjkan aō kar lo pein Anij ilo mour eo aō?

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### Wōnmaanḷok wōt im kōjātdikdik meñe juon ej eñjake juon mōjño.

Elder Dale G. Renlund ekar kwaḷok kōn “Juon riwānōk ej juon rijerawiwī eo ej kajjieoñ.’ . . . Anij eḷap ḷok an kea kōn wōn kōj im wōn eo jej eromṃ, jen wōn kar kōj. Ej kea ilo ad kajjieoñ maanḷok wōt” (“Armej ro Rekwojarjar ilo Raan-ko Āliktata rej Kajjieoñ Wōt,” *Liaona*, Māe 2015, 56). Aoleped wōj rej eñjake an ejjeḷok kōjātdikdik jen iien ñan iien ilo ad kajjieoñ in ājmour. Menin elukkuun ṃool eḷaññe ak ñe jej ṃōjño. Ak kōjātdikdik im ājmour rej jutak eḷapḷok ilo eddeḷok jen weepān. Juon mōjño ejjab jeer kijejeto ko ad mokta ak iien ko reḷḷjap ad ilo oktakḷok ñan Jisōs Kraist. Jemaroñ in ekkatak dāpij ad kōjātdikdik ilo Kraist meñe je ṃōjño ḷok.

- Ilo wāween rot ij kajjieoñ in oktak, emṃan ḷok, im eddeḷok?

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- Ta jet iaan anjō ko ak tōprak ko Ikar bōki ilo mour eo aō?

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- Ta ribök eddo eo aō, ritöl ro an Kabuñ in, im ro uwaan baamle, im ro mötta rej ba kōn aō kijejeto im wōnmaanļok?

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### E emaroñ kōtļok kōj jān kōmakoko

“A eļañne kom naaj oktak tok ñan Irooj kōn aolepān m̄wilaļ in būruōmi, im likūt ami kōjatdikdik ilo E, im jermal ñan e kōn aolep niknik in ļōmņak, eļañne komij kōmņan e men in, Enaaj, ekkar ñan ankilaan im An kōņaan, kōtļok kom jān ineen kōmakoko” (Mosaia 7:33).

- Ta eo ej jipañ eō bwe in tōmak ilo kallimur eo bwe Jisōs Kraist enaaj kōtļok eō?

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- Elmen kōkmanņanļok aō oktak ñan Jisōs Kraist, likūt aō lōke ilo E, im jermal ñan E kōn aolep tiljek in ļōmņak? Ta men ko raalikar imaroñ in emņanļok ie?

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## Buñtōn 3: Peeke ñan ukōt ankilaad im mour ko ad ñan kōjeparok eo an Anij, Jemād Indeeo, im Nejin, Jisōs Kraist.

### Katak eo Aorōk: Lōke ilo Anij

Buñtōn 3. ej juon buñtōn in kālet. Ilo buñtōn ko ruo mokta, jekar kile ta eo jej aikuj in jab kōmḡmane ñan kōj make im ta eo jej aikuji an Anij kōmḡmane kōj. Ilo buñtōn 3, jekar kwaḡok kadkad in jab wōt men ko me jemaroñ kōmḡmane ñan Anij. Jemaroñ peeke ñan mōjño ilo jetōb im ilo kanniek im wujlepḡok aolepen mour ko ad—mokta, kiiō, im ilju im jekḡaj—im ankilaad ñan Ipāan. Buñtōn 3 ej juon jermal in anemkwoj. Ej juon kālet eo elukkuun aorōk jej kōmḡmane ilo mour in.

Elder Neal A. Maxwell ekar katakin: “Leḡok anki- laan juon ej lukkuun juon men ejenoḡok juon armej make ej aikuj likūt lokatok eo an Anij. Ej juon naan in naan e epen, ak ej mool. Elōñ men ko jet jej leḡok ñan Anij, mekarta remaroñ in emḡanḡok ñan ad leḡok men kein ñan Anij, rej lukkun men ko emōj An kar letok ñan kōj. Ak ñe jej jino in wujlepḡok kōj make ilo leḡok ankilaad bwe en ñan ankilaan Anij innem jej lukkuun leḡok ñan E juon men” (“Insights from My Life,” *Ensign*, Aug. 2000, 9).

Büreejtōn Boyd K. Packer ekar kōmeḡeḡeik kālet eo an ñan kōḡḡok ankilaan ñan Anij im kanemkwōj kālet eo leḡoke ñan e: “Bōlen etale eo emḡantata ilo mour eo aō, lukkuun kallimur eo eḡaptata, eaar itok ke Iaar lōke Anij bwe Imaroñ kar bōk ak leḡok anemkwoj in kālet eo aō ñan e—ilo ejeḡok makoko ak kōlaburbur. . . . Ilo juon wāween, . . . ñan bōk anemkwoj an juon armej. . . . im ba, ‘Inaaj kōmḡmane ilo aḡ tōl, ’ ālkin ekkatak ilo eindein komij bōk eḡapḡok” (*Obedience*, Brigham Young University Speeches of the Year [Dec. 7, 1971], 4).

Ñe jej moktata pād ilo kweilḡok ko an añūlep, jemaroñ eñjake kōlaburbur ak bareinwōt kajoor jen ro jet ñan pād ijen. Ak ñan jerbale buñtōn 3, jej aikuj in kar peeke ñan makūtkūt ñan kōj make. Jekar jeḡā bwe ukōt mour ko ad eaar aikuj ad make kālet. Eaar jab kōn ta eo baamḡle ko im ro jerad rekar ba ak kōñaan. Jekar aikuj in pād ilo ājmour mekarta lōmḡak ko im kālet ko an jabdewōt armej.

Ilo ad kar jerbale aolepen buñtōn 3, jekar jeḡā bwe ājmour ekar itok jen kōmḡan ko an Anij jab jen kijejeto eo ad make. E ekar jerbale menin bwilōñ eo



ke jekar karuwainene E nän mour ko ad. Jaar käälet nän ļoor Anij nän ajmour im pinmuur e kōj. Jekar peeke nän kōtļok An tōl mour ko ad, kemeemej, emṡool, bwe E eaar iien otemjej kautiej anemkwoj in kālet eo ad. Jej likūt mour ko ad ilo pein nē jej peeke nän wōnmaanļok kake in mije būrookraam in ajmour ilo jetōb.

Nē jej bōk buŃtōn in, jej eņjake mijak e ta eo jab jeļā kake. Ta eo emaroŃ waļok eļāñne jej kōttāik kōj make im wujleplōk mour ko ad im ankilaad nän kōjeparok eo an Anij? Nän elōŃ iaad wōj, mour in ajri eaar lukkuun pen, im jekar mijak in eromṡ mōjņo einwōt bar ajri ro redik. Kōnke kōn eņjake ko ad mokta, kar kareel kōj bwe kallimur nän ajmour eaar nañin jab tōprak. Jekar loe an armej ro jet rubi elōŃ kien ko, im jekar rubi bareinwōt elōŃ ipped make. Jekar pepe nän kajjieoŃ e ta eo ro jerad rekar me rekar ajmour kar ba: Jab kōjerbale. Etal nän kweilok ko. Kajjitōk kōn jipaŃ.” Ro me rekar etetal etetal ilo buŃtōn ko an ajmour mokta jen kōj raar karuwaineneik kōk nän ekkatak kake iaļan mour in ekāāl. Rekar kijenmej im kattar e ad jino mṡoņoņo in kōmṡan jikin Anij ilo mour eo an juon make.

Jisōs Kraist ekar letok eja karuwainene in “Ij jutak imāan kōjām, im kaļļaļaļ: eļāñne jabdewōt armej enaaj roŃ ainikiō, im kapeļļok kōjām eo, Inaaj deļoņļok nän e, im naaj kegotak ippān im e Ippa” (Revelesōn 3:20).

Moktata, kijejeto ko ad rekar kijerjer im eliklik. Jej leļok nän Jisōs Kraist lōke eo ad innem bar bōke. Jekar inepata bwe E enaaj kar jab mṡoņoņo kake ad jab koņ im nej kar joļok An jipaŃ im iakwe jen kōj. Bōtaab eaar jab.

Ilo mṡool jekar kōtļok an Jisōs Kraist kwaļok kajoor in kōmour eo An im jokane eo kōn ļoor iaļ eo An. Kajojo iaad kar jeļā bwe jejjab joļok wōt ad anūrlep, ak jej bareinwōt aikuj in ukōt aolepen ankilaad im mour ko ad nän Anij. Ilo ad kōmṡan eindein, jej loe bwe E ej kijenmej im bōk kijejeto ko ad nän wujleplōk nän E ilo menotemjej.

MaroŃ eo ad nän juta Ńae kapo ej kiō emjak nän wujleplōke nän ankilaan Anij. Jej kwaļok ad aikuj nän kajoor in Pinmuur eo an Rilqmōqr, im jej jino eņjake eo ilo kōj, kowaļok kōj Ńae kapo eo tok juon. Jekar ekkatak nän bōk mour ilo koņ ko an Irooj.

Wujleplōk nän Anij emaroŃ in pen nän kōj. Eaikuj ad bar aje ļok kōj make nän Ankilaan kajojo raan, jet iien aolep awa, ak bareinwōt iien nän iien. Ilo ad mṡoņoņo in kōmṡane eindein, jej loe jouj im kajoor in kemaroŃ nän kōmṡane ta eo jejjab maroŃ eñan kōj make.

Wōnmaanļok in wujleplōk nän ankilaan Anij ej kadikļok im ej bōktok eļapļok meļeļein nän mour ko ad. Jej kūtōtō jiddik jen men jiddik ko me rekar kabōņoņo kōj. Jej bōk eddo in jerbale ko ad. Jej kōmṡane nän ro jet āinwōt an Rilqmōqr eo naaj kar kōmṡan nän er. Bōke mṡool eo ilo ta eo jej loe, ļōmṡak, im eņjake bwe mour in ej ketak im bwe enaaj iienotemjej bōk maroŃ eo nän bōktok nän kōj būromṡoj im mijak bareinwōt mṡoņoņo.

Kajojo raan jej bar kōkāāl kallimur eo ad nän wujleplōk nän ankilaan Anij. Eñin ta eo enañin aoleped wōj rej ba ke rej ba, “mije armej kajojo raan jab inepata kōn raan eo tok juon.” Jekar pepe nän kōtļok ankilaad-make im kapukōt men eo kar okran anūrlep ko ad. Im jekar pepe nän mṡoņoņo kōn bar juon raan in aeņōmṡan im kajoor me ej itok jän lōke Anij im An emṡan, kajoor, im iakwe.

Būtōn 1, 2, im 3, raar jipaŃ kōj meļeļe ewi wāween kōjerbale tōmak. Juon iaan kakobaba ko raalikkar kōn jerbale buŃtōn3 ej bwe jej mṡoņoņo in lōke Anij nän wōnmaanļok nän buŃtōn eo tok juon.

## BuŃtōn Jerbale ko

Eñin ej juon būrookraam in jerbale. Ilo ad wōnmaanļok in pedped ion ilo jokin mour kake buŃtōn ko ilo kajjojo raan. Menin kar jeļā kake āinwōt “jerbale buŃtōn ko.” Laajrakin jerbale kein rej jipaŃ kōj itok nän Kraist im bōk tōl im kajoor eo menin aikuj nän bōk buŃtōn eo tok juon ilo ad ajmour.

## Kāālet ñan tōmak im pokake Anij

Naan kein—kar kwałok jen “Jar in Kaenōmjan” jān Reinhold Niebuhr—jipañ kōj ilo ad kālet ñan lōke im pokake Anij: “Anij ej letok ñan ña aenōmjan ñan bōk men ko ijjab maroñ ukōti, kōketak ñan men ko Imaroñ ukōti im jełāłokijeñ ñan jełā ta oktak eo.” Naan kein raiboojoj im ka mōñōñō ippen Rikanaan Joseph Smith ilo Katak im Bujen Ko 123:17: “Kōn menin, . . . jen kōmjan aolep men kein ilo mōñōñō ko im rej pād ilo ad kajoor; innām jen jutak pen, kōn jełā ekanooj dim, ñan lo lōmōor an Anij, im ñan an kwałok Pein.”

Anij ej letok ñan kōj aenōmjan ñe jej lōke An kajoor bwe en jipañ kōj. Jej bōk mekarta jejjab maroñ kabwijer kālet ko im makūtkūt ko an ro jet, jej maroñ kālet wāween ad naaj makūtkūt ilo kajojo wāween ko jej jelmae. Jej peran ilo kālet ñan lōke Jemedwōj Ilañ im makūtkūt ekkar ñan Ankilaan. Jej ukōt kōñaan ko ad im mour ko ñan kōjeparok eo An. Jej pepe ñan pokake E im kōjparok kien ko An.

Ilo ad ājmour, jej loe ta eo jej aikuj ñan emakijkij ekkatak kake buñtōn 3. Jet iien jemaroñ aikuj in bar kallimur kajojo iien ak kajojo raan. Ejjab aorōk jete katten ad aikuj in kōmjan menin. Kajojo iien jej kōmjan, jej eñjake jipañ im iakwe eo an Anij, im jej kajoorłok ilo ājmour. Elder Neal A. Maxwell ekar bar kakemeemej kōj: “Ettā ilo jetōb ej jab dedełok ilo juon iien emōkaj, ak jen kakobaba in eddeklōk ko im jān jermal in kein jipañ ko. Kein jipañ ko rej melelejin ñan bōki juon ilo juon iien. . . . Emool ankilaad emaroñ in ‘naaj orañ ilo ankilaan Jemān’ ilo ad mōñōñō in ajełok e ñan . . . emool āinwōt juon ajri ej ajełok e ñan jemān’ (lale Mosaia 15:7; 3:19)” (“Consecrate Thy Performance,” *Ensign*, May 2002, 36).

## Bar lale im bar kōkāl bujen ko ippān Anij

Lōke Anij ilo aolep men emaroñ einwōt kōñake juon pea in mājen pilo im loe an alikkar aolep men. Ñe jej kālet ñan ukōt ankilaad ñan Anij, jej jino eñjake kaenōmjan eo im lañlōñ ej itok jān kappukōt im

kōmjan ankilaan Jemedwōj Ilañ. Juon wāween ad loe ankilaad ñan lōke Anij ej ñan maanjabpopo ñan bōk kwojkwoj eo ilo erre eo im ļoor ankilaan Anij.

Kōnono ippān bisop ak branch branch būreejtōn eo aṃ kōn añurlep eo aṃ im kālet eo aṃ ñan ļoore ankilaan Anij. Kōmjan ijo emmantata aṃ ñan pād ilo kweilok in kwojkwoj ko kajojo wiik. Ilo aṃ kabuñjar, kanoj roñjake jar ko an kwojkwoj eo im kōjekłokijeñ kōn menin letok ko Jemedwōj Ilañ ej lewaj ñan eok. Innām bar kōkāl aṃ kallimur ñan bōke im ļoore Ankilaan ñan mour eo aṃ ilo bōke kwojkwoj eo ełāññe bisop eo aṃ ak branch būreejtōn eo aṃ ej errā bwe kwoj poojak in kōmjan eindein.

Ilo an eddeklōk aṃ ājmour, kwonaaj loe aṃ make kōñaan pād ilubwiljin ro rej kautij katok eo an Rilōmōor eo. Kwonaaj jino in eñjake mool eo bwe “bwe ejełok naan jen Anij enaaj mōjñō” (Luk 1:37).

## Ekkatak im Melele

Laajrakin jeje ko rekwojarjar im ennaan ko jen ritōl ro an Kabuñ in remaroñ jipañ ilo ad ājmour. Jemaroñ kōjebali ñan kōmjanłok mour, ekkatak, im jeje bwebwenato. Lukkuun piktok eo ad ej ñan pukōt kālet eo epidodo im ejjab jokane ñan ājmour. Ak jejełā kiiō bwe mool im alikkar relukkuun kajoorłok. Ilo ad bar lale uwaak ko ad ñan laajrakin kajitōkko ippen ribōk eddo ro ad im ro jet, jej loe an alikkar ļōmņak ko im un ko ad.

## Pukōt Aenōmjan ilo Ankilaan Anij

“Kōmjan kōllaajrak kōmjan ñan ankilaan Anij, im jab ñan ankilaan devil im kanniōk; im keememej, ālikin ami kar kōllaajrak kōmjan ñan Anij, bwe ej ilo im kōn wōt jouj an Anij kōmij bōk lōmōor” (2 Nipai 10:24).

- Ta melelejin naan eo *kōllaajrak* ?

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- Ta meļeļein űan mour in aenŏmņan ilo anki-  
laan Anij?

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- Elmen aŏ marŏn eņjake kajoor an Anij ilo mour  
eo aŏ ilo aŏ oktak űan Ippān?

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- Ta ļŏmņak ko aŏ ilo kŏtļŏk bwe Anij en tŏl mour  
eo aŏ?

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- Ta ej bŏbrae űa jen aŏ kŏtļŏk E bwe en tŏl mour  
eo aŏ?

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**Wujleþlok ñan Ankilaan Anij**

“Eddo ko kar likūt ioon Alma im ro jein im jatin kar kŏmþman bwe ren mera; aaet, Irooj Eaar kŏkajoorþlok er bwe ren maroñ kotak eddo ko aer ilo ejjeþlok pen, im raar ajeþlok er ilo itok-limo im kŏn ineemþman ñan aolep ankilaan Irooj” (Mosaia 24:15).

Anij emaroñ kar kŏmakūt eddo ko an Alma im armej ro an. Ak ijellŏkin, Eaar kŏkajoorþlok er bwe ren maroñ “kotak eddo ko aer ilo ejjeþlok pen.” Jeļā bwe rekar jab ellŏtaan ak raar mŏþŏþŏ ilo kijenmej ñan ankilaan Anij. Iþŏmþnak mŏk kŏn ettā bŏro ej bŏk ñan mŏþŏþŏ in kŏmera juon eddo im jab ilo mŏkaj.

- Ta meļeļein ñan ajeþoke ñan Anij?

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- Elmen aŏ ajeþlok?

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- Ta aŏ ļŏmþnak kake?

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- Elmen aō bōk peran űan kajjieōņ in ęooe Ankilaan?

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**Jitłok im jar**

“Raar jitłok im jar emmakijkij, im eaar kanooj kajooręok im kajooręok ilo aer ettā, im penęok im penęok ilo lōke Kraist, űan obrak in burueer kōn męōņōņō im ineenęan, aet, emęool űan karreoik im kokwōjarjare bűuruweer, kokwōjarjare eo ej itok kōnke aer kōtęok burueer űan Anij” (Hilamōn 3:35).

- Eoon in ej kōmeęeik an armej ro leęok bűuruweer űan Anij. Elmen an jitłok maroņ jipaņ űa leęok bűuruwō űan Anij im bōjrak jān aņűurlep?

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- Inaaj ke kalliműur űan jar ilo iien mālijoņ űan ettā bōro im tōmak ilo Kraist? Etke ak etke eęjab?

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- Ewi joņan kajoor in aō kōņaan leęok bűuruwō űan Anij im jab űan aņűurlep?

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**Kōttāik kōj make make imāan Anij**

“Im lo, eaar kōtļok er kōnke raar kōttāik er imāan mejān; im kōnke raar kūr ilo kajoor ñan E, Eaar kōtļok er jān kōmākoko; im āindein Irooj ej jermal kōn an kajoor ilo aolep wāween ilubwiljin ro nejin armej, im erļokeļok pein tūriamokake ñan er bwe raar likūt aer lōke ilo E.” (Mosaia 29:20).

Kōttāik kōj make ej juon kālet. Jemaroñ in bōk māljoñ ñan tōmak bwe mekarta Anij ekar jipañ ro jet, E eban bar jipañ kōj kōnke jej mōjņo im pere. Jemaroñ kile riab in kōn ta eo ie. Ilo mool, jej ajri ro nejin Anij.

- Elmen an jeļāļokijeņ in jipañ eō kōttāik eō make im kapukōt jipañ eo an Anij?

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- Ta ļomņak ko jet im tōmak reriab kōn Anij im ña me raar dāpij eō jān jañ ilo eļap kajoor ñan Anij bwe en kōtļok eō jen kōmakoko?

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**Kālet ñan lōke Anij**

“Im kiiō ikōņaan bwe komj̄n ettā bōro, im jeļāņae im jouj; kipiliie; obrak kōn kemņaanwa im mean-wōd; im jatōr ilo aolep men, im niknik ilo kōjparok kien ko an Anij ilo iien otemjeļok; kajjitōk kōn jabdewōt men ko komj̄j aikuji, jimor ilo jetōb im ilo kanniōk; iien otemjej kōrōļol kamņoolol ko ñan Anij kōn jabdewōt men ko komj̄j būki.” (Alma 7:23).

Lōke Anij ej juon kālet. Ājmour ej waļok kōn un ko ilo kajoor an Anij wōt ijoke ālkin ad kālet ñan ajeļok ñan Ankilaan. Kālet eo ad ñan leļok ñan ankilaan Anij ej kōmņan bwe kajoor eo An en ļap an pād ilo mour ko ad. Eoon in ej kōmeļeļeiki men ko raorōk jej aikuj ñan ajeļok mour ko ad ñan ankilaan kōjeparok eo an Anij.

- Ewi wõt iaan men kein raorök im ejjeļok ippa?

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- Wön emaroñ jipañ ña ejaake men ko raorök im ejjeļok Ippa?

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- Ewi wõt iaan men ko raorök im imaroñ in jerbale rainin?

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- Ta eo imaroñ kōmḡane ñan jino ejaake men kein raorök?

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**Eromġ āinwŊt juon Ajri Jidikdik**

“Armej ilo lukkuun biktokin ej rikŊjdat nĀn Anij, im eaar jĀn wŊtlŊk eo an Adam, im enaaj, indeeo im indeeo, mġae an naaj kŊtlŊk e nĀn karreelel ko an JetŊb KwŊjarjar, im utŭklŊk armej eo ilo lukkuun biktokin im erom juon rikwŊjarjar kŊn pinmuur eo an Kraist Irooj, im erom āinwŊt juon ajri, ettĀ, inceemġan, ettĀ bŊro, kemġaanwa, obrak kŊn iakwe, mŊŋŊŋŊ in ajelŊk e nĀn aolep men ko Irooj ej lo ekkar nĀn kaddoik ŋa ioon, emŊool āinwŊt juon ajri ej ajelŊk e nĀn jemĀn” (Mosaia 3:19).

ElŊn iaad rekar eŋjake kŊmġan ko rejjab emġan jen ro jined im jemĀd, ak ro rej eddoik er, eromġ “āinwŊt juon ajri” ej menin ekkatak, bareinwŊt bŊlen kamijak.

- Jekjek eo in ke nĀn nĀ? EwŊr ke aŊ bŭrabŊlŊmġ ippen juon eo jinen ak jemĀn me ejjaŋin de jako?

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- Ta eo imaroŋ kŊmġan nĀn kŊjenolŊk eŋjake ko aŊ kŊn ro jinŊ im jema jen eŋjake ko kŊn Anij?

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**KŊnono ippan Anij**

“[JisŊs] ekar bukwelŊlŊ, im jar, im ba, Jema eġaŋŋe KwŊ kŊŋaan, KwŊn bŊklŊk kab in jĀn eŊ: a en jab ankil AŊ a Am wŊt” (Luk 22:41–42).

Ilo jar in, RilŊmŊŊr ekar kŊmeġeġeiki An mŊŋŊŋŊ in ajelŊk nĀn JemedwŊj Ilaŋ. E eaar kwaġok kŊŋaan ko An, ijoke ųlkin E ej kŊttĀiki im kar kŊmġane ankilaan JemĀn. Ej juon kŊjeraamġan nĀn maroŋ kwaġok Anij eŋjake ko ad.

- Elmen jeġĀ ke JemedwŊj Ilaŋ ej meġeġe kŊn aŊ mijak, metak, ak jabdewŊt ta Ij eŋjake ke ejjipaŋ eŊ kwaġok ilo mŊool, “a Am wŊt”?

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## Buñtōn 4: Kōmḡmane juon katak in jeje im bwebwenato in kōj make.

Katak eo Aorōk: Mḡḡ

Kōttōpar eo an buñtōn 4 ej ñan kalimjek kar mokta eo ad ñan meḡeḡe kōn mōjḡo eo ad im kile ta eo ej bōbrae kōj jen ad eromḡ āinwōt Rilḡmḡḡor ilo jerbāl ñan ro jet. Ñan waanjoñak, mijak, kowānōk im kariap ej ḡooj maroñ eo ad ñan loe men ko. Ak jeban ukōt juon men eo eḡaññe jejjab lukkuun jeḡā kake. Laajrakin bwebwenato ko ad rej jipañ kōj meḡeḡe aolep men ko rej pād imaan ad tin ājmour. Jeje bwebwenato ko ad eaikuji ad ḡool ipped make kōn wōn kōj im eñjake ko jekar bōke bwe jen maroñ kajitūkin Anij ñan jipañ kōj oktak, eromḡ emḡḡañḡok im bōk kōmour.

Kōj aolep kar eñjake men ko relukkuun pen. Būruwōd eaar rup, im kōj wōj kar eñjake kinej ko rekemetak. Jekar oktak ñan menin añūrlep ko im ḡwil ko rekar kamej metak eo, innem jekar kōmḡḡan kālet ko ñan wōnmaanḡok wōt kapukōt jipañ in an jidik wōt iien. Mwil kein raar kōmḡḡan eḡapḡok metak, me ekar letok ñan elōñ ḡok wūn ñan kōjerbāl im bōk añūrlep. Metak ko an mour in im ḡwilin ko rekapopo rej jino in ḡapḡok aer kajookok bwe jen ḡooje, meḡokḡoke, ak kariap.

Añūrlep ko ad, mijak, im riab kakūrro maroñ eo ad ñan kanoj ḡōmḡak ilo ḡool kake mour ko ad. Jekar kariab ak jab meḡeḡe kōn jorāñ eo im kakkure eo an añūrlep ko ad raar kōmḡḡan ilo jemdoon ko ad. Kōn menin jekar kōmḡḡani aolep men jemaroñ in meḡokḡoke, kowānōk, ak riab e kōj make ñan lale metak eo ad. Nana eo, jekar jab maroñ kile elōñ ian bōd ko ad ak jekar kajjioñ in eḡḡok jene. Jekar riab ñan kōj make bwe ilo kipel bwe jekar jab lukkuun meḡeḡe kake mour ko ad mokta. Ribōk eddo ro ad im ro jet ilo kurup in ājmour eo rekar kajitōk ipped ñan kōmḡḡane jerbāl eo epen im meḡeḡe ipped make kōn ta jemaroñ in meḡokḡok ak jab kōḡaan loe. Innām ālkin wōt, jemaroñ meḡeḡe bwe jej aikuji Rilḡmḡḡor eo ñan kōmour kōj.

ḡōmḡak eo ñan bar etale mour eo ad mokta innām jeiki einwōt anjḡ im ilo iien ko reban. Ebōk eḡap kijejeto im jerbāl ñan kōmḡḡani menin. Jekar aikuji in etale bōro ko ad im ḡōmḡak ko ñan kemeemej eñjake ko ad mokta, im ekar pen bwe jen jeiki. Men eo eoarōk ej ñan jijjet im jino jeje. Menin ej kipel kōj ñan kaminene kajoor in ad lōke ilo Anij ekāal. Kōjātdikdik eo ad ej bwe jemaroñ bōk kōmour, jeorḡok bōd, im anemkwoj jen kōmakoko eletok

ñan kŏj peran ñan kajjieoñ. Jekar kajitũkin Anij ñan jipañ kŏj anjo ion mijak ko ad. Jekar kajitũkin E ñan jipañ kŏj kemeemej im jelm̄ae bŏd ko ad im metak kŏn peran. Ekar roñjake kŏj, im ear einwŏt juon rijipañ ñan kŏj.

Ribŏk eddo ro ad raorŏk ilo jipañ kŏj emmakũt maanlŏk ilo peran kŏn buñtŏn in. Kŏnke rekar bŏk buñtŏn kein ipp̄aer make, rekar maroñ in rŏjañ kŏj im jipañ kŏj loe alikkar in mour eo ad mokta. Jekar jab weep̄an ad kŏm̄mane, ak jekar kŏm̄mane joñan ad maroñ. Im ilo jemlŏkin, eaar bwe. Jen ad kile im kar loe menin jor̄aān ko ilo mour ko ad, jekar bŏk juon buñtŏn emenin aikuj ilo kajim̄we er. Jekar bareinwŏt loe bwe eļan an jipañ ñan kile em̄man eo an mour eo ad mokta im ekoba ilo etale ko ad men ko rem̄man jekar kŏm̄mani im kajoor ko jekar ejaake. Buñtŏn 4 eaar jipañ kŏj lelŏk ñan Anij juon bwebwenato em̄ool kŏn wŏn eo kŏj, ekoba jimor mŏjño im kajoor ko ad.

Laajrakin jeje in elotaan ko ad, mijak kemetak, im kajoor ko rej erom juon kein jermal elukkuun aorŏk ilo iaļan ājmour in ad. Ilo ad waļŏk im eddŏklŏk ñan buñtŏn 6 im 7, jenaaj kŏjermal etale ko ad ñan bar lale mŏjño ko me rej d̄apij wŏt kŏj ilo. Ñan waanjoñak, utiej bŏro im mijak rekar d̄apij kŏj liklŏk jen bŏk eddoin bŏd ko ad, me rekar kakure jemjer̄a ko im lŏke eo ad. Inn̄am, ilo ad tŏpare buñtŏn 8 im 9, armej ro jen etal ko ad rej ro me jenaaj bŏk juon ien em̄man ñan jeorlŏk bŏd im kŏm̄man kakobaba ko ñani.

## Buñtŏn Jermal ko

Eñin ej juon bũrookraam̄ in jermal. Ilo ad wŏn-maanlŏk in pedped ion ilo jokin mour kake buñtŏn ko ilo kajjojo raan. Menin kar jeļ̄a kake “jerbale buñtŏn ko.” Laajrakin jermal kein rej jipañ kŏj itok ñan Kraist im bŏk tŏl im kajoor eo menin aikuj ñan bŏk buñtŏn eo tok juon ilo ad ājmour.

## Jeje juon eale ippen juon jipañ an ribŏk eddo eo

Buñtŏn in ej ijo jej jino kŏmakũkũt tŏmak kŏn jermal ko (lale James 2:17–18). Elŏñ iaad wŏj, eñin ej buñtŏn eo epen tata. Emaroñ in menin idajoñjoñ, im lukkuun, kŏmetak, im jemaroñ eñjake ad aikuj in jeje bwebwenato kŏn aolep men ko ilo tŏre ko ad mokta. Mekarta, etale bwebwenato ko ejjab maroñ juon jermal eo eļap ñan anjo ion. Jej maroñ in jijjet, jar kake, im jino jeje, meñe jej je juon wŏt kajitŏk ak juon iien eļap ilo juon iien.

Jouj bar etale waanjoñok ko im pedped in katak ko ilo appedix (ñan waanjoñok, jiit in jermal eo). Jemaroñ kŏjermal juon waanjoñok kein ainwŏt juon joñok ñan jipañ kŏj jinoe. Eļ̄aññe jenej kapok lŏk jekjek in, eļaplŏk an nej pen lŏk bwe jen jino ak ñan kŏm̄man eddekļŏk. Inn̄am ñe jej jeiki etale eo ad jiointata, emaroñ in em̄mantata kŏjeparok men reipidodo. Jemaroñ in iienotem̄jej bar rool tok ñan e ilo ad wŏnmaanlŏk wŏt in jerbale buñtŏn ko. Jouj jermal ipp̄an juon ribŏk eddo eo am̄ ilo am je etale eo am̄ Anij en kŏjeraam̄man kŏj ilo ad kŏm̄mane jermal in, im jej̄amin naaj meļŏlŏk e.

## Ekkatak im Meļeļe

Laajrakin jeje ko rekwojarjar im ennaan ko jen ritŏl ro an Kabuñ in remaroñ jipañ ilo ad ājmour. Innem jemaroñ kŏjermal ñan kŏm̄manmanlŏk mour, ekkatak, im jeje bwebwenato. Jej aikuj kemeemej ñan m̄ool im alikkar ilo ad jeje ñan bŏk aolepen joortoklik eo jen menin.

## Añũrlep ej juon kŏkkaļe

“Bwe ainwŏt ej lŏm̄nak ilo bũruon, ej aindein” (Jabŏn Kŏnnaan ko 23:7).

Elŏñ iaad raar lŏm̄nak bwe añũrlep ko ad rej juon bũrabŏlŏm̄ an ānbwin. Jekar ilbŏk ñan jeļ̄a bwe lŏm̄nak ko, eñjake ko, im tŏmak ko, rej wũn in mwilin añũrlep ko ad. Kobain kapokpok in kŏm̄alij eo ad, ānbwin, im bŏklŏkŏt ej einwŏt ta

eo ej kŏmman ad jab makŭtkŭt. Jekar itok nān ad loe bwe mwilin aŅŭrlep ko ad rejjab lukkuun unin bŭrabŏlŏm ko ad ak juon uwaak ekemetak nān mool in bŭrabŏlŏm ko ad.

- Ekŏjkan an elmakot in kŏn aŅŭrlep eo aŏ jipaŅ eŏ wŏnmaanlŏk ilo jeiki etale eo aŏ?

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### Etale jekjek eo an juon armej

Ilo jeje ko rekwojarjar, jej loe elŏn karuwainene ko nān kanoj, mool in lale kŏj make. Juon waanjoŅok eaiboojoj loe ilo Alma 5:14. Rikanaan Alma ekar kajitŏk kake kajitŏk in: “KoŅ naŅin ke ilo jetŏb kar ŷotak jān Anij? KoŅ ar bŏk ke nememen ilo paotok ko ami? KoŅ ar bŏk ke oktak in ekajoor ilo bŭruŏmi? Jekar ŷŏmŅak ekkatak aolepen jepta 5 in Alma nān elŏnŷok waanjoŅok ko an etale kajitŏk ko jemaroŅ kajitŏk ippād make.

Bŏk etal in ijo jekar maroŅ in pād ie emaroŅ in lukkuun ŷap an jipaŅ. Nān waanjoŅok, juon peejnej ejjab aolep iien bŏk etale in men ko mweien im mŭri ko rejjab aolep iien eddekŷok. Bŏk etale ej juon jeraamman nān peejnej owner ro nān lale ta eo eaorŏk im aikuj in kar kŏjeparoke im ta eo ej kakure

im aikuj in kar joŷok. EŷaŅne peejnej owner ro rej lokjak ilo aujiid in jab mool im mŏŅe er make kŏn mool in paotok in etale eo, rej jab maroŅ in kŏmman kālet ko rejimwe kŏn aorŏkin men ko aer remman.

Āierŷok wŏt, emenin aorŏk nān ad bŏk juon erreilŷok emool nān kadkad in mour ko ad.

- Nē ij jar im kajitŏk ippen Anij bwe en jipaŅ eŏ mool, ta eo Jetŏb Kwojarjar ekar katakin eŏ kake kŏn taip in mŷil eo aŏ nān kariab mool eo an jekjek eo aŏ im men ko rej waŷok peŷaakŭ?

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- Elmen Ao kar mŏŅe eŏ make kŏn mŏjŅo ko aŏ?

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- Elmen bwe in kar likjab in loe aorōk im kajoor eo aō?

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### Jelmae iien ko ad mokta

“Im ñe ij kōṇaan ṁōṇōṇō, buruō ej kōrraat kōn jerōwiwi ko aō; mekarta, ijeḷā ilo wōn iaar lōke” (2 Nipai 4:19).

Ilo kōmṁane etale ko ad, ewōr iien ko ñe būruwōd ej ñūr kōnke kōn jerawiwi ko ad im metak ko jej jelṁaeiki.

- Elmen an lōke Anij maroñ jipañ eō ñe Ij kadedeḷok etale eo aō im jelṁae jerawiwi im metak ko aō?

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### Lōke bwe E enaaj kōmour kōj

“Kwōn lōke Irooj kōn aolepen būruōṁ; im kwōn jab atartar ioon jeḷāḷokjeṇ ko aṁ. Kwōn kwaḷok E ilo iaḷ ko aṁ otemjeḷok, innām Enaaj ba kajjien iaḷ ko aṁ” (Jabōn Kōnnaan Ko 3:5–6).

Juon etale emaroñ jipañ kōj loe juon dipio in pija. Emaroñ jipañ kōj ekkōl jake ḷōṁnak ko ad, eñjake ko, im makūtkūt ko bareinwōt einwōt wōn ro kāḷet ko ad rekar jelet er. Ruo iaan menin kaamijak ko ilo elōñ iaan etale ko ad rej mijak im juon tōr-jen joñan pedped iood make. Kallimṁur eo jekar kōmṁane ilo buñtōn 3 eaar ñan lōke Anij im ilo jekjek in ājmour in. Etale ko ad rej buñtōn eo tok ālik in ājmour im enaaj letok ñan kōj ḷōṁnak ko reppen kōn ewi wāween wōnmaanḷok.

- Elmen an mour eo aō im kālet ko maroñ oktak eḷañne ij joḷok utiej bōro im ijellōkin kālet ñan pedped ion im lōke Anij?

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**Elotaan**

Juon mŊttan eorŋk in etale ko ad ej ŋan ɭooki elotaan ko ad. Ekoba ŋota ko jekar bŋke ŋan armej ro, institution ko, im men ko jet jekar eŋjake aer kametak kŋj ak jab kar kŋmŋan emŋan ŋan kŋj. Tŋlarŋk elotaan eaar juon juon iaan kajoor ko reɭɭap im baijjin ilo aŋŋrlep ko ad. Ej kŋmŋan ad jumae ro jet im tŋl ɭok kŋj ŋan eŋjake in kwaɭok ilo jorāan eo ad make ak kālet ko.

Jej loe jipaŋ eo an laŋ ŋan loe ro jet ilo juon meram ekāāl, emŋool ŋe jekar kŋmŋane juon kālet ŋan jar im kajitŋk ippen Anij ŋan kŋjeraamŋan er kŋn aolep kŋjeraamŋan eo me jej kapukŋte ŋan kŋj make. Jeorɭok bŋd emaroŋ bŋk eɭap peran im ettā. Emaroŋ bar bŋk iien. Emenin aikuj bwe jen likŋt ad tŋmak ilo Irooj āinwŋt ad bŋk eddo kŋn jekjek ko ilo bŋruŋd. Erkein rej aorŋkin im kajoor in anemkwoj in kāālet eo ad” Amy A. Wright, “Kraist ej Kemour Bŋro ko Rerub,” *Liaona*, Māe 2022, 82).

- Imaroŋ ke kālet ŋan bŋk juon elmakot ekāāl kŋn armej ro iaar dike er? Remaroŋ ke, kŋŋaan ŋa, ke ikar naŋinmej ilo jetŋb im kar mijkŋk jān Anij ke rekar kabŋd eŋ?

- Eɭaŋŋe ij apaŋ kŋn menin, ewi wāween Aŋ maroŋ ukŋt kattŋpar eo aŋ ŋan jar kake armej rein?

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## **Buñtōn 5: Kwaļok ñan kōj make, ñan Jemedwōj Ilañ ilo etan Jisōs Kraist, ñan mālim in priesthood eo ekkar, im ñan bar juon armej kake jejjet in paotok eo an bōd ko ad.**

Katak eo Aorōk: Kwaļok bōd

Ilo añurlep ko ad, elōñ iaad wōj raar eñjake aer jenōļok ak ajimakeke. Bareinwōt ilo iien ko ñe ro jet rej eñjake juon eñjake in koba, jej eñjake ainwōt jejjab koñ Elōñ iaad wōj rekar eñjake rub im ļomņak ejjeļok juon en emaroñ bōke ak iakwe kōj, eļaptata eļañne rejelā kōn añurlep ko ad. Ilo ad kar itok ñan kweilok ko an ājmour, jaar jino waļoktok jān jenōļok eo me añurlep ekar ļapļok ie. Ilo jinoin, elōñ iaad wōj rekar jįjjet im kar roñjake, ak emool jekar eñjake eļap jokane ñan kwaļok eñjake ko ad. Ijoke, jekar ņooj elōñ men ko ippād make—men ko rekajookok, menin āliklik, menin ruprup bōro ko, im men ke me rej kōmņan ad mōjņo.

Jerbale buñtōn 4 emaroñ bōktok eñjake kein rekajookok im rekabwilokļok māj, āindein jej elmakot jermal kijerjere buñtōn 5 ālkin kadedeļok buñtōn 4. Karumwij ļok enaaj ainwōt kile juon kinej eo e anilen ejjeļok karreoki. Meļeļe bwe bōd ko ad renaj

anjo, ak ilo ad kajitūkin Jisōs Kraist ñan jipañ, E ear letok ñan kōj peran im kajoor.

Jeere bōnbōn ko ad ippen ribōk eddo ro ad innem kwaļok mool in bōro ñan bisop ro ad emaroñ ainwōt jet men ko reppen jekar bar kōmņani. Ak ro raar kōmņane mokta ļok raar jipañ kōj meļeļe aorok eo an buñtōn in. Jeje etale ko ad make ejipañ kōj jeļā kōn bōd ko ad, mōjņo ko, im jerawiwi ko. Ak jino jeļā kaki ejjab bwe. Añurlep ej ļapļok ilo ittiņo. Jān ad jermal jen buñtōn 5, jej rupe ittiņo eo. Sister Carole M. Stephens ekar katakin, Kōjatdikdik im kemour rejjab loi ilo ņooji ak ilo meram im iakwe an ad Rilomqor, Jisōs Kraist” (“The Master Healer,” *Liaona*, Nob. 2016, 11). Lukkuun in mool ej kepooj kōj ñan buñtōn ko tok jet im kōtļok an Jisōs Kraist kōļapļok an kōmour kōj.

Būrejtōn Spencer W. Kimball ekar katakin: Ukweļok emaroñ jab itok mae iien juon armej eear baare an jetōb eo an im meļeļe jermal ko an ilo ejjeļok jekpen ak meļeļe. . . . Armej ro me rekar

kālet Ŋan ione jorāān im ukŲt mour ko aer remaroŋ loe ukweļŲk iaļ eo epen ļŲk mokta, akŲ renaj loe an lukkuun emņmanļŲk iaļ eo ilo aer edjoŋe leen ko an” (“The Gospel of Repentance,” *Ensign*, Okt. 1982, 4).

LŲke Anij im kūr tok peran, jej pepe Ŋan jerbale buŋtŲn 5. Jekar jab lukkuun jeļā jemaroŋ anjo ion eŋjake in kajookok ekajoor in makoko. Jet iaad wŲj raar jino in jeere ak kwaļŲk mŲool in bŲoro in wujlepļŲk Ŋan mijak im kar bar kajjicoŋ. Jekar jar im kajitūkin Anij Ŋan jipaŋ kŲj letok kajoor eo jemaroŋ in aikuji. KwaļŲk im meļeļe bwe bŲd ad rekar juon eŋjake ekajoor. Ilo ad kar kŲmņmane āindein, jekar eŋjake iakwe eo Kraist Ŋan kŲj, me eaar letok Ŋan kŲj kŲjātdikdik bwe enaaj maroŋ in emņman.

Meŋe ribŲk eddo ro ad raar jipaŋ kŲj jeiki bŲnbŲn ko ad, jekar aikuji in jeeri bŲnbŲn ko ad ippāer ak juon armej eo kar lŲke. Rekar loe men ko jen juon elmakot eoktak im kar jipaŋ kŲj loe joŋŋak ko jejjab maroŋ. Rekar jipaŋ kŲj meļeļe ļŲk kŲn taip in mŲwil ko ad Ŋan ļŲmņak ko renana im eŋjake ko (einwŲt ŋe kwoj make-kŲŋaan, mijak, utiej bŲoro, make bŲromŲj, ebanban, kowāpene make, illu, lelotaan, ļŲŋ, im ko jet). ĻŲmņak kein im eŋjake ko raar annaŋe juon paotok in raar leen bŲd ko ad. AkŲ ribŲk eddo ro ad remaroŋ in loe emņman eo ilo kŲj im jipaŋ kŲj loe emņman eo ilo kŲj make.

Jej kwaļŲk mŲool in bŲoro Ŋan bisop ro ad ak branch bŲreejtŲn ro kŲn jabdewŲt men eo eaar mŲ ak maroŋ kar bŲbrae kŲj jen bŲk juon pepa in mĀlim Ŋan deļoŋe tampeļ. Eļāŋŋe eaar wŲr ad pere Ŋan kwaļŲk mŲool in bŲoro, jej kajitūkin ritŲl ro an priesthood. KwaļŲk mŲool in bŲoro ko ad ekoba kapukŲt jeorļŲk in bŲd jen JisŲs Kraist kŲn jar im mĀlim eo an priesthood ekkar. ElŲŋ iaad wŲj, ilo eŋjake in raar roļŲk im anemkwoj. Jej dŲŲr ļŲk eddo im mŲk ko ad im likŲt er ioon neen RilŲmŲŲr. Jekar eŋjake aeŋŲmņmam, laŋlŲŋ, im iakwe. Eŋjake in eaar ekwojarjar im kaŋŲŲŲŲ.

## BuŋtŲn Jerbal ko

Eŋin ej juon bŲrookraamŲ in mŲadmŲd. Ilo ad wŲnmaanļŲk in pedped ion ilo jokin mour kake buŋtŲn ko ilo kajjojo raan. Menin kar jeļā kake āinwŲt “jerbale buŋtŲn ko. Laajrakin jerbale kein rej jipaŋ kŲj itok Ŋan Kraist im bŲk tŲl im kajoor eo menin aikuji Ŋan bŲk buŋtŲn eo tok juon ilo ad ājmour.

### **Jeere etale ko amŲ jān buŋtŲn 4 ippān ribŲk eddo ro ad im kwaļŲk mŲool in bŲoro kŲn jerawiwi ko ad Ŋan Anij im ritŲl ro an preisthood me ekkar ŋe emenin kar aikuji.**

Alma ekar kapilek ļeo nejin KoriantŲn Ŋan “kwaļŲk jirilŲk ko [an] im bŲd [eo] [e eaar kŲmņmane]” (Alma 39:13). KapilŲk in emaroŋ jerbale āinwŲt juon unin tŲl Ŋan jerbale buŋtŲn 5. BuŋtŲn in ekoba jeere bŲnbŲn ko ad jen buŋtŲn 4 ippen bar juon armej, en juon ribŲk eddo, eo me eaar ekkatak kake jerbale in im emaroŋ in jipaŋ kŲj jeere ilo juon wāween emŲool. Eļāŋŋe juon ribŲk eddo ejjab maroŋ, jar im kālet bar juon armej eo kwoj lŲke, emaroŋ juon eo ededeļŲk an ājmour jān aŋurlep ko mokta. BŲbrae jabdewŲt eo kwoj eŋŲoik ke emaroŋ leļŲk tŲl ko rejjab ekkar, lewaj meļeļe ko rebŲd, akŲ epen an kŲjeparoki meļeļe ko rennojak. Jej bareinwŲt ļŲmņakin kŲjeparok ilo leto-letak etale ko ippen ro uwaan baamļe repaaktata. Elukkuun aorŲk Ŋan bŲk kapilek ippen bisop ro ad ak therapist Ŋan peeke ŋāāt eo Ŋan kwaļŲki mŲwil ko ad Ŋan eo pālele Ŋan maroŋ bŲbrae eļapļŲk jorāān Ŋan er.

JisŲs Kraist ekar katakin bwe kwaļŲk mŲool in bŲoro ej juon mŲŲttan jerbale in ukweļŲk eaorŲk: “Jān men in komŲ maroŋ jeļā eļāŋŋe juon armej ej ukeļŲk jān jerŲwiwi ko an—lo, enaaj kwaļŲki im eļļŲk jāni” (Katak im Bujen Ko 58:43). KŲnmenin, jej kwaļŲk jerawiwi ko ad Ŋan JemedwŲj Ilaŋ ilo etan Nejin ejitŲnbŲoro im kapukŲt jeorļŲk bŲd eo An. BarāinwŲt, jej aikuji kwaļŲk bŲd ko ad reļļap ļŲk Ŋan juon bisop ak branch bŲreejtŲn. Eļāŋŋe kwojjab jeļā ta Ŋan kwaļŲk, lale katak ko im ļŲmņak kŲn jerawiwi

in letak ko ak m̄wil ko rejjab erre. Ilo iien pere, kemeememej karuwainene eo ñan “itok kiiō, im jen kōlm̄anl̄okjeñ ippān droon” (Aiseia 1:18) im kōnono kaki kajjitōk ko am̄ ippen ritōl eo am̄ ilo priesthood.

“Ke Irooj wōt emaroñ jeorl̄ok jerawiwi ko, ritōl ro rein an priesthood rej kōm̄mane juon eddo aorōk ilo jermal in ukweļok. Renaaj dāpij kwaļok m̄ool in bōro eo am bwe en ennojak im jipañ eok ilo aolepen jermal in ukweļok eo Lukkuun m̄ool ñan er Eļañne kwoj kajipikpiki am̄ kwaļok m̄ool in bōro, kōnono wōt kōn bōd ko reddikl̄ok, kwojjab maroñ in kōm̄mane juon jerawiwi eo em̄ool, ejañin kar waļok. An mōkaj l̄ok am̄ jino jermal in, enaaj mōkaj l̄ok am̄ loe aeñōm̄man im lañlōñ eo ej itok ippen kabwilōñlōñ eo an jeorl̄ok bōd” (*True to the Faith: A Gospel Reference* [2004], 134).

### Aenōm̄man en itok ñan mour ko ad

Ukweļok im kwaļok m̄ool in bōro ej bōktok aeñōm̄man ñan mour ko ad. Elder Quentin L. Cook ekar kōmeļeļeik aeñōm̄man in ke eaar ba: “Ñe eaar wōr juon jerawiwi en eļap, kwaļok m̄ool in bōro ej aikuj ñan bōktok aeñōm̄man. Bōlen ejjeļok menin keidi ippen ñan aeñōm̄man eo ej itok jen juon jerawiwi in kakkure jetōb ko an armej likūt eddo ko an ļeo ak lieo ion Irooj im bōk kōjeraam̄man ko an Pinmuur eo” (“Personal Peace: The Reward of Righteousness,” *Liaona*, Māe 2013, 32).

Iien ñan iien armej ro ilo kweilok ko an ajmour ak ilo jekjek ko jet rej wōnmaanl̄ok wōt in kōmeļeļe jerawiwi ko aer im men ko rej itok. Ļōm̄nak rej m̄ool in kwaļok bōd ko aer, reban loe aeñōm̄man. Jab pok kōn buñtōn 5 ippen juon kōñaan jiktok in kōm̄mani men ko renana. Ļōm̄nak eo an buñtōn 5 elukkuun in oktak. Jej jerbale buñtōn 5 jab ñan kabwijere men ko jekar kwaļok ak ñan joļoki.

Juon wōt iien in ad m̄ool in lukkuun kadedeļok buñtōn 5, ejjeļok men en jekar ñooje. Jej kōmeļeļe kōñaan ko ad ilik ñan “juļok aolep jerōwiwi ko [ad]” (Alma 22:18) innām bwe jemaroñ in bōk juon jeļāļokijeñ eļapl̄ok kōn iakwe an Anij im iakwe an elōñ armej ro rej kea kōn kōj.

### Ekkatak im Meļeļe

Laajrakin jeje ko rekwojarjar im ennaan ko jen ritōl ro an Kabuñ in remaroñ jipañ ilo ad ajmour. Innem jemaroñ kōjembali ñan kōkmanm̄anl̄ok mour, ekkatak, im jeje bwebwenato. Jej aikuj kemeemej ñan m̄ool im alikkar ilo ad jeje ñan bōk aolepen joortoklik eo jen menin.

### Kwaļok m̄ool ñan Anij

“Ña, Irooj, Ij jeorl̄ok jerōwiwi ko an ro rej kwaļok jerōwiwi ko aer Imaō im kajjitōk jeorl̄ok bōd” (Katak im Bujen Ko 64:7).

- Ekōjkan an kwaļok jerawiwi ko aō ñan Anij jipañ ña kōm̄mani oktak ko rem̄man ilo mour eo aō? Ekōjkan an menin letok ñan eō peran im kajoor ñan kwaļok ñan bar juon armej?

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### Mije wāween eo Anij ej kalimjōk kōj

Juon armej ejjab aikuj kōmjāje ñan kōm̄man an juon jimwe; . . . mōttan jiddik im leļok e bwe kwaļok jerawiwi ko an, innām enaaj maroñ in jeorl̄ok bōd, im enaaj bōktok elōñl̄ok leen ko” (Joseph Smith,

in History, 1838–1856 [Manuscript History of the Church], volume C-1 Addenda, 46, josephsmithpapers.org).

- Juon iaan ikdeelel eo eļap ippen armej ro rej añürlep ej kōņaan bwe ro jet en emņan aer kallimjek er. Elmen an menin maroñ dāpij ña jān aō emņanļok im “bōktok elōñļok leen,” ak jermal ko remņan?

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- Elmen an mwil eo aō oktak eļañne In kar nūrbōktak kōn wāween an Anij kile eō?

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## Mool

“Jabdewōt eo ej bōd ñae Eō, e kwōnaaj ekajet ekkar ñan jerqwiwi ko eaar kōmņani; im eļañne e ej kwaļok bōro kōn jerqwiwi ko an imāam im Imaō, im ukeļok ilo mool in būruōn, e kwōnaaj jeorļok ruōn, im Inaaj jeorļok an bōd barāinwōt” (Mosaia 26:29).

Ñe jej kwaļok jerawiwi ko ad, jej aikuj mool.

- Ļōmņak elmen jab kwaļok mōttan kwaļok aō ej bōkļok mool eo an kijejeto ko aō. Mōttan ta eo an bwebweno eo aō, eļañne elōñ, Ij ke ņooje?

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- Ta joortoklik eo imaroñ bōke jān ņooje jidik in bwebweno in aō? Ta kaje eo enana emaroñ in waļok?

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- Elmen an Jisōs Kraist marōn kōjeraamman mour eo aō eļāñne ij kwaļok men ko reppen tata mokta im leļoki nān E?

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**Kwaļok jerawiwi ko ad iien eo emōkajtata ilo ad kili**

“Ilo ejja iio eo wōt kar bōktok nān er juon jeļāļokjeņ kōn bōd eo aer im raar kwaļok bōro kōn likjab ko aer” (3 Nipai 1:25).

- Eoon in ej juon waanjoñak in armej ro raar jab aipedped in kwaļok likjab ko aer iien eo wōt rekar kile. Ta jeraamman ko ilo kwaļok jerawiwi ko aō ālkin aō kili?

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- Ta eo emarōn in kwaļok an waļok jorāan eļāñne ij aipedped in kwaļok jerawiwi ko aō?

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### Kakkije im kappukot aenōmṁan

“Iban bōk iien kōn men kein ruōmṁ Ṇan kainepataik buruōmṁ, eḷaññe eaar jab Ṇan emṁan eo amṁ” (Alma 39:7).

Jet armej remaronṁ ba bwe butōn 4 im 5 eḷap mijeke ilo men ko renana im jab kobaik wōt Ṇan joṅan mour in ājmour. Ilo eoon in, jej jeḷā bwe ekkōl kake men ko rej itok im jelṁae bōd ko ad enaaj jipaṁ kōj ilo ājmour.

- Ilo wāween rōt me buṅtōn 4 im 5 rej kakijeik eō jen joṅan mour im bōktok Ṇan aenōmṁan?

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### Eḷḷok jān jerawiwi ko

“Jān men in komṁ maroṁ jeḷā eḷaññe juon armej ej ukeḷok jān jerōwiwi ko an—lo, enaaj kwaḷoki im eḷḷok jāni” (laleKatak im Bujen Ko 58:43).

- Ṇan eḷḷok jān juon men ej meḷeḷein Ṇan jojoḷāār jāne ak lukkuun joḷok e. Ekōjkan an kwaḷok jerawiwi ko aō kōmeḷeḷeik ikideeḷeḷe eo aō Ṇan eḷḷok jān iminene ko aō mokta?

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## Buñtōn 6: Jino in pojak ñan an Anij kōmakūt aolep kadkadin mōjño ko ad.

### Katak eo Aorōk: Oktak in Bōro

Elōn iaad wōj rej jeraam̄man im mour jān buñtōn 5. Jekar bülōñ kake im kam̄moolol kōn juon oktak ilo kōj make. Elōn iaad wōj ear loe bwe añūrlep ko ad raar kapoik kōj rekar dik̄lōk im jako lōk. Jet iaad wōj ededeļok aer kar jino in loi kōjeraam̄man ko an ājmour. Jekar aolep eñjake epaake lōk Jemedwōj Ilañ im kar bōk aenōm̄man ilo mour ko ad. Kōn oktak ekajoor, jet iaad wōj kar bülōñ eļaññe ear aolepen in jekar aikuj in kōm̄mane. Akō jekar aikuj eļap̄lōk kemour ñan wōnmaan̄lōk wōt im dāpij ad ājmour.

Jekar loe bwe jitolok eaar kōm̄man an kadkad ko ad re mōjño ren lap̄lōk an waļok. Kōnke jekar jab bar kappukōt ad iaļan jōqr jen pād ilo añūrlep ko ad, jemaroñ in alikkar ad loe jorāān ko. Jekar kajjieoñ in dāpij wōt lōm̄nak ko im eñjake ko renana, ijoke rej wōnmaan̄lōk wōt in bar waļok, ekkeini kōj im kaamijake mour ko ad rekāāl ilo ājmour. Mālijjoñ e kōj ñan kōjberbal m̄wilin añūrlep ko rekapopo im kōñaan an juon make ñan dāpij m̄wil ko ad re mōjño im jerbale joñan ājmour ke jekar bōki ilo tōre ko ad kar mokta.

Ro re meļeļe kake kakobaba ko ilo jetōb kōn ājmour rej rōjañ kōj ñan kile bwe ilo an aolep oktak ko ilkin mour ko ad aiboojoj, Jisōs Kraist ej letok elōñlōk kōjeraam̄man ko ñan kōj. Ro jet raar jipañ kōj loe bwe eļaññe jej kōñaan jab joļok wōt ad añūrlep ak joļoke kōñaan eo ñan bar rool ñan er, jej aikuj eñjake juon oktak in bōro. Ikideelel in ñan juon oktak in bōro ej juon unin buñtōn 6.

Komaroñ kōļmenlōkjen elmen am̄ maroñ kōttōprak kain oktak rōt in. Buñtōn 6, ainwōt buñtōn ko mokta jān menin, remaroñ in juon apañ eļap. Jab ebweer jān eñjake kein. Emaroñ in kōmetak menin, kwoj aikuj in meļeļe, ainwōt jekar kōm̄mane, bwe kile im kwaļok kadkad ko ad re mōjño ilo buñtōn ko 4 im 5 ejjab meļeļein bwe jepojak in joļok. Jemaroñ in kōñaan wōnmaan̄lōk wōt im kōm̄mani ejja men ko mokta, ñe jej kajjieoñ jerbale kōn joñan ājmour.

Men eo em̄manin ñan kile ej bwe jemaroñ kajjieoñ in ukōt kōj make ijellōkin an Anij jipañ. Buñtōn 6 ej aikuj kōj ñan wujlep̄lōk ñan Anij aolepen bwein utiej bōro im kōñaan ko an juon make. Ainwōt buñtōn 1 im 2, buñtōn 6 ej aikuji ad wōnmaan̄lōk wōt kōttāik kōj make im kwaļok ad aikuj pinmuur

eo im kajoor in oktak eo an Kraist. Ālkin aolep men, katok in pinmuur eo An eaar kŏtļok kŏj nān jerbali kajajo buŋtŏn nān jabŏn in. Buŋtŏn 6 ejjeļok oktak.

Ilo ad itok nān Jisŏs Kraist im kajitŏk kŏn jipaŋ kŏn buŋtŏn in, jeban inepata. Ilo ad lŏke E im kijenmej kŏn jermal eo, jenaaj loe an utiej bŏro eo ad oktak nān ettā bŏro. E enaj kijenmej in kŏttare ad mŏk in kate kŏj nān oktak ipped make ilo ejjeļok jipaŋ. Nē jej mŏkaj in oktak nān Ippān, jenaj bar kaŋool e An iakwe im kajoor. Ijellŏkin aitŏltŏl joŋok in mwil re mŏr, jej maroŋ bŏk juon kŏļmenļokijen eppelok ilo an Jetŏb meanwŏd wŏt im letok juon ļŏmŋak kŏn iaļan mour emŋanļok. Mijak eo ad kŏn oktak enaaj jako nē jej kile bwe Jisŏs Kraist emeļeļe kake metak eo im jermal eo epen emenin aikuj. Bar juon alen, jerbale menin emaroŋ bŏk juon iien aitok bwe en waļok im eoktak nān kajajo iadwŏj. Menin ej juon makŭtkŭt in wŏnmaanļok wŏt ilo leļok ankilaad nān Irooj. Menin ej juon jermal, jab nān juon wŏt iien.

Āinwŏt juon jermal in itok nān Kraist ej bŏk jikin ilo būruŏd, tŏmak ko ad reriab me rej teiŋi ļŏmŋak eo ad ebŏd im eŋjake ko renaj maroŋ bŏj jikin jān ŋool. Jenaaj eddŏkļok ilo kajoor ilo ad wŏnmaanļok wŏt im katak im mour kŏn naan an Anij. Kŏn naan in kaŋool ko an ro jet, Irooj enaj jipaŋ kŏj jeļā bwe jejjab eļļā ļok jān An kajoor nān kŏmour. Ikideelel eo nān ŋa ruwŏn ro jet ak kipel juon make bwe ejjab aikuj in deplŏki apaŋ in naaj maroŋ bŏk jikin jān ikideelel eo nān bŏk eddo nān E im leļok e nān Ankilaan. Kŏn rikanaan eo Ezekiel, Irooj eaar kwaļok, “Juon bŏro ekāal . . . im Inaaj likŭt juon jetŏb ekāal i buļŏmi. Im Inaaj joļok bŏro dekā jān kanniŏkemi, im Inaaj lewŏj nān koŋ juon bŏro kanniŏk (Ezekiel 36:26).

Rilŏmŏr eo ekŏŋaan kŏjeramŋan kŏj im ukŏt paotok ko ad. Ilo ad kŏtļok E bwe en kŏmŋane, jenaaj jino in ļaļok ad juon wŏt Ippān, āinwŏt An juon wŏt ippen Jemedwŏj Ilaŋ. Rilŏmŏr eo ekŏŋaan letok nān kŏj kakkije jen ajimakeke im mijak me rej leļok nān aŋŭrlep ko ad. E ekŏŋaan

kŏjeraamŋan kŏj kŏn An jouj im kajoor me eppelok nān kŏj kŏn katok in pinmuur eo An.

Ilo ad roŋjake unoojdikdik ko an Jetŏb im reilok nān Anij nān ļŏmŏr jab wŏt jen aŋŭrlep ak jen kadkad in mŏjŋo ko, E naaj ukŏt ejaak eo ad im kadkad elañne jej mŏŋŏŋŏ. Juon eddŏkļok in kŏŋaan nān kakwojarjar jen Anij enaj kepooj kŏj nān juon oktak ilo lukkuun paotok ko ad. Bŭreejtŏn Ezra Taft Benson eaar kŏmeļeļeik oktak jab in āinwŏt:

“Irooj ej jermal itulowa. Laļin ej jermal jān tulik. Laļ emaroŋ bŏk armej ro jen jikin ko renana. Kraist ej bŏk nana ko jān armej ro, innām rej make bŏk nana jān er make. Laļ emaroŋ ukŏt armej jān ukŏt kapijuknen eo aer. Kraist ej ukŏt armej, ro renaj ukŏt kapijuknen eo aer. Laļ emaroŋ kŏkŋanŋan ŋwilin armej, ak Kraist emaroŋ ukŏt piktokin armej. . . .

“Jemaroŋ ke kipel kŏj bwe Jisŏs ej RiKraist eo, kālet nān ļoor E, maroŋ oktak nān E, kapen jen E, bŏke nān Ippān, im bar ļotak” (“Born of God,” *Ensign*, Nov. 1985, 6–7).

## Buŋtŏn Jermal ko

Eŋin ej juon būrookraaŋ in ŋadmŏd. Ilo ad wŏnmaanļok in pedped ion ilo jokin mour kake buŋtŏn ko ilo kajjojo raan. Menin kar jeļā kake “ļoore buŋtŏn ko.” Laajrakin jermal kein rej jipaŋ kŏj itok nān Kraist im bŏk tŏl im kajoor eo menin aikuj nān bŏk buŋtŏn eo tok juon ilo ad ājmour.

## Mŏŋŏŋŏ in oktak kŏn kajoor eo an Anij

Nē jej jino in jeļā kŏn buŋtŏn 6, jet iaad rej ba, “Aet nā ipojak bwe Anij en joļok aolep mŏjŋo ko aŏ!” Jekar eŋjake ad kar anjŏ jen elŏŋ iaan kajieŏn ko ad raar jab tŏprak nān anjŏ jen mŏjŋo ko ad make. Jekdŏŋ, ilo ad liŋŭri im būki meļeļe ko jān ribŏk eddo ro ad, jej kile bwe jekar makoko ļok joļok mŏjŋo ko ad jān ad ļŏmŋak.

Jetōb Kwojarjar im roj jet rekar jipaŋ kōj loe bwe emakijkij ad kōjberbal mōjŋo ko ad āinwōt kein kattōrak ak āinwōt wāween ko nān kakajoor aorōk ko ad. Nān waanjoŋak, jet iaad wōj raar kōjberbal lelotaan im juon eŋjake in utiejļok ke jekar eŋjake kaamijak. Jekar kōŋaan eŋjake jimwe meŋe jekar emakijkij in bōd.

Jet iad wōj jekar likūt kōj make im joļok paotok eo ad ekwojarjar nān kōjeparok ro jet jān aer kōmetak kōj. Jekar ļōmŋak bwe eļāñe jemaroŋ kar kajook kōj make mokta, innem ejabdwōt eo kajook ad utiej epidodo an kar itok ilo ejja jemļok eo wōt emōj ad tōpare.

Ijoke uaak kein re utamwe nān apaŋ ko rej itok jen kadkad in mōjŋo ko ad, jab kajoor ko ad. Jekar mijak bwe eļāñe jen kar joļok ad mōjŋo ko ad, jemaroŋ in kar jorān ļok. Ak āinwōt ad kōtļok an Anij joļok mōjŋo ko ad im kar jerbale ippen ribōk eddo ro ad, jej loe ewi joŋan ļap in an Anij kōjparok kōj.

Kōmij karuwainene kwe nān itok loe mōok in aorōk eo an juon make im kōŋake lōke eo aŋ ilo kōjeparok an Anij ijellokun likōpejŋak ko aŋ make.

### **Kōmŋane juon kijejeto nān kakajoorļok jemdōŋ eo ippen armej ro jet ilo ājmour im ilo Kabuŋ eo.**

Ilo ad jokane ļok ippen armej ro jet ilo ājmour, jej jino in loe bwe elōŋļok ro āinwōt kōj jān ad ļōmŋak. Ilo ad jeere bwebwenato ko ad im roŋjake ko an ro jet kwaļok, ad tūriaŋo ej eddōkļok. Jej jino kile jekjek eo ekkā an waļok nān aolep ajri ro nej in Anij peļaa kin laļ in im eŋjake eļapļok ilo mŋweo im peļaa kin. Baamļe, ro mōttad, im ritōl ro an Kabuŋ rej karuwainene kōj nān bar rool tok im jar ak nān kakajoor kallimūr eo kiiō. Ijjeļokin makoko ak kōmŋan jekpen ko, jekar pepe nān etal in jar. Jej lukkuun loe bwe elōn men ko jej iakwe kake kōn kweilok ko an ājmour me rekar bareinwōt mōttan kabuŋ jar ilo mōn jar.

Ke jaar peptaij, jejjo iaad emeļeļe jekjek in mour an mōol in oktak. Ijoke, Būreejtōn Marion G. Romney ekar kōmeļeļeiki menin ilo alikkar: “Juon eo me

lukkuun in oktak, ikideelel ko nān men ko rāinjuon nān gospel eo an Jisōs Kraist me raar lukkuun in kar mej. Im kar bōk jikin kōn menin ej juon iakwe an Anij, kōn juon jerbale in kabwijeer im pen bōro nān kōjparok kien ko an” (ilo Ripoot in Kweilok eo Eļap, Guatemala Area Kweilok eo Eļap 1977, 8).

Ilo ad ekatak kake kabwilōnlōn in ājmour im wōnmaanļok wōt—mokta jān mwilin aŋūrlep ko im innem jān kadkad in mōjŋo ko—jenaj eŋjake mōol in oktak. Jenaaj iruj im loe kōj make ejja āinwōt nej in eo ejerwaan kar “iaŋaktok an” (Luk 15:17).

### **Ekkatak im Meļeļe**

Laajrakin jeje ko rekwojarjar im ennaan ko jān ritōl ro an Kabuŋ in remaroŋ jipaŋ ilo ad ājmour. Innem jemaroŋ kōjberbali nān kōkŋanŋanļok mour, ekkatak, im jeje bwebwenato. Jej aikuj kemeemej nān mōol im alikkar ilo ad jeje nān bōk aolepen men ko remŋan jān menin.

### **Joļok aolep aŋ jerowiwi.**

“Kiiŋ e eba: . . . [Ta] inaaj kōmŋane ekar ba bwe in maroŋ ļotak ilo Anij, im joļok jetōb nana in ekōl-ibaakļok ilo ānbwinnū, im bōk Jetōb eo An, bwe in maroŋ obrak kōn laŋlōn . . . ? Inaaj joļok aolep mŋweiuk ko aō, . . . bwe in maroŋ bōk laŋlōn in eļap. . . .

“Kiiŋ eo eaar buŋ badik imāan Irooj, ioon bukien; aet, emōol eaar erļokleplep ioon laļ, im kar kūr ilo kajoor, im ba:

“O Anij, . . . inaaj joļok aolep jerowiwi ko aō nān jeļā Kwe, im bwe imaroŋ jerkak jān ro remej, im mour ilo raan eo āliktata” (Alma 22:15, 17–18).

- Lukkuun riiti eon kein ippān doon. Ta men ko reppen, ekoba bōklōkōt ko im eŋjake ko, rej dapij eō jān aō joļok “aolep jerowiwi ko aō” im bōk Jetōb eo?

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**BŦk koŦaam ilo jemjerā eo an KabuŦ in**

“Im kiiŦ, kŦnke bujen eo koŦ ar kŦmŦane naaj āŦinŦin koŦ ro nejin Kraist, Ŧaan ro nejin, im kŦrā ro nejin; bwe lo, rainin Eaar keotak koŦ ilo jetŦb; bwe koŦij ba bwe bŦruŦmi raar oktak kŦn tŦmak ilo Etan; kŦn menin, koŦij Ŧotak ilo E im kar erom Ŧaan ro im kŦrā ro nejin” (Mosaia 5:7).

Ilo ad bŦk iood make etan Kraist im kar kakajoor jān JetŦb eo An, jej jino koba ippān Armej ro Rekwojarjar—ro jeid im jatŦd ro raar peptaij im kar deŦŦon tok ilo baamŦe eo An ioon laŦin.

- Ilo aŦ itok Ŧan jeŦā kajjien ro jera rekwojarjar, elmen bwe in kar ŦŦŦŦŦŦ in bŦk koŦaŦ ilo jemjerā eo an KabuŦ in?

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**EŦjaake pinmuur**

“Bwe armej ilo lukkuun pikitokin ej ri kŦjdāt Ŧan Anij, im eaar jān wŦtlŦk eo an Adam, im enaaj, indeeo im indeeo, Ŧae an naaj kŦtlŦk e Ŧan kareelel ko an JetŦb kwojarjar, im utikŦŦk armej eo ilo lukkuun biktokin im erom juon rikwojarjar kŦn pinmuur eo an Kraist Irooj, im erom āinwŦt juon ajri, ettā, ineemŦan, ettā bŦro, kemŦaanwa, obrak kŦn iakwe” (Mosaia 3:19).

ElŦn iaad emŦŦ ad erom Armej ro rekwojarjar ilo āt wŦt ke jaar peptaij im ŦŦŦŦŦŦ in “utikŦŦk armej eo ilo lukkuun biktokin Ŧaan [ak kŦrā]” im ejaake kadkad ko rej elaajrak ilo eoon in.

- Elmen an apaŦ in kepooj eŦ Ŧan bŦk men eo ej itok wŦt kŦn Pinmuur eo an Kraist—jān erom juon wŦt ilo JisŦs Kraist im JemedwŦj IlaŦ—bwe in maroŦ eŦjake pinmuur.

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### Itok nān Kraist

Elder Richard G. Scott ekar katakin: “Jekdoon ta menin jipañ eo eppen im jekdoon ewi wāween am jino bōk kakije—jen juon therapis eo etijemlōk, taktō, ritōl an priesthood, jerā, jinen im jemān ro ejelōt, ak juon eo ejittōnbōro, jekdoon elmen am jino uwaak ko reban naaj letok juon uwaak eo edipio. Kōmour eo āliktata ej itok jen tōmak ilo Jisōs Kraist im katak ko An, kōn juon bōro erub im juon jetōb ettā im pokake nān kien ko An” (“To Be Healed,” *Ensign*, May 1994, 9).

Ejjeļok joñan drettan jipañ ak jemjerā—bareinwōt ilo kurup ko ak kumi jar ko an Kabuñ in—enaj bōktok lōmōōr. Armej ro jet remaroñ rie im kōjer-aamman kōj ilo iaļ in ad, ijoke emool jemaroñ itok nān Kraist make.

- Elmen aō jino iaļ in ājmour in?

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- Wōn eo ear kein jermal ilo jipañ eō bōk iaļ in nān ukweļok im ājmour? Ekōjkan an kar waanjoñak ko aer kar jittōñ lōk eō nān Rilōmōōr eo?

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- Ta eo ikar ekkatak kake kōn Rilōmōōr eo ekar jipañ eō ak kipel kōñaan eo aō im maroñ ukōt m̄wil eo aō?

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## Kijenmej ilo jербal eo

“Komjij ajri ro reddik im komjij jab maroņ ineen aolep men otemjeļok kiiō; komjij aikuj eddek ilo jouj im ilo jeļā kōn mjoole eo.

“Jab mijak, ajri reddik, bwe komjij Aō, im emjōj Aō anjō ioon laļ; . . .

“Im ejjeļok iaer ro Jema eaar letok Ņan E enaaj jako” (Katak im Bujen Ko 50:40–42).

Jeti iien kijōrjōr ak ebbweer kōn an jербal in bōk ājmour juon jербal eo ejjab bōjrak. Eoon kein rej kwaļok an Jisōs Kraist im Jemedwōj Ilaņ kijenmej ipped āinwōt “ajri ro reddik.” Buki eoon kein Ņan ippamj make ilo amj jeiki im kwaļok Ņan eok make.

- Ekōjkan an kallimur ko ilo jeje ko rekwojarjar kōkajoorļok eō Ņe ij tin kar ebweer?

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## Bōk jipaņ jān Jisōs Kraist

“Ro jeiū im jatū rejitōnbōro, ālikin ami pād ilo iaļ in erāniņ im eaidik, ikōņaan kajjitōk aolep ededeļok ke? Lo, ij ba Ņan komj, Jab; bwe komj ar jab tōprak tok ijin ijellōkun wōt Ņe jān naan an Kraist kōn

tōmak edim ilo E, atartar wōt ioon tōllōke ko an Eo ekajoor Ņan lōmjooren.

“Kōn menin, komj aikuj buņ mjaanļok kōn dim ilo Kraist, kōn juon kōjātdikdik emjman emeram, im juon iakwe Ņan Anij im armej otemjeļok. Kōn menin, Ņe komj naaj buņ mjaanļok, kwojkwoj ioon naan an Kraist, im niknik Ņan jemjōkin, lo, āindein Jemān ej ba: Komj naaj bōk mour indeeo” (2 Nipai 31:19–20).

- Elmen an Jisōs Kraist jipaņ eō ilo iaļ in ejimwe im erāniņ?

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- Elmen an eddōkļok iakwe in aō Ņan Anij im an armej ro jet bōk ļok eō jen aņūrlep, jipaņ eō wōnmaanļok wōt ilo bōjrak, im bar jino aō kōjātdikdik kōn mour indeeo?

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## Buñtōn 7: Ettā bōro ilo kajitūkin Jemedwōj Ilañ bwe en joḷok mōjño ko ad.

Katak eo Aorōk: Ettā

Aolepen buñtōn ko mokta ḷok rekar kepooj kōj ñan buñtōn in. Buñtōn 1 ekar jipañ kōj ñan maroñ ettā im meḷeḷe bwe ejjeḷok ad kajoor ioon añūrlep ko. Buñtōn 2 im 3 rekar jipañ kōj bōk eḷap tōmak im löke ilo Irooj ñan kajjitōk jipañ Ippān. Etale ko ad jān buñtōn 4 rekar jipañ kōj loe kadkad im m̄wil ko ad. Jerbale buñtōn 5 ej kwaḷok ad peran ñan m̄ool ippen Anij, ippād make, im bar juon armej. Buñtōn 6: ekar jipañ kōj poojak im m̄ōñōñō in joḷok aolep kadkadin mōjño ko ad. Jej kiiō pojak in bōk buñtōn 7. Jej mije wōt “WĀWEEN” jerbale kajjojo buñtōn: ettā bōro, m̄ōñōñō in bōk pepe, im em̄ōñōñō.

Aolep buñtōn ko rej aikuji ettā bōro, akō buñtōn 7 eḷapḷok aikuji ie: “Ettā bōro ilo kajitūkin Jemedwōj Ilañ bwe en joḷok mōjño ko ad.” Ilo ad mokta jerbale jejjo buñtōn ko ilo ājmour, jej ekkatak im jeḷā bwe jekdoḡn ewi joñan ad kate kōj, jeban oktak ak loe ājmour ijellōkin jipañ eo an Irooj. Buñtōn in ejjab oktak. *True to the Faith* ej kōmeḷeḷeik ettā bōro āinwōt in: “Ñan erom ettā bōro ej ñan kile ka-m̄oolol eo am̄ kōn am̄ pedped wōt ioon Irooj—ñan

meḷeḷe bwe ewōr am̄ aikuji ñan jipañ eo An” (*True to the Faith: A Gospel Reference* [2004], 86).

Jet iaad wōj rej jino in kōm̄mane men ko kar mokta im kajjieoñ in oktak ippād make. Ak ñe jej kile bōd ko ad re lōñ in mōjño ko, jejeḷā bwe jej aikuji in pedped ioon Irooj kōn jipañ eo An ñan oktak. Ilo jerbale buñtōn 7, jekar jab jekpen jān jermal eo me kar ad ñan kōm̄mane. Jekar aikuji in kijenmej im “buñ m̄aanḷok kōn dim ilo Kraist” (2 Nipai 31:20). Jekar aikuji in tōt wōt im bar kakemejmej kōj ñan oktak ñan Anij im kajjitōk jipañ eo An.

Jekar bwilōñ kōn elmen an kabwilōñlōñ kein maroñ waḷok ñan kōj. Epidodo ñan kajojo iaad, ak ej juon kajin eo me makijkij ilubwiljin armej. Ejeja an armej ioon pok im oktak ko rejidimkij ñan kadkad eo aer; jidik illōk jidik in buñtōn 6 im 7 ekkā aer itok ilo wāween an Elder David A. Bednar kōmeḷeḷeik:

“Kōj āinwōt membōr ro an Kabuñ in jej ḷōm̄nak in kwaḷok aorōkin im kōḷapḷap in waḷok tok ko me jemaroñ in likjab in kaḡoolol kaki im bareinwōt in jeḷā iminene in joñnok eo Jetōb Kwojarjar eaar katōprake jermal eo An, . . . [kōn] jidik in men ko an

jetŏb rekabwilŏnlŏn” (“The Spirit of Revelation,” *Liahona*, May 2011, 88).

Ŋe jej kĀlet ņan ajeĻŏk kŏj ņan Anij im kalaajrake ankilaad ņan An, raan ko ad rej obrak kŏn iien ko reddik me E ej karuwainene kŏj ņan bŏjrak jen mininene ko ņan kŏmŋmani men ko im ijellŏkin pepdped ion kajoor eo An ņan jipaŋ, kotake, im iakwe. Sister Rebecca L. Craven ekar katakin: “Jab ebweer. Oktak ej juon jermal eo ebŏk iien. . . . Ilo apaŋ ko ņan oktak, Irooj ej kijenmej ippĀd” (“DĀpij Oktak eo,” *Liaona*, Nob. 2020, 59).

Meŋe aŋŭrlep ko ad rej ņan arkŏŏĻ, uno ko reka-joor, kĀĀmbŏĻ, mŏm ilo kanniŏk, make-kakure jĀn mŏŋĀ ko kijen, jaje bŏjrak jĀn joĻŏk jĀĀn, ak mŋwilin aŋŭrlep ko jet ak men ko me jekar wŏnmaan kaki ippen joŋan Ājmour ilo mour in, Rilŏmŏŏŏr enaaĵ “jipaŋ [kŏj] ekkar ņan mŏŋŏŏ ko” [ad] (Alma 7:12). Ilo ad jino kŏŋaan oktak jĀn itok ņan Jisŏs Kraist, jej eŋjake kajoor in kŏmour eo An.

Ilo jerbale buŋtŏn in, elŏn iaad raar loe bwe jekar aikuj in tariŋaeiki ad eŋjake jook. Kalimjek lok apaŋ ko ad ej bŏktok eŋjake ko ekar jab bwe ad emŋman kaki ak bwe jekar juon iien kar likjab kaki. Ijoke jerbale buŋtŏn ko im itok ņan Kraist ej jipaŋ Ļŏmŋnak kake kŏj ilo bar juon wĀween. Jekar eŋjake iakwe eo ņan kŏj Āinwŏt Ļaddik im leddik ro Nejin rejitŏnbŏro. Iakwe in ekar jipaŋ kŏj tariŋaik Ļŏk eŋjake in kajookok ko im bŭrŏmŏj kŏn juon make.

Jekar jino in loe appaŋ ko im mŏjŋo ko einwŏt iien ko remŋman ņan ettĀ bŏro ilo kajitŏk jipaŋ an Anij ņan eddekĻŏk maan Ļŏk im Ājmour jĀn aŋŭrlep.

## Buŋtŏn Jermal ko

Eŋin ej juon bŭrookraamŋ in mĀdmŏd. EmŋmanĻŏk eo ad ej pedped ion ad kŏjermal buŋtŏn kein ilo mour ko ad kajjojo raan. Emŏj ŋaetan Āinwŏt “jerbale buŋtŏn ko.” Jermal ko laajraki renaaj jipaŋ kŏj itok ņan Kraist im bŏk tŏl im kajoor eo emennin aikuj ņan bŏk buŋtŏn eo juon ilo Ājmour eo ad.

## Kajitŏk bwe Anij en kŏmŋmane ta eo jejjab maroŋ kŏmŋmane ņan kŏj make

Ekŏjkan ad mour kŏn buŋtŏn 7 kajjojo raan? Jej bŏjrak jidik ilo juon raan ilo iien ko ņe kŏŋaan ko an juon make ej bar rool tok ak ņe jej loe ad mŏjŋo. Ilo iien kein, jej wujĻŏk im roŋjake. Jej kemeemej an ejeĻŏk ad kajoor in ukŏt kŏj make, im jej lŏke bwe Irooj emaroŋ ukŏt kŏj. InnĀm jej wŏnmaanĻŏk ilo ad pedped Ioon. Jekar kŏtĻŏk ta eo jejjab maroŋ kŏmŋmane, im jej kajitŏk ippen Anij ņan jipaŋ kŏj.

JitĻŏk ņan Anij ilo jar emennin aikuj. “Kajjojo iaad ewŏr ippĀd bŭrabĻŏm ko me jejjab maroŋ in ŋa mejĻĀer im mŏjŋŏ ko me jejjab maroŋ anjo ioyer ņe jejjab jar ņan juon jikin eutieĻŏk an kajoor” (James E. Faust, “The Lifeline of Prayer,” *Ensign*, May 2002, 59).

Ŋe jej jar ilo ewŏr wunin im meĻeĻein, jemaroŋ deĻŏŋe iakwe an Anij. Ŋe jej kŏtĻŏk kŏj make juon iien aeŋŏmŋman im jikin ņan kŏnono ippĀn Anij, jej maroŋ in kalek im kakajoorĻŏk jemdŏŏn eo ad ippĀn Anij. JĀn kŏjeparok juon jar ilo bŭruwŏd, Āinwŏt, “Irooj, ta eo kwoj kŏŋaan bwe in kŏmŋmane?” (Jermal 9:6) ak “Ankilaamŋ en kŏmŋman” (Katak im Bujen Ko 109:44), jenaaj wŏnmaanĻŏk wŏt im kemeemej ad pedped ion Irooj. Iakwe eo ad ņan Anij im An iakwe ņan kŏj enaaĵ jipaŋ kŏj ejaake juon jemdŏŏn ņan ad maroŋ leĻŏk aoleped.

## Ekkatak jar ko an kwojkwoj eo

Jar ko an kwojkwoj eo rej men ko remŋman me rej kwĀĻŏk ettĀ im unin buŋtŏn 7. Ewŏr ippĀd juon iien emŋman ņan bŏk mŏttan kwojkwoj eo kajjojo wiik im kŏĻmenĻŏkijen kŏn naan ko an jar ko an kwojkwoj eo.

Kemij rŏjaŋ riiti Moronai 4:3; 5:2 im ettĀ bŏro ilo bŏki naan kein rekwojarjar ilo ainikien eo amŋ make Āinwŏt: “O Anij, JemĀm Indeeo, [ij] kajitŏk Ippamŋ ilo etan Neĵŭm, Jisŏs Kraist, ņan kŏjeraamŋman im kokwŏjarjar pilawĀ in ņan [jetŏb eo aŏ] ej bŏk mŏttan; bwe [in] maroŋ mŏŋĀ ilo [aŏ] ememej Ānbwinnin Neĵŭm, im kamŏol ņan Kwe, O Anij,

Jemām Indeeo, bwe remṣōṇṣōṇ in bōk [ioō] etan Nejum, im keememej E iien otemjej, im kōjparok kien ko An ko Eaar liḷok ṅan [eō], bwe Jetōb eo An en maroṅ pād [ippa]” iien otemjej (Moronai 4:3).

Ņe jej ḷōmṅake jar ko an Kwojkwoj eo ilo wāween in, jej maroṅ tōpar Rilōmqōr eo make kōn juon bōro erub im jetōb ettā. Ilo ad ḷōmṅak kōn mōjṅo ko ad ak jabdewōt bōd ko me jekar kōmṅani, jej maroṅ ukōt ḷok būruwōd ṅan E. Jemaroṅ kajjitōk Ippān ṅan jipaṅ kōj ukweḷok, emṅanḷok, im ṅan bar joḷok apaṅ kein.

## Ekkatak im Mejeje

Eoon im enaan kein laajraki jān ritōl ro an Kabuṅ in remaroṅ jipaṅ ilo ājmour eo ad. Jemaroṅ kōjerbali ṅan kōkṅanṅanḷok mour, ekkatak, im jeje bwebwenato. Jej aikuj keememej ṅan mool im alikkar ilo ad jeje ṅan bōk aolepen joortoklik eo jen menin.

### An jouj ebwe.

“Im eḷaṅṅe armej rej itok ṅan Eō Inaaj kwaḷok ṅan er aer mōjṅo. Ij leḷok ṅan armej mōjṅo bwe ren maroṅ ettā bōro; im Aō jouj ebwe ṅan aolep armej ro rej kōttāik er Imāō; bwe eḷaṅṅe rej kōttāik er Imāō, im wōr aer tōmak ilo Ņa, innām Inaaj kōmṅan mennin mōjṅo ko ren erom kajoor ṅan er” (Ether 12:27).

Āinwōt kanniōk im jab weepān, jej aolep maroṅ bōk elōṅ mōjṅo ko. Ilo eoon in, Irooj ej kōmeḷeḷeik jibadbad eo an ilo an kōtḷok bwe jen eṅjake mour in kanniōk im ioon mōjṅo ko ej ṅan jipaṅ kōj ettā. Kemeemej bwe jej *kālet* ṅan kōttāik kōj make.

- Ta mejeje naan in ṅan ṅa “Aō jouj ebwe ṅan aolep armej”?

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- Ewōr ke aō tōmak bwe jouj an Irooj ebwe ṅan eō?

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- Ta mejeje in ṅan kōttāik eō make imaan Irooj?

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- KŌlaajrak jet iaan kaddak in mŌjŊŌ ko aŋ. Iturin tok, kŌlaajrak kajoor ko me remaroŋ in wałŌk ñe kwoj itok ñan Kraist.

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**Kāālet ñan ettā bŌro**

“ĀinwŌt iaar ba ñan koŋ, kŏnke kar kipel koŋ bwe koŋ in ettā kŏmij mŏŋŏŋŏ, koŋij kŏtmāne ke bwe reŋŏŋŏŋŏŋŏ ro eŋool aer kŏttāik er kŏnke naan eo?” (Alma 32:14).

Elŏn iaad jekar itok ñan kweilŌk kein ilo ełap aikuj; jŏrrāan in aŋurlep ko ad raar iŋwe kŏj. Kar kipel kŏj bwe jen ettā. Ijoke, ettā eo me kŏmeleleik ilo buŋtŏn in ej an juon make pepe. Eŋin ej tŏprak in kālet ko ad make ñan kŏttāik kŏj make.

- Elmen an eŋjake ko aŏ kŏn ettā bŌro kar oktak jān ke ikar jino ājmour?

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**Obrak kŏn Laŋlŏn**

“Raar kalimjek er make ilo wāween kanniŏk eo aer, eŋool dikłŌk jān bŏñalñal in lał. Im raar lamŏj kŏn juon wŏt ainikien, im ba: O Kwŏn tŏriamŏ, im kŏjberbal bŏtŏktŏkin pinmuur eo an Kraist bwe kŏmin maroŋ bŏk jeorłŌk bŏd in jerŏwiwi ko aŋ, im bŏruŏmŋ ren karreo, bwe kŏmij tŏmak ilo Jisŏs Kraist, Nejin Anij, eo eaar kŏmāŋmān lañ im lał, im men otemjej; Eo enaaj wanlałtak ilubwiljin ro nejin armej.

“Im ālikin men kein ke raar kŏnono naan kein Jitŏbŏn Irooj eaar wanlałtak iouer, im raar obrak kŏn laŋlŏn, im raar bŏk jeorłŌk in jerŏwiwi ko aer, im kar wŏr aer aenŏmŋ in bŏklŏkŏt, kŏnke kar tŏmak eo ełap aer ilo Jisŏs Kraist, eo enaaj kar itok” (Mosaia 4:2–3).

Armej ro an Kiin Benjamin raar jar kain jar eo me jekar lelŌk ke jekar kŏmŋane buŋtŏn 7. Raar eŋjake aenŏmŋ im laŋlŏn ke Jitŏbŏn Irooj ekar itok iouer im lelŌk ñan er juon jeorłŌkin jerawiwi ko aer.

- Ta eņjake ko eņoj aō būki ke ikar eņjake aēņōmņan im lañlōñ?

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- Elmen nej eņjake menin űan bŏk aēņōmņan im lañlōñ ilo mour eo aō kajojo raan?

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**Pokake kien ko**

“Komwin pād ilo űa, im űa ilo kwe. Āinwōt ra e ban make jebar leen, eļāñņe e jab pād ilo vain eo; āindein bareinwōt komņ bane, eļāñņe komņ jab pād ilo űa.

“űa vain, komņ ra ko; Eo ej pād ilo űa, im űa ilo e, e in ej jebar elōñ leen, bwe ñe komņ jepel jān űa komņ ban kōmņan jabdewōt. . . .

“Eļāñņe komņij kōjparok kien ko Aō, komņ naaj pād ilo Aō yokwe; im barāinwōt Iar kōjparok kein ko an Jema, im Ij pād ilo An yokwe.

“Men kein ij kōnono űan komņ bwe Aō lañlōñ en pād ilo komņ, im bwe ami lañlōñ en obrak” (Jon 15:4–5, 10–11).

- Ta meļeļein űan űa bwe eļāñņe Ij kōjparok kien ko an Rilqmqqr, “[ij] pād ilo [An] yokwe?” (eoon 10).

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- Ekkar űan eoon kein, ta jet iaan kōjeraamņan ko kar kallimŭr kōn pād ilo E?

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- Ekōjkan aō eñjake kōn kōjeparok kien ko an Rilōmqōr?

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- Ekōjkan an kōjeparok kien ko juon wāween kwałōk aō iakwe ñan Anij?

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**iakwe an Anij**

“Ñe jej likūt Anij imaan, men otemjej rej loe joko jikier ak julōk jen mour ko ad. Iakwe eo ad ñan Irooj enaaj kakien maroñ ko ñan tokjan ko ad, kajitōk ko ilo iien eo ad, itok limo ko jej pukōte, im laajrakin kōñaan ko ad” (Ezra Taft Benson, “The Great Commandment—Love the Lord,” *Ensign*, Māe 1988, 4).

Itok ñan jeļā kake tūriamō im emman eo an Anij eļap, jekar maroñ jino in eñjake iakwe eo an Anij—an Anij ñan armej.

- Emōj ke aō kar eñjake juon ļapļōk in iakwe ke ikar kōmmani buñtōn ko? Eļañne āindein, etke?

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- Elmen an jerbale buŅtŏn 7 kar jipaŅ eŏ bar kajimwe kŏŅaan ko aŏ im likŭt Anij maktata ilo mour eo aŏ?

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### **Bŏk iood make et eo etan Kraist**

“Im kiiŏ, kŏnke bujen eo kom̄ ar kŏm̄Ņane naaj āŅinŅin kom̄ ro nejin Kraist, Ņaan ro nejin, im kŏrā ro nejin; . . .

“ . . .IkŏŅaan bwe kom̄in bŏk ioomi etan Kraist, aolep kom̄ ro raar deļŏŅe bujen eo ippān Anij bwe kom̄in pokake Ņan jem̄ļŏkin mour ko ami. . . .

“Jabdewŏt eo ej kŏm̄Ņane men in naaj lo ilo anbwijmaroŅ in pein Anij, bwe enaaj jeļā āt eo āŅinŅin e kake; bwe naaj āŅinŅini e kŏn etan Kraist” (Mosaia 5:7–9).

- Ta meļeļein Ņan naaj āŅinŅini e kŏn etan Kraist im Ņan pinej jenkwān E?

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- Ta eo ij aikuj kŏm̄Ņane in naaj lo ilo anbwijmaroŅ in pein Anij?

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- Ta eo Ij kallimur ñan kōm̃mane ñe ij peptaj im ñe ij bōk mōttan kwojkwoj eo? (Lale Mosaia 5:7–9; 18:8–10, 13; Katak im Bujen Ko 20:77, 79.)

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- Elmen aō eñjake ñe ij ļōm̃nak kōn an Rilōm̃qor eo m̃ōñōñō in letok ñan eō Etan ilo oktan jānij ñan kōm̃man juon bujen ippen E ñan pokake im jerbāl ñan E, ekoba leļok appañ ko aō?

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### Wujleplōk mōjño ko ad

“Juon kabuñ ejjab aikuji kaarmejete eo an aolep men ko ejañin kar bwe aer kajoor ñan kwaļok tōmak eo emenin aikuļ ñan mour im lōm̃qor” (*Lectures on Faith* [1985], 69).

- Jet armej rej riiti naan ko im kōjekļokjeñ kake “aolep men” kōnono kōn aolep men ko mweie. Ekōjkan wujleplōk aolep mōjño ko aō ñan Irooj kar kaļapļok aō meļeļe kōn ta meļeļein ñan kaarmijete aolep men ko?

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## **Buñtōn 8: Je juon laajrak in aolep armej ro jekar kōmetak er im jino in kōṇaan kōmṇan oktak ṇan er.**

### Katak eo Aorōk: Pojak in Kōmṇan Kajimṇe

Mokta jen ad jino ājmour, mour in añūrlep ko ad raar einwōt juon aire eobrak kōn kajoor in kakkure me ej bukweļok jemdoṇ ko ad, ej likūt bwe en eotōk tok ilik. Ilo ad kar jerbale buñtōn 7, jekar eñjake bōk kajoor in kōmour kōn tūriamṇo eo an Rilṇmṇoṇ, jekar eñjake in kijejer ṇan kajimṇe jemdoṇ ko rerub. Buñtōn 8 ej juon iien emṇan ṇan je juon laajrak in armej ro im kōmṇan oktak jimṇe ṇan ro jekar kōmetak er innem kōmṇane juon buļāan in karreo im bar kalek jemdoṇ ko ad.

Ilo ad jerbale buñtōn ko an ājmour, jej loe bwe juon iaan men ko raar imṇe kōn buñtōn 12 ej laajrak eo me rekar jeje ie. Ewōr juon buñtōn maanjabpopo emakijkij an itok mokta jān juon buñtōn karuo tok jen buñtōn ko ruo. Buñtōn 8, ippen tok aolep buñtōn ko mokta, rej ad maanjabpopo ṇan buñtōn 9, im emenin aikuj peran ilōñin ad maroñ.

Jekar ekkatak jān armej ro me ededeļok aer jerbale buñtōn 8 me raar kair in kōmṇan kajimṇe ko ilo ejjelok maanjabpopo im maroñ kakkure ilo jab kōmṇan kajimṇe. Kōn menin jej bōk iien ṇan jar; kappukot kapilōk ān armej ro jej lōke, ainwōt ribōk eddo ro ad ak ritōl ro an Kabuñ in; im kōmṇane juon karōk. Maanjabpopo in ilo buñtōn 8 ekar bōbrae kōj jān kajorāan ļok jemdoṇ ko ad ñe jino in kōkeitaak armej ilo buñtōn 9.

### **Je juon laajrak**

Mokta jān ad bar ejaake jemdoṇ ko, jej aikuj in kakilen im kōmṇane juon laajrakin jemdoṇ ko me raar jorāan. Jej kōjerbal etale ko ad jen buñtōn 4 ṇan kepooje laajrak ko ad. Ilo ad jar im tiljek ilo bar lale etale ko ad, Jetōb ej jipañ kōj kakilen jemdoṇ ko jekar kōmetak er. Ro iaad me raar kōmṇane juon jaat ke jekar jerbale buñtōn 4 rej loe bwe epidodo ļok ṇan kakilen armej rein im ra kein (lale appendix eo ṇan juon waanjoñok in juon jaat).

Jej loe bwe laajrakin unin tŏl ko reŭlap aer jipaŋ ilo ad kŏmŋane laajrak ko ad. Jej kajitŭkin kŏj make, “Ewŏr ke juon ilo mour eo aŏ, mokta, ak raan kein, me ņe ij pād turin ij eŋjake jook, jaab aenŏmŋan, ak āliklik?” Jekar je etāer, im jekar eŭŭok jān māllijoŋ ņan kwaŭok eŋjake ko ad ak jekpen nae makŭtkŭt ko ad rebŏd ņae er. Jej bar kobaik armej ro jekar tin kŏmetak im armej ro me jekar tin ŭmŋakin ka-jorāān er. Jekar bar kobaik armej ro emŏj aer mej im armej ro me jejjab jeŭā ewi wāween tŏpar er. Jej mije jekjek kein reinjuon ke jekar jerbale buŋtŏn 9. Ilo ad kar jerbale buŋtŏn 8, jej mije ad pād im peran ilo ad mŭool.

Jekar kajjieŋ jab kajektokjān men ko reddik. Jekar mŭool in ŭmŋak kake jorāān eo jekar kŏmŋane ņan armej ro ilo ad kar mŏŋŏŋŏ ilo aŋŭrlep ko ad, meņe jekar jab ņitbwil er. Jekar laajrake ro jej iakwe er im ro mŏttad jekar kŏmetak er ilo pād wŏt im lukkuun dike, kilen jabdeki, adikdiki, atebare, jab mŭool ņane, im kajooke. Eŭāņņe jekar bar kobaik tok eddo ko an bar juon armej ilo jabdewŏt wāween, jej bar kobaik tok armej rein ilo laajrak ko ad. Jekar kajjieŋ in laajrake aolep ro me rekar jorāān jen riab ko jekar ba, rube kallimŭr ko, im wāween ko jekar mŏne er ak kar kŏjerbali. Jekar ŭmŋak kŏn armej ro jekar jab jeorŭok aer bŏd, im jekar bareinwŏt kobaik er ilo laajrak ko ad.

Ālkin ad kar kalaajrak aolep ro jekar kajorāān er, jej bar kobaik bar juon āt ņan laajrak eo—ad make. ņe jej mŏŋŏŋŏ ilo aŋŭrlep ko ad, jej kajorāān kŏj make im bareinwŏt ro jet. Jekjek eo emŋantata jemaroŋ kajimŭwe kŏj make kake ej ņan mour ilo ājmour jen aŋŭrlep. Anij emaroŋ jipaŋ kŏj im kŏmŋane kajimŭwe ko. Ilo ad eŋjake iakwe an Anij im jeorŭok bŏd, eŋjake in jook ko ad rej oktak ņan juon mŏŋŏŋŏ in kŏmŋane kajimŭwe ko.

### Mŏŋŏŋŏ in kŏmŋane

Ālkin ad kŏmŋane laajrak ko ad, jej aikuj in mŏŋŏŋŏ in kŏmŋane kajimŭwe ko. Elŏŋ iaad wŏj kar loe bwe jejjab maroŋ kalaajraki armej ro im

doulul ko jekar kajorāān e ilo ejeŭok mad jen ad lellŏtaan ņae ro jet me raaar bar kajorāān kŏj. Armej ro emakijkij aer lokjak ilo juon mwilin in āliji lel-lŏtaan e doon. ņan kŏjemŭok mŭwil in, juon aikuj in mŏŋŏŋŏ in jeorŭok bŏd.

ņe jej kwaŭok mŭool in bŏro kŏn eŋjake ko rebŏd, Anij eaar jipaŋ kŏj rube mŭwil in lellŏtaan. Ekar kwaŭok ņan kŏj ke jej aikuj in jeorŭok an doon bŏd einwŏt E ear jeorŭok ad bŏd. Ilo bŭrabŏl eo kŏn ŭeo eban joŭok bŏd in aolep mŭuri otemjej an ak ejjab kŏŋaan joŭok an ro jet bŏd, irooj eo an eaar kŭr e, “I ar kŏtŭok eok jān mŭuri otemjej, bwe kwaar akweŭap ņan eŏ: E jab emŋan bwe kwŏ naaj kar barāinwŏt . . . tŭriamŏkake ri karijar ippam, āinwŏt I ar tŭri-amŏkake eok ke?” (Matu 18:32–33).

Ilo ad apaŋ ņan mŏŋŏŋŏ in kŏmŋane kajimŭwe ko ņan armej ro me raar kajorāān kŏj, jej akwelap kŏn jouj an Kraist ņan jipaŋ kŏj leŭok ņan er ejja tŭri-amŏ eo E ej letok ņan kŏj. Jekar bŏke kapilek eo an Rilŏmŏŭor eo ņan jar kŏn emŋan ŭok eo aer im kar kajitŭkin er ņan bŏk aolep kŏjeraamŋan ko me jekŏŋaan bwe ren ad make (lale Matu 5:44).

Ilo ad jerbale buŋtŏn 8, jekar kajjieŋ in kemeemej bwe buŋtŏn in ejjab juon kŏmmālmel ilo kajook jabdewŏt—kŏj make ak ro jet. Eŋjake eo ad ekar kwaŭok ņan kŏj ke Rilŏmŏŭor ej ineek eddo ko ad im kajookok ilo ad bŏk juon erreilŭok ņan jemdŭŭon ko ad rekorāān im mŏttan eo ad ilo er. Ilo buŋtŏn 8, jej jino in kepaake ņan kŏj make, ro jet, im mur kŏn juon bŏro ekāāl. Jej jino in eŋjake aeŋŏmŋan ilo mour ko ad ijellŭokin aetwerŏk im bŏd.

Jej jino in mŏŋŏŋŏ in bŏjrak jān ekajet armej ilo jab jimŭwe im bŏk etale in mour ko aer im jidilŭok ko. Jej jino in mŏŋŏŋŏ in bŏjrak jen kadikdik mŭwil ko ad make rebŏd ak kŏmŋan jekpen kaki. Jān mŏŋŏŋŏ in kŏmŋane kajimŭwe ko, jej eŋjake aeŋŏmŋan eo in jeŭā bwe Jemedwŏj Ilaŋ ej mŏŋŏŋŏ kŏn kijejeto ko ad. Buŋtŏn in eaar jipaŋ kŏj bŏk makŭtkŭt ko me rej kŏtŭok an Rilŏmŏŭor eo kanemkwŏj kŏj jān bŏd ko ad mokta. Mŏŋŏŋŏ in kŏmŋane kajimŭwe ko ej kepooj kŏj ņan jerbale aolepen buŋtŏn 9.

## Buñtōn Jerbal ko

Eñin ej juon būrookraam in maadmōd. Emmanlōk eo ad ej pedped ioon ad mour kake buñtōn ko ilo mour ko ad kajjojo raan. Emōj ñaetan menin “jerbale buñtōn ko.” Jerbal ko laajraki rej jipañ kōj itok ñan Kraist im bōk tōl im kajoor eo emennin aikuj ñan bōk buñtōn eo juon ilo ājmour in ad.

### Je juon laajrak in armej ro me jemaroñ kar kalluik ak kōmetak er.

Ribōk eddo ro ad rej tōl kōj ilo ad maanjabpopo kōn laajrak ko ad, im bar juon alen jej loe jeje ko aer relukkuun aorōk. Elōñ iaad raar kōjerbali laajrakin unin tōl in ñan jipañ kōjeparok jekjek in epidodo ak eppen.

Mokta, kōjermal etale ko ad jān buñtōn 4, jekar laajrake armej ro ak doulul ko jekar aikuj in tōpare.

Iturin tok kajojo kadelōñ, jej lelōk jiddik unin aikuj in kōmman kajimwe ko.

Innem, ilo an tōl jen Jetōb eo, jekar kōmmane juon būlāan ñan tōpare armej ro ilo laajrak ko ad. Jej bar lale karōk ko ad ippen ribōk eddo ro ad ak rikapilōk ro kar lōke er.

Āliktata, jej kobaiki juon allōñ raan im iio jān juon eo ej kōjātdikdik ñan kadedelōk mejānkajjik eo. Jekar likūt juon jikin ñan ripoote allōñ raan im iio eo jenej tōpare armej eo im tōprak ko jāne. (Jaat eo ilo appendix eo ej juon kein jermal elukkuun jipañ.)

### Jeorlōk bōd

Epen menin ñan kajitōk jeorlōk bōd jān armej ro raar kōmetak kōj. Eñāñe kwoj loe am make appañ kōn menin, komaroñ loe an menin lukkuun jipañ ñan jeiki juon laajrakin armej ro kwoj aikuj in jeorlōk aer bōd; innem jeiki juon laajrak in armej ro kwoj aikuj kajitōk bwe ren jeorlōk am bōd. Komaroñ ilbōk in loe jet iaan āt ko rej waļōk ilo jimor laajrak ko.

Jej aikuj in kijenmej ippād make ilo ad jar im tiljek im jermal maan lōk ñan jeorlōk an armej ro jekar kalaajraki bōd. Būreejtōn James E. Faust eaar ba: “Elōñ iaad rej aikuj iien ñan jerbale aolep metak im būromōj. Jemaroñ loe aolep wāween an un ko karumwijlōk jeorlōk bōd. Juon iaan un kein ej kōttar an ro rikōmman bōd ukwelōk [im kōmmane kajimwe ko ñan kōj] mokta jān ad jeorlōk aer bōd. Rumwij lōk ej kōmman ad kajorāan e aenōmman eo im mōñōñō eo me emaroñ kar ad. Nana in bar āliiji jorāan ko mokta-remōr rejjab bōk mōñōñō eļap. . . . Eñāñe jejjab maroñ loe jeorlōkin bōd ilo būruwōd ñan ro raar kametak im kakinejneje kōj, jenaaj wanlōñ tak ilo juon lābōļ in kile-kōj make im emmanlōk-eo ad make” (“Kajoor in Jeorlōk bōd,” *Liaona*, Māe 2007, 68).

Jeorlōk an juon armej bōd ejjab meļeļein bwe jej kakkure kālet ko aer renana ak kōtlōk aer kōmman nana ñan kōj. Ijoke jeorlōk bōd ej kōtlōk ad wōn-maanlōk ilo jetōb, eñjake, im ānbwin. Āinwōt ro rekar kōmetak kōj ilo kamakoko, ad jab kōñaan jeorlōk aer bōd emaroñ dāpij kōj ilo kōmakoko. Ilo ad jeorlōk bōd, jej joļōk eñjake ko me ewōr aer kajoor in “ka nañinmej, kakinejneje, im lukkuun kakkure” (Thomas S. Monson, “Hidden Wedges,” *Ensign*, May 2002, 20). Jeorlōk bōd ej bareinwōt jipañ kōj kanooj bōk Jetōb eo im wōnmaanlōk ilo iaļ in an rikaļooran. Būreejtōn Dieter F. Uchtdorf, kar jān Būreejtōnji eo Kein Kajoon, kar kakemeemeje kōj, “Lañ eobrak kōn ro me rej juon wōt ilo menin: Bōd ko Aer Rejako. Im raar jeorlōk bōd” “Menin Letok an Tūriamō,” *Liahona*, May 2012, 77).

### Jar kōn iakwe emool

Mekarta komaroñ mijak āinwōt ke kōm eaar mijak in kōmman kajimwe ko, jej kamool bwe kōn jipañ eo an Rilōmqōr, komaroñ in jino kōñaan ioon armej ro ilo laajrak eo am ñe enej wōt iien emman. Jej kepoojak in kōmmane kajimwe ko jen jar kōn peran eo ñan mour jen tōmak ilo Anij, jab jān mijak ta eo armej rej kōmmane ak ba. Im jej kajjieoñ in ļoor pedped in katak ko an gospel ijellōkin jook

ak mijak. Juon iaan pedped in katak ko me rekar lukkuun jipaŋ kŏj ej iakwe eṃool ej “iakwe eo erre eo an Kraist” (Moronai 7:47).

Mokta jen jerbale aolepen buŋtŏn 8, elŏn iaad rekar ilbŏk ŋan eŋjake iakwe an Kraist jekdoṃon jab wānŏk ko ad aolep. Iakwe in *jān* E ekar kŏmŋan ad eŋjake eḷap iakwe *ŋan* E im ekar letok ŋan kŏj juon kŏŋaan ŋan ḷooere E. Ilo ad kajjieoŋ ijo ad eṃŋantata ŋan ḷoor E, jekar obrak kŏn An iakwe ŋan kŏj im ro jet. Jekar jar kŏn iakwe eṃool, ilo ṃool jej loe ad make kŏŋaan eḷapḷok ŋan jeroḷok an armej bŏd im kŏmŋane kajimwe ko. Jekar bareinwŏt loe joŋan iakwe im jeorḷok bŏd ḡae kŏj make. Jej kajjitŏk bwe Anij en kapidodoik būruwŏn armej ro ilo laajrak ko ad jān leḷok ŋan iakwe eṃool ŋan kŏj, im jekar jar kŏn kajoor eo ŋan bŏk jabdewŏt ta ej itok.

Ilo ad kar jar kŏn iakwe eṃool, elŏn iaad raar loe bwe menin elukkuun jipaŋ ŋan kālet juon armej jān laajrak eo ad im bukweḷŏlŏ im jar kŏn armej eo kajoo raan ilo ruo wiik. Laajrak in kajimwe eo ad ekar jipaŋ kŏj kaalikar ilo jar ko ad ŋan Jemedwŏj Ilaŋ kŏn eŋjake ko reban ṃadmŏdi. Ilo ad jar—meŋe mokta ekar jab ṃool eŋjake—jekar ṃool in jeraamŋan kŏn tūriamŏ ekabwilŏŋlŏŋ. Meŋe ilo iien ko reppen, Anij eaar kŏjeraamŋan armej ro me rekar jar kŏn iakwe eṃool ŋan jeorḷok bŏd im kŏmŋane kajimwe ko.

Ekkatak im Meḷeḷe

Eoon im enaan kein laajraki jān ritŏl ro an Kabuŋ remaroŋ jipaŋ kŏj ilo aḷmour eo ad. Jemaroŋ kŏjerbali ŋan kŏkŋanṃanḷok mour, ekkatak, im jeje bwebwenato. Jej aikuj keemejmej ŋan ṃool im alikkar ilo ad jeje ŋan bŏk aolepen joortoklik eo jen menin.

**Rikaḷoor ro an Kraist Reineemŋan**

“Ikŏŋaan kŏnono ŋan koṃ ro rej jān kabuŋ eo, ro rej rikaḷoor ro an Kraist reineemŋan, im ro raar bŏk kŏjatdikdik ebwe eo jān e koṃ maroŋ deḷḷŏḷok ilo

kakkije an Irooj, jān iien in ṃaanḷok ṃae koṃ naaj kakkije Ippān ilo laŋ.

“Im kiiŏ ro jeiū im jatū, ij lo waḷŏkin men kein jān koṃ kŏn ami etetal eaenŏmŋan ippān ro nej in armej” (Moronai 7:3–4).

Ilo buŋtŏn ko jijlimjuon jinojintata, jenaj jino in erom rikaḷoor ro an Kraist reineemŋan. Ne jej aeṃŏmŋan ippen Kraist, jej pojak in pād ilo aeṃŏmŋan ippen ro jet.

- Elmen an jerbale aolepen buŋtŏn ko an aḷmour kar maroŋ jipaŋ ŋa erom rikaḷoor ro an Kraist reineemŋan?

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- Ta makūkūt ko jet ij aikuj in bŏke bwe in pād ilo aeṃŏmŋan ippen armej ro ilo mour eo aŏ

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**Iakwe eo an Anij eweepān**

“Ejjeļok lōļņoņ ilo yokwe, a yokwe e weepān ej joļok lōļņoņ, bwe ewor eņtaan ilo lōļņoņ. Eo ej lōļņoņ jaņin koweepān e ilo yokwe.

“Jey yokwe bwe Ear yokwe kōj mōkta.” (1 Jon 4:18–19).

- Ekōjkan aō maroņ lōke iakwe eo an Anij nān eō im nān armej eo me Ij kappukot jeorļok bōd ippen?

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- Ekōjkan maroņ jeļā bwe Anij ej iakwe eō im aolep ajri ro Nejin im ej kakajoorlok aō mąadmōd nān kōmąan oktak rejimwe nē emaroņ

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**Pukotļok ro jet.**

“Komąwin jab ekajet, im jāmin ekajete komą; komąwin jab liaakļok: im jāmin liaakļok komą;

“Komąwin leļok, im naaj lewōj nān komą; joņak emąman, jooni, kōmąakūti, im jiōbļok naaj lewōj nān komą. Bwe kōn joņak eo komąij joņak kake, naaj bar joņak nān komą” (Luk 6:37–38).

Meņe jearoņ mijak an jet armej naaj kowaane kijejeto ko ad nān kōmąman aeņōmąman ippāer, jej aikuj jab kōtļok an mijak in dāpij kōj jān likūt er ilo laajrak ko ad im pojak in tōpare er. Kōjeraamąman ko jenaaj būki reļļapļok jān metak eo.

“Ņē jenaaj epaakeļok Jemedwōj Ilaņ, enaaj ļapļok ad reilok kōn tūriamō kōn jetōb ko remōjņo—jej eņjake bwe jekōņaan nān bōk er ioon aerar im joļok jerawiw ko aer ilikid. . . Eļañņe kwōj kōņaan bwe Anij en tūriamō kake eok, kwon tūriamō kake ro jet” (Joseph Smith, in History, 1838–1856 [Manuscript

History of the Church], volume C-1 Addenda, 74, josephsmithpapers.org).

- Jejjab aolep weepān ilo aikuj tūriamo kake eo an Jisōs Kraist. Ekōjkan an menin jipañ jeļā bwe ilo jerbale buñtōn 8, Ij ejaake juon iien emŋan ŋan bōke tūriamo kake im jouj eo an Kraist?

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- Elmen aō bōk kajoor ŋan jeorļok bōd im kajitōk jeorļok bōd?

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- Elmen an Jisōs Kraist juon waanjoñok eo emŋan-tata an jeorļok an armej ro jet bōd? Elmen an waanjoñok eo An jipañ eō jeorļok an armej ro jet bōd?

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### Joļok bōd im kajitōk jeorļok bōd

“Innām Piter ej itok ŋan Ippān, im ba, “Irooj, jete alen an jeiū ak jatū kōmānŋan nana ŋan eō im ij jeorļok nana eo? Ŋan jiljilimjuon ke?”

“Jisōs e ba ŋan e, I jab ba ŋan eok ŋan jiljilimjuon alen, a ŋan jiljilimjuonñoul alen jiljilimjuon.” (Matu 18:21–22).

Epidodo ŋan jeorļok bōd im kajitōk jeorļok bōd kōn juon wōt bōd in jerbāl jen jeorļok bōd ak kajitōk jeorļok bōd kōn juon wāween eo ej waļok im eaitok kitien ippen elōñ alen jorāān ko. Ⱥōmŋak kōn jemdoŋ ko tōre ko mokta ak raan kein ippen wāween ko rej waļok im eaitok kitien me kwōnaj aikuj in kajitōk jeorļok bōd ak kajitōk ŋan jeorļok bōd.

“Ij ba nān koṃ, bwe koṃij aikuj jeorḷok an doon bōd; bwe eo ej jab jeorḷok an eo jein im jatin bōd bōd ko an rej liaakeḷok iṃaan Irooj; bwe epād ippān jerḳwiwi eo eḷapḷok.

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“Nā, Irooj, Inaaj jeorḷok bōd an ro Inaaj jeorḷok aer bōd, ak jān koṃ emennin aikuj bwe koṃin jeorḷok an aolep armej bōd” (Katak im Bujen Ko 64:9-10).

Jisōs eaar katakin bwe jab jeorḷok an ro jet bōd ej juon jerawiwī eḷap jān jorān eo mokta.

- Elmen aō makoko in jeorḷok aō make bōd ak bar juon armej joṃan wōt juon ilo kariabe Pinmuur eo an Rilḳmqŋr eo?

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- Elmen an lellḳtaan im meḳ kajorān eō ānbwin, ilo eṃjake, im ilo jetōb?

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### Kōjemḷok ālijii meḳ im kajorān

Rikanaan Joseph Smith ekar kōmeḷeḷeik wāween an meanwōd marōn tōl ḷok ukweḷok im jeorḷok bōd:

“Ejjeḷok juon men eḷapḷok an naaj jipaṃ tōl armej ro nān meḷokḷok jerawiwī eo aer ijjeḷokin ad jibwe peir, im lale er ilo iakwe. Nē armej rej kwaḷok jiddik meanwōd im iakwe eō, menin ewōr an kajoor ilo ḷōmḳak eo aō, juon ṃwil eo ejab meanwōd nān kainepataik aolep eṃjake ko reppen im komlaḷ e ḷōmḳak an armej” (Joseph Smith, in History, 1838–1856 [Manuscript of the Church], volume C-1 Addenda, 74, josephsmithpapers.org).

- In ke ṃḳōḳōḳō in juon eo ej rube ālijij eo an meḳ im kajorān?

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## Buñtōn 9: Ijo ekkar, kōmḡman oktak ejimwe ñan aolep armej ro jekar kōmetak er.

### Katak eo Aorōk: Kōmḡman Kajimḡwe

Ilo ad emakūt ñan buñtōn 9, jekar pojak in kapukōt jeorḡok bōd. Āinwōt ḡmaro ro rekar ukweḡok nejin Mosaia raar “ilo peran kijejeto ñan kajimḡwe aolep jorrāān ko raar kōmḡmani” (Mosaia 27:35), jej kōḡnaan kōmḡman kajimḡwe. Pād wōt, ilo ad jelmae buñtōn 9, jejeḡā jeban bōkḡok kōḡnaan ko ad mae iien Anij ekar kōjeraamḡman kōj kōn Jetōb eo An. Jej aikuj peran, jeḡā eñjake, tiljek, im kajejjet iien. Elōñ iaad raar jab bōk men kein raorōk ilo iien in. Jekar jeḡā bwe buñtōn 9 emaroñ bar teeje kōḡnaan ko ad ñan kōttāik kōj make im kapukōt jipañ im jouj eo an Irooj.

Kōnke kōn iminene ko ad ilo jerbale appañ in, jej leḡok jet ḡmḡnak ko. Elukkuun aorōk bwe jen jab mōkaj mokta jen ḡmḡnak ak jerwaan ilo ad kajjicoñ in kōmḡman kajimḡwe. En jokun wōt juon an aorōk bwe jen jab aipedped. Elōñ armej ilo ājmour emōj aer nañinmej ḡok ke raar kōtḡok an mijak dāpij er jen kōmḡman kajimḡwe. Jej aikuj in jar kōn tōl eo an Irooj kōn ñāāt im elmen kōmḡman kajimḡwe. Ilo kakobaba, enej lukkuun jipañ ñan kōnono ippen ribōk eddo ro ad, ritōl ro an Mōnjar, ak ro jet jej lōke.

Jet iien jemaroñ in deḡoñ ilo kapo ñan bōbrae kweilōk ippen juon armej ilo laajrak eo ad. Mekarta, jej elmakote aḡ eḡḡok jen mālijjoñ in, ñe ejjab, aeet, juon kamo emālim an dāpij eok jen kweilōk ippen juon armej. Ñe jej ettā bōro im mḡool im kōmḡman kijejeto ko ewōr meḡeḡeier ñan kweilōk ilo lukkuun armej, jemaroñ kōmḡmane jemdḡoñ ko raar jorāān. Jej kōtḡok an armej jeḡā ke jej jipadek er ñan kōmḡman kajimḡwe. Jej kautij kōḡnaan ko aer eḡāññe rej kowaḡok bwe remaroñ jab kōnono kake. Eḡāññe rej letok ñan kōj iien emḡman ñan joḡok bōd, jej kalikkar im kakadu wāween eo. Jej aikuj kanooj kōjeparok im jab kōmḡman jekepen ko ak iḡoḡooj armej ro jej tōpare. Unin kōmḡman kajimḡwe ej jab ñan kwaḡok mḡwil ko ad ak kananaik armej; unin ej ñan kwaḡok bōd ko ad, jeorḡok bōd, im kōmḡman oktak rejimḡwe jabdewōt iien emaroñ. Jejjab akweel ippen armej, meñe aer uaak ejjab emḡman ak maroñ bōke. Jej tōpare kajojo armej ilo ettā im leḡok kalaajrak, jab kwaḡok jimḡwe im unin.

Emaroñ kile an apañ ñan jeorḡok bōd kōn jet ḡakūt-kūt. Ñan waanjoñok, jemaroñ bōk kōnono kōn ta ko raar waḡok me emaroñ bōk mālim ñan kwaḡok, einwōt kḡoḡt ak kakkure. Jemaroñ in idajoñjoñ uaak,

kŊmŊman jekpen ko, ak bŊbrae kŊmŊman kajimŊwe. Jej jar ilo kapukŊt kapilek an eklesia ak ro retijemŊok mokta jen bŊk jabdewŊt makŊkŊt ilo keej kein relukkuun ɓap.

Ilo jekjek ko jet, jemaroŊ jab maroŊ joŊok ad bŊd ilo lukkun armij. Armej eo emaroŊ mej, ak jemaroŊ jab jeŊa liin/ɓein ej jokwe ia. Ilo jekjek rŊt in, jemaroŊ joŊok ad bŊd ilo jab lukkun armij JemaroŊ je juon leta im kwaŊok ad bŊromŊoj im kŊŊaan kŊlaajrak, meŊe jejjab maroŊ jibwe ɓok make leta eo. JemaroŊ pukot juon eo me ebar kakeememej kŊj kŊn armej eo im kŊmŊmane juon men Ŋan jipaŊ ɓeo ak lio, ak jemaroŊ kŊmŊmane juon men eo ennojak an bŊbrae im kwaŊok etan armej Ŋan jipaŊ juon eo uwaan baamŊle eo an armej eo.

Ilo jet jekjek, jemaroŊ kar kŊmŊman joraaŊ ko me jejjab maroŊ maɓmaɓde. Elder Neil L. Andersen ekar katakin:

“ElŊn bŊd ko rejjab maroŊ kajimŊwe jen juon eo eaar kametak kalluik, im ewŊr metak im eŊtaan ko me rejjab maroŊ in maɓmaɓd. Ak jamin joŊok am kŊmŊman oktak jimŊwe, eŊtaan eo komaroŊ kabŊjrake, meŊe iakwe, erre, wanaŊk, lŊke, im jab maroŊ bar kŊ-jeŊlaaktok kautiej ijellŊkin kŊjeparok eo an Irooj. . . . Ŋan jet jerawiwi, waween eo wŊt Ŋan kŊmŊman oktak rejimŊwe emaroŊ itok jan kŊjeraamŊman mour ko an ro jet im einwŊt juon kein jermal ilo pein Irooj Ŋan bŊktok emŊman im jouj eo an Ŋan ro jet” (*The Divine Gift of Forgiveness* [2019], 218, 221).

Jan iien eo jekar kalet Ŋan bŊk pedped in katak kein remool Ŋan waween eo ad ekaaŊl ilo mour, jej jino in kŊmŊman kajimŊwe ko. Jej kajimŊwe waween ad mour, im ilo ad mour ilo ajmour, ej kŊjeraamŊman aolep ro ipeŊlaakid wŊj.

EmaroŊ wŊr jekjek ko ijo Ŋan tŊpar juon bar armej Ŋan kŊmŊman kajimŊwe ko me remaroŊ kemetak Ŋan armej eo ak bareinwŊt kemetak. EŊaŊne kwoj ɓomŊnak bwe emaroŊ keej eo in, kŊnono kake jekjek eo ippen ribŊk eddo eo am ak rikapilek eo kwoj lŊke. BuŊtŊn in an ajmour aikuŊ in jab kŊmŊman eŊapŊok kemetak ak liaajloŊ Ŋan ro jet.

Alkin kŊmŊman kajimŊwe ko Ŋan aolepen makŊtkŊt mokta, emaroŊ wŊr wŊt juon ak ruo armej jej eŊjake ad jamin jelmae. ElŊn iaad rej jerbale menin ilo mool. Jej elmakot am oktak Ŋan Irooj ilo mool in jar. EŊaŊne kwoj mijak wŊt ak illu ɓae juon armej, kwoj aikuŊ karumwiŊok am bwebwnato ippen ɓeo ak lio. JemaroŊ anjo ioon eŊjake ko rebŊd jan jar kŊn iakwe emool Ŋan loe armej eo ainwŊt an Irooj kalimjek ɓeo ak lio. JemaroŊ kalimjek un ko ko rejimŊwe etke kŊmŊman oktak jimŊwe im kalaajrak naaj jipaŊ. EŊaŊne jej kŊmŊmani men kein im tiljek, Irooj emaroŊ im enaaj—ilo iien eo An make, im ilo waween eo An make—letok Ŋan kŊj iien ko remŊman rekabwilŊnŊn Ŋan kapukot jeorŊok in bŊd jen aolep ilo laajrak eo ad.

Ilo keej ko jet, armej eo eban kŊŊaanj jeorŊok bŊd ak eban jeorŊok. Armej ro jet remaroŊ jeorŊok ad bŊd ijoke eban kŊŊaan kŊlaajrak ak bŊk juon jemɓŊon ippaɓ. Ilo an menin maroŊ kabweerer ak kŊmetak Ŋan kŊj, eaorŊk Ŋan kautiej eŊjake ko aer im kea kŊn anemkwoj in kalet eo aer. BuŊtŊn 9: ej kŊn kŊmŊmane ijo koŊaad Ŋan kŊmŊman kajimŊwe. BuŊtŊn in ejjab aikuŊ an armej eo juon jeorŊok bŊd ak kalaajrak ippaɓ. Ilo ad kŊmŊmani ijo koŊaad ilo kŊmŊmane juon kijejeto emool Ŋan kŊmŊman kajimŊwe ko, jej jerbale buŊtŊn 9 im wŊnmaanŊok ilo iaŊ in ajmour in ad.

## BuŊtŊn Jermal ko

EŊin ej juon bŊrookraamŊ in maɓmaɓd. EmŊmanŊok eo ad ej pedped ioon ad mour kake buŊtŊn ko ilo mour ko ad kajjojo raan. EmŊoj ɓaetan menin “jerbale buŊtŊn ko.” Jermal ko laajraki rej jipaŊ kŊj itok Ŋan Kraist im bŊk tŊl im kajoor eo emennin aikuŊ Ŋan bŊk buŊtŊn eo juon ilo ajmour ko ad.

## TŊpar ro jet

Ilo buŊtŊn 8, jekar kŊmŊman laajrak ko im jar im kar kŊjekŊokjen naat im elmen tŊpare armej ro ilo laajrak ko ad. Jekar kŊnono kŊn pepe ko ad ippen ribŊk eddo ro ad ak rikapilek ro kar lŊke er, innem



jekar poojak nān buñtōn 9—nān kūr armej ro ilo laajrak eo ad (eļāñne emaroñ im ekkar). Ñe jej kūr armej ro nān kōmṁṁan kajimṁwe, jejjab aikuj in tipidik ļok eļap meļeļe kōn añūrlep ko ad. Ak jej aikuj jeere ebwe meļeļe nān jipañ er meļeļe ļok etke jej aikuj in kōnono ippāer.

Jej kile bōd ko ad im kajitōk ta eo jemaroñ in kōmṁṁane nān kōmṁṁan men ko rejimṁwe. Mekarta ak jab ej aer pepe jeorļok ad bōd. Armej ro jej tōpare er remaroñ wōr ippāer kajitōk ko me rekkar nān ad uaake. Kemeemej in uaake kajitōk ko ilo juon wāween me eļāmin naaj kōmetak jemdoṁṁ ko. Eļāñne ewōr jadewōt ami pere, jiroñ er kwōnaaj kōṁṁaan ļōmṁṁak kake bar menin im naaj bar jepļaak nāni. Innem komaroñ kōnono ippen ribōk eddo ro amṁ ak rikapilek ro kar lōke er kōn ewi wāween im nāāt eo nān uaake kajitōk kein.

Jemaroñ jet iien jino eñjake ilo jekjek in. Jej jar im kajitōk ippen Irooj bwe en dāpij wōt im mije unin ad loļok. Jemaroñ kar pād ilo mālįjjoñ nān kwaļok ak kōmeļeļeik makūtūt ko ad ilo bōktok ak mije juon men me juon armej ekar kōmṁṁane, ijoke jej aikuj eļļok jen mālįjjoñ in. Jej aikuj in pād wōt im mije ilo kōmṁṁan kajimṁwe ko nān *makūtūt* ko ad.

Jej kōnono kōn ta eo jemaroñ kōmṁṁane nān kōmṁṁan kajimṁwe ippen armej eo jekar bōd nān e. Nān waanjoñok, eļāñne jej aikuj in kōmṁṁan oktak jimṁwe ilo kōļļā ļok jāān, armej eo emaroñ jeorļok mūruri eo, kajitōk joñan oneān eo, ak kajitōk nejin jāān eo. Jemaroñ jab aikuj in kakūrmoool kōtmāne ko aer; mekarta, eorōk nān meļeļe ta eo armej rej eñjake ke jej aikuj in kōmṁṁan oktak jimṁwe, im jej aikuj jar im ļōmṁṁak kake.

Ālkin kōmṁṁan oktak ko, jenaaj kadedeļok joor kko ruo eliktata ilo jaat eo jekar ejaake ilo buñtōn 4 (lale appendix eo nān juon waanjoñok in juon jaat). Jej kadeļoñ raan/allōñ/iiō in kajojo kōkkeitaak, kajimṁwe ko jekar kōmṁṁane, im tōprak ko. Innem jej kōnono kake tōprak ko ippen ribōk eddo ro ad. Jej kile bwe jej kajjieoñ in kōmṁṁan aolep men jemaroñ in pād ilo aṁṁṁṁan ippen armej ro ilo laajrak ko

ad. Jekar kadedeļok ijo emṁṁantata ad nān kōmṁṁan men ko rejimṁwe, im jemaroñ lōke Irooj nān kōmour ta eo jejjab maroñ in kōmour e. Aeñōmṁṁan ej itok kōn jemdoṁṁ ko ad ippen Irooj. Armej ro jet ewōr aer anemkwoj in kālet nān uaak āinwōt rej kōṁṁaan.

## Kile kōjeraamṁṁan ko an ājmour

Ilo ad kobaik tok peran eo nān kōmṁṁan kajimṁwe ko, eaar kōperan nān etale kōjeraamṁṁan ko jekar būki jen jerbale buñtōn ko nān jabōn in. Jej jino in kile bwe kōjeraamṁṁan ko an ājmour eļap jen kōtmāne ko ad. Jej elmakote bwe kwōn jino juon laajrak in oktak ko ilo mour eo amṁ. Erein ej jet iaan oktak ko jejeļā ilo kake ilo ad itok nān jabōn in ilo ājmour ko ad:

- Jej eñjake yokwe e weepān an Anij nān kōj.
- Jej eñjake lañlōñ ekāāl, mṁṁṁṁṁṁ eļap, im anemkwoj ilo mour ko ad.
- Je meļeļe armej, jemdoṁṁ ko, im wāween ko kōn juon elmakot emūlaļ ļok im bōk tūriamṁ nae ro jet.
- Ewōr ippād juon tōl ekāāl im un nān mour ko ad.
- Jej eñjake an mūlaļ ļok in bōke im iakwe nān kōj make im ro jet.
- Edikļok ad ļōmṁṁake kōj im pedped eļapļok ilo jerbale nān armej ro me rej aikuj ad jipañ.
- Jej eñjake an pād im kajoor Pinmuur eo ejeļok jemṁṁṁokin an Jisōs Kraist.
- Elōñļok ad kōjātṁṁdikdik im tōmak nān ilju im jekļaj eo ad indeeo.
- Edikļok ad mijake mour in im wāween ko rej waļok kōn jāān.
- Jej eñjake jeorļok bōd, im jemaroñ poojak in jeorļok an ro jet bōd.
- Jej tōmak bwe kōn kajoor eo an Anij, jemaroñ in kōmṁṁan aolep men ko jejjab maroñe jen kōj make.

EmaroŃ lŃn ʒok oktak ko ilo mour eo aŃ. Jouj im kŃmŃan aŃ laajrak im jeere ippen juon eo ʃŃttamŃ.

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- WŃn ilo mour eo aŃ Iaar kipe e ilo wāween in?

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### Ekkatak im Mejeje

Laajrakin jeje ko rekwojarjar im ennaan ko jen ritŃl ro an KabuŃ in remaroŃ jipaŃ ilo ad ājmour. JemaroŃ kŃjerbali Ńan kŃmŃanʒok mour, ekkatak, im jeje bwebwenato. Jej aikuj keemejmej Ńan ʃool im alikkar ilo ad jeje Ńan bŃk aolepen joortoklik eo jen menin.

### Kipel ro jet Ńan emŃan

“JetŃb in Irooj ej ba Ńan eŃ: KwŃn jiroŃ ro nejŃmŃ Ńan kŃmŃan emŃan, Ńe raab tŃl bŃruŃn elŃn armej Ńan kŃkkure; kŃn menin ij jiroŃ eok, nejŃ Ńaan, ilo mijak e Anij, bwe kwŃn bŃjrak jān nana kein aŃ;

“Bwe kwŃn oktakʒok Ńan Irooj kŃn aolepān aŃ ʒŃmŃak, kajoor, im maroŃ; bwe kwŃn jab bar tŃllŃk bŃruŃn kŃrā kijoŃ raŃ Ńan kŃmŃan nana; ak kwŃn rŃŃllŃk Ńan er, im kwaʒok jirilŃk ko aŃ im bŃd eo kwaar kŃmŃane” (Alma 39:12–13).

Juon iaan kaje ko rekemetak in aŃŃrlep ko ad ej bwe jemaroŃ in bŃk kar kipel ro jet Ńan ejaake aŃŃrlep ko ko ippāer make.

- Ekkar Ńan katak ko an Alma ilo eoon kein, Ia eo imaroŃ loe peran ie Ńan kŃmŃan kajimŃe ko Ńan armej rein?

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### Kwōn kareele, jab kipele

“Jabdewōt eo ekōṇaan emaroṅ itok im bōk dān in mour ilo ejjelōk wōṅāān; im jabdewōt ekōṇaan ejja in wōt jab kipel e ṅan itok; a ilo raan eo āliktata enaaj jepḷaakḷok ṅan e ekkar ṅan kōmṅan ko an” (Alma 42:27).

Elōn un ko relukkuun kajoor ṅan jerbale buṅtōn 9, ijoke jej aikuj in jab bōkḷok kōj ilo meḷeḷe ak riab bwe ejjelōk ad kālet. Būrookraam in Ajmour jān Aṅŭrlep ej juon būrookraam in kareel, jab kipel.

- Ij ke eṅjake kareel ak kipel ṅan kōmṅan kajimṅwe ko?

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- Ekkar ṅan eoon in, ta jet iaan un ko imaroṅ in kareel?

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### Māanjabpopo ṅan iioon Anij.

“Ikōṇaan bwe komṅin wōṅmaantak im jab kapene būruōmi ḷok wōt; bwe lo, kiiō ej iien eo im raan in ḷomṅor eo ami; im kōn menin, eḷaṅṅe komṅ naaj ukeḷok im jab kapene būruōmi, ejidimkij an naaj karōk in ḷomṅor eḷap itok ṅan komṅ.

“Bwe lo, mour in ej iien eo ṅan armej bwe ren maanjabpopo ṅan iioon Anij; aet, lo raan eo ilo mour in ej raan eo ṅan armej bwe ren kōmṅan jermal ko aer” (Alma 34:31–32).

- Ta ko ij kōtōpraki ṅe ij kōttaik būruō im kōmṅan kajimṅwe.

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- Elmen aō kōṅaan kōmṅan kajimwe ṅe ij loe bwe ij bareinwōt maanjabpopo ṅan iioon Anij?

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- Elmen an epaakeḷok Rilomṅor kōn ājmour kar jipaṅ eō eṅjake aō bar kobaḷok ippen Kabuṅ eo An?

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### Makūtkūt ilo Kabuṅ in

“Im [Alma eo edik im ḷōmaro nejin Mosaia] raar ito-itak iaolepān, . . . im ilubwiljin aolep armej ro raar pād iumwin tōl an kiiṅ Mosaia, ilo peran kijejeto ṅan kajimwe aolep jorrān ko raar kōmṅani ṅan kabuṅ eo, im kwaḷok aolep jerṅwiwi ko aer, im kajeededḷok aolep men ko rekar loi, im kōmmeḷeik kanaan ko im jeje ko rekwōjarjar ṅan aolep ro raar kōmṅan roṅjake er” (Mosaia 27:35).

Kōn wōt aṅūrlep, elōn armej rekar bōjrak aer itok ṅan mōnjar. Jet armej raar kōjberbal jidikḷok ko an ro jet ṅan kwaḷok joṅan ippen doon eo ilo Mōnjar.

- Ta kar eṅjake eo aō ippen makūtkūt ko ilo Kabuṅ eo an Jisōs Kraist im Armej ro Rekwojarjar ilo Raan ko āliktata?

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- Elmen an niknik ilo Kabuṅ in jipaṅ eō kōmṅan kajimwe ko im lukkuun ājmour?

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**Mᄁᄁᄁᄁᄁ kŏmᄁman oktak rejimᄁwe**

“Kwoj aikuj bar kŏrooltok joᄁan eo maroᄁ e in aolepen men ko kar koote, kar kakkure, ak kar katoone. Mᄁᄁᄁᄁᄁ kŏmᄁman oktak rejimᄁwe ej kein kaᄁool eo eppen ᄁan Irooj me kwaar kallimur ᄁan kŏmᄁman aolepen aᄁ maroᄁ ᄁan ukweᄁok” (Richard G. Scott, “Finding Forgiveness,” *Ensign*, Māe 1995, 76).

- Elmen kŏmᄁmane kajimᄁwe ko bwe ren menin kaᄁool jab wŏt ᄁan Irooj ak bareinwŏt ᄁan ᄁa make im ro jet bwe In kar kallimur ᄁan juon mour in ettā bŏro im ᄁool?

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**ᄁᄁᄁᄁᄁ ko ilo bŭruwŏd**

“Eo ej ukeᄁok im kŏjparoki kien ko an Irooj naaj jeorᄁok an bŏd” [Katak im Bujen Ko 1:32].

Ilo kŏmᄁmani kajimᄁwe ko, jemaroᄁ jelmae armej ro me renaaj jab jeorᄁok ad bŏd. Bŏlen bŭruweer rej pen wŏt ᄁae kŏj, ak bŏlen rejjab lŏke ᄁᄁᄁᄁᄁ ko ad.

- Elmen an menin jipaᄁ ᄁan jeᄁā bwe Irooj emeᄁeᄁ ᄁool in ᄁᄁᄁᄁᄁ eo an bŭruwŏ im bwe E enaaj bŏk menin leᄁok eo aᄁ ᄁan ukweᄁok im kŏmᄁman oktak rejimᄁwe, meᄁe armej ro jet rejjab?

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**Ta eo Rilŏmqŏr emaroᄁ kŏmᄁmane ᄁan kŏj**

“Armej rejjab maroᄁ jeorᄁok jerawiwi ko aer make; rejjab maroᄁ karreoik er make jān kaje ko an jerawiwi ko aer. Armej rejjab maroᄁ jān jerawiwi im maroᄁ kŏmᄁman jimᄁwe jekᄁaj, im kŏn menin ilo an jermal ko aer emᄁman imaan Irooj [erom] erre

kŃn ŃŃmŃak kake. BŃtaab eo enaaj kajimŃwe bŃd ko emŃŃ aer kŃmŃane Ńan er make im Ńan ro jet, me ej ainwŃt epidodo Ńan er Ńan kajimŃwe kŃn er make? KŃn pinmuur eo an JisŃs Kraist jerawiwi ko an eo ej ukweŃŃk renaaj kwaŃi ŃŃk; meŃe rej rŃbŃrŃrŃ renaaj mouj ainwŃt sno. EŃin ej kallimŃur eo kar letok Ńan komŃ” (Joseph F. Smith, ilo Conference Report, Okt. 1899, 41).

Ilo amŃ kŃmŃan jimŃwe, lale kwaar ebweer jen ŃŃmŃak ko einwŃt, “Epen menin! EjjeŃŃk waween ImarŃn kŃŃŃiiki bŃd ko Ikar kŃmŃane Ńan armej in.” Mekarta emarŃn mŃool, ŃŃmŃak kŃn kajoor eo an JisŃs Ńan mŃadmŃd e men ko kwojjab marŃn mŃdmŃde. Jej aikuŃ lŃke bwe JisŃs Kraist enaaj kŃmŃane ta eo jejjab marŃn kŃmŃane.

- EkŃjkan ad kwaŃŃk Ńan Irooj ke jej lŃke E?  
EkŃjkan aŃ marŃn kŃŃŃŃŃk lŃke eo?

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## Buñtōn 10: Wōnmaanļok im bōk etale eo am make, im ñe jej bōd, mōkaj im kwaļok.

Katak eo Aorōk: Bōk Eddo  
Aolep Raan

Buñtōn 10 ej jipaņ kōj eddekļok ilo mour eo ad ekāāl ilo mour in mijeļok eddekļok ilo jetōb. Menin ej kōn bōk eddoin makūtūt ko an juon armej aolep raan kōn etale an make, bōk ta eo jej loe, im mōkaj in ukweļok. Jejjab weepān im naaj wōnmaanļok wōt in kōmņani bōd ko ilo mour ko ad bareinwōt ilo ad ājmour. Jet iaad wōj maroņ inepata bwe jejjab maroņ eddekļok ilo ad ājmour mae iien jej kadedeļok kajojo buñtōn ilo poļōman ak mour ilo ejeļok bōd. Buñtōn 10 ej kōjeparok kōj ñae kajoor in mour ilo weepān. Jej bar kemeemej bwe jej wōnmaanļok wōt in aikuj jipaņ eo an Irooj ñe jej eddekļok ilo ad ājmour.

Ilo Bok in Mormon eo, Alma ekar katakin bwe juon oktak in kajoor ilo bōro ej bōk tōmak ilo Pinmuur im Jerkakpeje an Kraist (lale Alma 5:14–15). Kōjberbal ļaņ eo an Raan in Ekajet eo im leļok elōņ waanjoņok in kajitōk ko jemaroņ kajitūkin kōj make, Alma ekar bar kwaļok jerbale eo aorōk an mool in make-antōņe ilo kōppeļok kōj make

ñan kajoor in pinmuur eo an Kraist. Jej maroņ bōk pedped in katak in ilo kajitōk juon kain etale kajitōk ko me Alma eaar elmakote kōn eņjake ko ad, ļōmņak ko, wūn ko, im tōl. Etale eo aņ make aolep raan im an Irooj jipaņ pinmuur emaroņ in jipaņ kabōjrak kōj jen jekjek ekāāl in kaarmejjete, make nepare, im nañinmej.

Jekjek in ājmour eo ekabwilōñlōñ ej kōn kōtļok an Irooj ukōt ļōmņak ko ad, eņjake ko, im bōro ko. Āinwōt juon tōprak, mņwil ko ad renaaj oktak. Ro me emōj aer jako mokta jen kōj rekar rōjaņ kōj ñan mejek utiej bōro ilo aolepen jekjek eo an im ñan bōk mōjņo ko ad ñan Jemedwōj Ilaņ. Bōk eddo aolep raan ej jipaņ kōj kile ñāāt eo jej aikuj jipaņ im bōbrae kōj jān rool ñan mņwil ko etto.

Ekka an wōr ļōmņak in aitwerōk ko im eņjake ko. Ñe jej inepata ak eņjake make būromōj, inepata, ellōtaan, ļōñ, ak mijak, jemaroņ mōkaj in oktak ļok ñan Jemed im kajitūkin E bwe en kōjeraamņan kōj kōn aeņōmņan im ļōmņak. Jemaroņ bar loe bwe jej dāpdep wōt ñan tōmak ko rebōd. Jemaroņ kajitōk ippān Jemedwōj Ilaņ ñan jipaņ kōj kōmņane juon kijejeto eņool ñan oktak. Ilo jerbale buñtōn



10, jekar jab bar eņjake ad aikuj in kaŋool bwe ejiŋwe, emeļeļe, ak jekpen. Mejen kajik eo ad ej nān kŋppeļok wŋt bŪruwŋd nān im mije ļŋmņak ko ad nān Rilŋmqŋr eo im An jouj.

Jej jerbale buņtŋn 10 ilo bŋke juon etale aolep raan. Nē jej peek raan eo ad, jej jar ilo tiljek im etale makūtkūt ko ad im wŋn ko rekkar: Elukkuun ke ļap ad kŋmņane ke elukkuun dik? Jej ke kabwe aikuj ko ad ilo jetŋb, eņjake, im ānbwin? Jej ke jerbāl nān ro jet? Ewŋr ke jabdewŋt jekjek rej waļok ilo raan eo ad me reppen akŋ rekamŋkmŋk? Jej ke aikuj jipaņ jen ro jet nān kŋmņani men kein reppen? Jej ke loe jabdewŋt mŋwilin etto ko akŋ ļŋmņake joņņok ko? Kajitŋk rŋt kein rejipaņ kŋj ittŋn ļŋmņakin mour, kakajoorļok ad ājmour, im kepaake ļok kŋj nān Jisŋs Kraist.

Jemaroņ etale kŋj make jabdewŋt iien ilo ad bŋk iien nān ļŋmņak, liņņŪri, im mour kake buņtŋn ko jekar ekkatak kaki. Nē jej loe kŋj make ilo juon iien jorāān, jemaroņ kajitūkin kŋj make im Anij, “Kadkad rŋt eo e mŋŋo ilo nā im emŋj an kāāp? Ta eo iaar kŋmņane nān leļok nān bŪrabŋļŋm in? Elŋn ke jabdewŋt men Imaroņ ba ak kŋmņane ilo ejjeļok ankiliriab me enaaj tŋl ļok nān juon uwaak eo ej menin kile nān nā im armej eo juon?” Jemaroņ bar kakemeemej kŋj make, “Irooj epād ippen aolep kajoor. Inaaj leļok menin nān E im lŋke E.”

Jekdŋŋn nē jej loe ad make bŋk juon makūtkūt ebŋd ŋae juon armej, jemaroņ kŋmņan men ko remņan nē emŋkaj nē emaroņ. Elukuun aorŋk nān eļļok jen ad juwa im likūt ŋae rejēt eņjake eo ad kŋn aorŋkid im kemeemej in ba ilo mŋool, “Ikar bŋd” emakijikij bar aorŋk ilo kŋmour juon jemdŋŋn āinwŋt ba, “Ij iakwe eok.”

Ilo lukkuun jemļokin juon raan, jej etale elmen aer kar kŋmņan. Ejet ad kar kŋmņane? Jej ke aikuj in kapilek ippen Irooj kŋn jabdewŋt mŋwil ko rebŋd, ļŋmņak ko, ak eņjake ko? Jemaroņ bar kajitūkin juon eo uwan baamļe, jerad, ribŋk eddo, ak rikapilek ro jej lŋke nān jipaņ kŋj nān loe men ko.

Emŋool, jenaaj wŋnmaanļok wŋt in kŋmņani bŋd ko jekdŋŋn kijejeto ko ad . Ijoke bŋk eddo ej juon kallimŋr nān bŋk eddoin bŋd kein. Ilo ad etale ļŋmņak ko ad im makūtkūt ko kajojo raan, ŋa mejaļaer, im ukweļok kŋn Rilŋmqŋr eo, ļŋmņak ko re bŋd im eņjake ko renaj dikļok.

“Ejjeļok juon men ej kanemkwoj eļapļok, wŋr tokjen, ak aorŋkļok nān eddekļok eo ad kajojo jān ukweļok eo emakijikij im ej kŋmņan. Ukweļok ejjab juon mŋakūtkūt; ej juon jerbāl. Ej kii eo nān lemŋŋŋŋŋŋ im aenŋmņan ilo kŋļmenļokjeņ. Nē kobain tŋmak, ukweļok ej kŋppeļok ad deļŋne kajoor in Pinmuur eo an Jisŋs Kraist [see 2 Nephi 9:23]” (Russell M. Nelson, “Jemaroņ Kŋmņan Emņanļok im Maroņ Emņanļok,” *Liaona*, Māe 2019, 67).

Bŋk eddo kajojo raan, ak ukweļok kajojo raan, ej jipaņ kŋj eņjake laņlŋn eo im anemkwoj eo Rilŋmqŋr eo ej letok nān kŋj. Ejako ad mour ilo ettoļok jen Irooj ak ro jet. Jemaroņ bŋk kajoor eo im tŋmak nān jelmae men ko reppen im anjo ioer. Jemaroņ laņlŋn ilo ad eddekļok im lŋke bwe iminene im kijenmej renaj lale bwe wŋnmaanļok ājmour.

## Buņtŋn Jerbāl ko

Eņin ej juon bŪrookraam in mŋadmŋd. Emņanļok eo ad ej pedped ion ad mour kake buņtŋn ko ilo mour ko ad kajjojo raan. Emŋj ŋaetan menin “jerbale buņtŋn ko.” Jerbāl ko laajraki rej jipaņ kŋj itok nān Kraist im bŋk tŋl im kajoor eo emennin aikuj nān bŋk buņtŋn eo juon ilo ājmour in ad.

## Maanjabpopo ilo jetŋb nān kajojo raan

Juon mŋttan eaorŋk ilo bŋk eddo kajojo raan ej nān peeke raan eo ad, ļoore pepe ko ad, innem bar etale elmen an men ko jerbāl ilo jemļokin raan eo. Nē jej ijuboņ-ijuraan im kŋmņane menin, jej bŋk kŋjep-arok jen rool likļok nān miminene ko etto.

Elder David A. Bednar ekar kapilek kŋj nān maanjabpopo raan eo ad ippen Irooj ilo jipoņ: Nokin in jipoņ ewŋr meļeļein ej juon men eo eaorŋk

ilo ejaakin kajjojo raan ilo jetŏb—im etal wŏt im ejaake ilo kanin armej ak lukkuun raan in maŋmaŋ eo” (“Pray Always,” *Liahona*, Nov. 2008, 41).

Ilo ad etal wŏt ilo raan eo ad, jej kŏjparok juon jar ilo bŭruwŏd ņan wŏnmaanłŦk in jipaŋ im tŏl. Jet iien men ko rejjab jejjet ainwŏt ad kar peeke, im jej aikuj in ekeke ņa ireear im wŏnmaanłŦk wŏt im kapukŏt jipaŋ eo an Jemedwŏj Ilaŋ

Elder Bednar ekar kapilek łŦk kŏj: “Ilo jemłŦkin raan eo ad, jej bukwelŏlŏ bar juon alen im ripoot łŦk ņan Jemed. Jej bar etale iien ko rełlap an raan eo” (“Pray Always,” 42). Ņe jej bar etal wŏt ippen Irooj im bar etale raan eo ad, jej maroŋ kemeem tŏprak ko ad im kile ijo jemaroŋ in kar pād ie. Jej kapilŏk ippen Irooj kŏn ta eo jej aikuj in kŏmŋmane ņan ukwełŦk ak kŏmŋman kajimwe ko im wāween ad maroŋ kŏmŋman emŋman łŦk tokālik.

### UkwełŦk aolep raan

“Juon raan ilo juon iien” ej juon naan in jiniet me ej melelecin mour juon iien ilo juon tŏre. Jān an wŏnmaanłŦk wŏt in bŦk bwebwenato in łŏmak ko ad, eŋjake ko, im mŋwil ko, jej bŦk juon iien emŋman ņan ukwełŦk im epaake łŦk Jemedwŏj Ilaŋ. Ņe jej ukwełŦk, jej loe mŋool eo bwe ukwełŦk ejjab juon lŏmŋak ekaburomŋŏj im mŋ, ak ijellŦkin ej juon eŋjake in laŋlŏn im anemkwoj me jej reimŋaanłŦk ņan atbŦkwŏje.

Ilo ad ukwełŦk kajjojo raan, jemaroŋ loe likjab ko jet ak keememej maŋkŭtkŭt ko tŏre ko remootłŦk bwe jeaikuj etale im, ilo jet jekjek, ukwełŦk. Emaroŋ mŋŏttan ukwełŦk eo ad kajjojo raan ņan bar mije buñtŏn ko łŦk me kar ejaake ņan jołŦk likjab ko ad im kŏmŋman kajimwe. Bar lale ippen ribŦk eddo ro ad ta eo jekar kŏmŋmane jen kijejeto ko ad ņan ukwełŦk aolep raan me emaroŋ in kalikkare ewŏr ta jemaroŋ aikuj kŏmŋmane ņan lukkuun ukwełŦk. Jemaroŋ bareinwŏt aikuj in kwałŦk mŋool in bŏro ņan ritŏl an priesthood ekkar.

Bŭreejtŏn Russell M. Nelson ej rŏjaŋ kŏj ņan “Eŋjake kajoor in kajoorłŦk eo an ukwełŦk aolep

raan—jān kŏmŋman im maroŋ kŏmŋman emŋmanłŦk jidik kajjojo raan” (“Jemaroŋ Kŏmŋman EmŋmanłŦk im Maroŋ EmŋmanłŦk,” *Liaona*, Māe 2019, 67). Ilo ad kŏttāik kŏj make im kajjieoŋ in mŋool kajjojo raan, jej eddekłŦk im epaakełŦk Rilŏmŋŏr. Rilŏmŋŏr ekar katakin rikałoor ran An, “Elaŋŋe jabdewŏt armej e kŏŋaan łoor eŏ, en make kaarmejjete, im kotak an debwāal raan otemjej, im łoor eŏ” (Luke 9:23). UkwełŦk im kotak debwāal ņan łoor Rilŏmŋŏr kajjojo raan ej kepooj kŏj ņan buñtŏn 11.

### Ekkatak im Melele

Eoon im enaan kein lajraki jān ritŏl ro an Kabuŋ remaroŋ jipaŋ kŏj ilo aŋmour eo ad. Jemaroŋ kŏjerbali ņan kŏkmaŋmaŋłŦk mour, ekkatak, im jeje bwebwenato. Jej aikuj keemejmej ņan mŋool im alikkar ilo ad jeje ņan bŦk aolepen joortoklik eo jen menin.

### Lale łŏmŋak ko ad, naan ko ad, im kŏmŋman ko ad.

“Bwe elaŋŋe komij jab lale komŋ make, im łŏmŋak ko ami, im naan ko ami, im kŏmŋman ko ami, im pokake kien ko an Anij, im wŏnmaŋaanłŦk ilo tŏmak kŏn ta komŋ ar roŋ kŏn itok eo an Irooj, emŋool ņan jemłŦkin mour ko ami, komŋ aikuj mej. Im kiiŏ, O armej, keememej, im jab mej.” (Mosaia 4:30).

Emaroŋ in kauwŏtata ak kaamijak elaŋŋe jejjab lale ta eo jekar kŏmŋmane ke jej ettŏr kŏn juon wa. Jeje kŏn aŋ jełā make ekŏl

- Elmen an etale make jipaŋ eŏ bŏbrae eŏ

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**Ettā bōro im jeļā make tōlarōke**

“Emōņōņō ro rej kōttāik er make ijjab kar kipel er Ņan kōttāik er.” (Alma 32:16).

Mōņōņō in joļok ļomņak ko rebōd mokta jān aer oktak Ņan m̄wil eo emetak ej juon wāween kōttāik kōj make im ijelokin kipel kōj. Jeiki kōņaan ko am Ņan kōttāik eok make. Ekkatak kake juon raan kōn joļok lōmņak ko rebōd.

- Ta kōjeraamņan ko rej itok Ņan ippa?

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**Mour ilo kiiō.**

“Ļapļok in an meletlet juon armij, ļapļok in an naaj kappukot kōjeraamņan ko an ukweļok, im ļapļok in an ikutkut in kajjioņ kanemkwoj e make jān jerawiwi ilo an likjab ilo ankilaan kwojarjar. . . . Ej laajrak wōt ke jerawiwi ko an ro rej mijak Anij im re jimwe rej wōnņanļok wōt im bōk jeorļok bōd kōnke rej ukweļok im kappukot Irooj aolep raan im aolep awa” (Bruce R. McConkie, *Doctrinal New Testament Commentary* [1973], 3:342–43).

Juon iaan jeraamņan ko rej waļok—ilo kōļmenļokjen, eņjake, im ilo jetōb—an mour kōn pedped ko kōmeļeik ilo buņtōn in ej bwe jej ekkatak mour ilo tōrein.

- Ekōjkan an buņtōn 10 jipaņ eō jelmae mour juon awa iloļok juon Ņe emennin aikuj?

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- Ekōjkan an menin jipaņ eō jeļā bwe ij aikuj in mour kake pedped in katak ko juōn wōt katten ilo juon iien?

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### **WönmaanłŦk in ukwełŦk im jeorłŦk böd**

“A joñan emmakijkij in aer ukwełŦk im kappukot jeorłŦk böd, kön jibadbad emool, kar jeorłŦk aer böd” (Moronai 6:8).

Jełā bwe Irooj ej kōñaan jeorłŦk ad böd ñe emakijkij ad ukwełŦk kōn jibadbad emool, emaroñ letok ñan kōj peran ñan bar kajjioñ kajojo raan jej likjab.

- Ta mełełein menin ñan ña ñan ukwełŦk im kappukt jeorłŦk böd kōn jibadbad emool?

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### **Kijenmej**

“Im kiiō ikōñaan bwe komjin ettā böro, im jełā nae im jouj; im niknik ilo kōjparok kien ko an Anij ilo iien otemjełŦk.” (Alma 7:23).

Jabdewöt eo ekar kōmñane kōnono in etto eo “Ekkata ej kōmñan wānōk” jab ba ewi joñan kijenmej eo böke ñan kaminene. Ilo ad kijenmej im wönmaanłŦk in kōmñan kajimwe aolep raan im bök etale ko aolep raan, jenaaj eddeklŦk ilo iał in ad ñan ājmour.

- Elmen an etale ko lukkuun kōmñan kajimwe aolep raan bwe in naaj wönmaanłŦk wöt ilo aō ettā böro im eddeklŦk ilo jetōb?

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- Elmen an bök juon etale ilo aolep jemłŦk in kajojo raan jipañ kar eō anjo jen men eo ekkā dāpdep ie ñan illu ak eñjake ko jet rekemetak?

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**Emŋanļok an mour**

“Ij eņjake wŏt nān rŏjaņ Armej ro Rekwojarjar ilo Raan-ko Āliktata kŏn aorŏkin jipaņ eo an pedped in katak ko an Gospel eo ilo mour ko ad, tŏl im naan ko im aolep men ko jej kŏmŋmani; im ej aikuji juon dipio in emŋaan, aolepen mour nān weepen nān maroņ itok nān jeļāļokjeņ kŏn ŋool eo epād ilo Jisŏs Kraist” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 11).

Bŏk buņtŏn kein emaroņ in letok juon āinwŏt juon “jipaņ” an pedped in katak ko an gospel.

- Ekŏjkan ŋŏŋŏŋŏ in etale eo aŏ make kajjojo raan ilo aolep jekjek (ŋakŭtkŭt, naan, kŏļmenļokjen, eņjake, im tŏmak ko) jipaņ eo wŭjlepļok nā make nān emŋanļok ko an mour?

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## Buñtōn 11: Kappukote ilo jar im kājekļokjeņ ñan jeļā ankilaan Irooj im ñan bōk kajoor ñan bōkļoķe.

Katak eo Aorōk: Revelesōn an Juon Make

Buñtōn 11: jej kōmņmane juon kallimur aolep raan ñan kapukōt ñan jeļā ankilaan Irooj im jar ñan bōk kajoor ñan bōkļoķe. Jej loe bwe Anij ej kōņaan ekōnono ñan kōjbwe jen maroņ ekkatak wāween roņjake E. Būreejtōn Russell M. Nelson eaar ba: “Anij ej ke *kōņaan* kōnono ñan eok? Aaet!” “Revelesōn ñan Kabuñ eo, Revelesōn ñan Mour ko Ad,” *Liaona*, Māe 2018, 95). Unin buñtōn in ej ñan kōkņanņanļok ad maroņ roņjake Jisōs Kraist, bōk revelesōn an juon make, im bōk kajoor eo ñan tōl mour ko ad. Ikideelel in ñan revelesōn an juon make ej pād ilo keidi ļok ñan aņūr ko jej eņjake ñe jekar jebwābwe jān aņūrlep ko ad.

Ilo tōre ko remootļok jej ļomņnak kōjātdikdik, lañlōñ, aenōmņan, im kakūrmoool remaroņ in itok jen kein jipaņ ko an laļ in ko einwōt arkōqļ, uno ko rekajoor, ļōñ, im kakkan ko rejjab emņan, ak mņwil ko jet rekapopo. Joņok eo ad eaar joļok eņjake ko renana jen eoroņ e aņūrlep ko ad. Jet iaad raar kajjioeñ in kanne ijo ejjeļok kobban ilo mour ko ad

kōn jabdewōt ijellōkin Anij. Aolep iien jej loe bwe jabdewōt men ko re jimņwe jen aņūrlep ko ad rej an jidik wōt iien, riab in uwaak me rej kōmņan ad ejjeļok kobban.

Kappukot revelesōn an juon make ej juon buñtōn eaorōk ilo tōpar āliktata ājmour. Būreejtōn Nelson ekar ba: “Ij rōjañ koņ bwe koņin kōkankanļok maroņ in jetōb eo ami kiiō ñan bōk revelesōn ko ami make, bwe Irooj ekar kallimur bwe “eļañņe koņ naaj [kappukot], koņ naaj bōk revelesōn ioon revelesōn, jeļāļokjeņ ioon jeļāļokjeņ, bwe koņin maroņ jeļā mennin ittino ko im mennin aenōmņan ko—men ko rej bōktok mōņōņō, men eo ej bōktok mour indeeo’ [Katak im Bujen Ko 42:61]” (“Revelesōn ñan Kabuñ eo, Revelesōn ñan Mour ko Ad,” 95).

Emōj ad jino kamņoolol kōn aikuj ko ad ñan Rilōmōq, Jisōs Kraist, im meļeļe kōn eddo eo An ilo mour ko ad. Elōñ iaad jekar eņjake wūpeļ im jab kar kaminene ke jej jar, ak jej jino in jar ñan Jemed ilo etan Jisōs Kraist kōn juon jemdoqon epaake E. Jeļeļā bwe jemaroņ kōmņan eļap Ippān jen ad jab bar pād Ippān. Jej jino ekkatak im jeļā bwe ājmour ejab pedped wōt ioon aņūrlep ak jeļāļokjeņ; ej jepooļe an



karuwainene tok tōl eo an Irooj nān aolep mwiañōn mour ko ad.

Jar, kājeklōkjen, im ekkatak jeje ko rekwojarjar raorōk ilo itok nān Kraist. Rej maroñ jipañ kōj roñ anikien E im bōk kajoor nān tilmaake kōṇaan eo An. Jej kajjieoñ in jar ilo ettā bōro, jeļā bwe jej pedped ion tōl eo ekwojarjar an Irooj im kajoor. Jej bōjrak jidik im kājeklōkjen aolepen raan eo, kajjieoñ in kalur bōklōkōt ko ad im roñjake anikien eo edik. Jej ekkatak jeje ko rekwojarjar eļap tata Bok in Mormon, kōnke rej kaṇool kōn ankilaan Irooj nān letok nān kōj tōl im kajoor. Ilo ad kōmṇani men kein, jej eñjake revelesōn an juon make im bōk kōjeraamṇan ko “iienotemjej [bōk] Jetōb eo An en maroñ pād [ippād]” nān tōl, im kaenōmṇan kōj (Moronai 4:3).

Nān elōñ iaad, pepe eo kōn bōk revelesōn an juon make eaar pen kōnke jekar ļōmṇak jejjab erreō nān bōk iakwe an Anij. Ilo añūrlep ko ad, jej juon wōt iaan ļōmṇak bwe Jemedwōj Ilañ im Jisōs Kraist rej-jab kea in kōnono ippād ak jekar joļok jimwe eo nān bōk revelesōn kōn wōt mour ko ad mokta. Jet iaad raar ļōmṇak jekar jab bōk revelesōn an juon make. Jej jar ak kōjeklōkjen, im einwōt ejjelōk men eaar waļok. Jekar jab eñjake jabdewōt men ak kar bōk jabdewōt uwaak ko kar kile. Ke menin ekar waļok, wāween ļōmṇak ko ad mokta rekar jejjedmatmat: “Anij emaroñ jipañ ro jet, ak E ejjab jipañ nā.”

Elōñ iaad rej apañ wōt kōn eñjake kein. Ak ilo ad jino ekkōl kōn iakwe im tūriaṇeo eo An, tōmak kein reriab rekar pedakilkil. Lōke eo ad bwe E ej iakwe kōj ebwe nān kōnono ippād emaroñ in eddōklōk ilo ad bōk buñtōn 11 nān mour ko ad.

Ad jermal ilo buñtōn 11 eaikuji kōj nān tōmak bwe E enaaj uwaak e kōj, im jemaroñ ekkatak nān kile Ainikien. Emaroñ jab mōkaj an waļok ak kōn juon kabwilōñlōñ in kakōļe jān lañ. Ak jemaroñ roñjake im maroñ kijenmej Jemaroñ aolep roñjake E ilo wāween ko re oktak. Jet iien jejjab kajju mōkaj in bōk tōl. Ejjab meļeļein ke E ejjab iakwe kōj. Ijellōkin, ej meļeļein E ej kōṇaan bwe jen ekkatak

nān lōke E im bōk ṇool ko E eṇōj an litok nān kōj. Ad lōke E ej jipañ kōj ṇōṇōṇō in kattar E im eddekļok ilo maroñ eo nān roñjake anikien eo An (nān elōñ ļok meļeļe ko, lale Richard G. Scott, “Learning to Recognize Answers to Prayer,” *Ensign*, Nov. 1989, 30).

Irooj ekkā an uwaaki jar ko ad kōn ro jet. Būreejtōn Spencer W. Kimball eaar katakin: “Anij ej lo kōj, im ej lale kōj. Ekkā an kōjermal ro jet nān letok aikuj ko ad” (“Small Acts of Service,” *Ensign*, Dec. 1974, 5). Emennin aorōk nān bwe jen ekkeijel ippen ro jet, eļaptata ro rej pād ilo ijoke jej bōk jibañ jāni. Jemaroñ roñ Ainikien jen ritōl ro ad ilo Kabuñ, ro uwaan baamle, im ro mōttad bareinwōt jān riiti jeje ko rekwojarjar, ekkatak kōnono ko an kweilōk eo eļap, im roñjake al ko rekwojarjar. Jemaroñ bareinwōt bōk imwe im tōl aolep iien ilo ad pād ilo kweilōk ko an ajmour im jerbale buñtōn ko an ajmour ippen ribōk eddo ro ad.

Kōmṇanṇan ļok ad maroñ in kappukot im bōk revelesōn ebōk kaminene im kijenmej. “Ilo ejjelōk pere, emaroñ wōr iien nē kwoj eñjake ainwōt nē lañ ko rekilōk. Ak ij kallimur bwe ilo ami wōnṇaanļok im pokake, kwaļok kaṇṇoolol kōn aolep kōjeraamṇan ko Irooj ej lewaj, im ilo ami kijenmej kautiej karōkan iien ko an Anij, komṇ naaj bōk jeļāļokjen eo im meļeļe eo kwoj pukote. Aolep kōjeraamṇan ewōr ippān Irooj nān komṇ—barāinwōt kabwilōñlōñ—naaj ļoori. Eñiin ej ta eo revelesōn an juon make enaaj kōmṇane nān kwe” (Russell M. Nelson, “Revelesōn nān Kabuñ eo, Revelesōn nān Mour ko Ad,” 95–96).

## Buñtōn Jermal ko

Eñin ej juon būrookraam in ṇadmōd. Emṇanļok eo ad ej pedped ioon ad mour kake buñtōn ko ilo mour ko ad kajjojo raan. Emōj ṇaetan menin “jerbale buñtōn ko.” Jermal ko laajraki rej jipañ kōj itok nān Kraist im bōk tōl im kajoor eo emennin aikuj nān bōk buñtōn eo juon ilo ajmour in ad.

## Itok ñan Kraist kōn jar, jitlōk, im kâjekĻĶjēn

Ñan ro iaad me rekar eñjake jiddik jar, naan in keperan ko an Elder Richard G. Scott: “Jab inepata kōn aṃ wūpeļ in kwaļōk eñjake ko. Kōnono ñan Jemaṃ. E ej roñ aolep jar im uwaak ilo wāween eo An” (“Learning to Recognize Answers to Prayer,” *Ensign*, Nov. 1989, 31). E bar jipañ ñan etale mōttan in jar eo. Jej kūr Jemedwōj Ilañ kōn etan, kwaļōk ñan E ta eo jej kaṃoolol kake, kajitōk kōn kōjeraaṃṃan ko jej aikuj, innem ikkilōk ilo etan Jisōs Kraist. Jej bukwelōlō eļāñne jemaroñ. Jej jar, emakijkij an eļ aaj, ñan Jemen, kappukot tōl eo An kōn Jetōn Kwojarjar (lale Rom 8:26). Ejjab mennin aorōk bwe jen kōjberbal naan ko re tōñal. Jemaroñ in ṃool im kwaļōk ļōmṃak ko ad ilowaa ñan Jemedwōj Ilañ.

Elōñ iaad raar ekkatak ñan mājinmuur im joļōk iien ilo make ļōk iaan ñan katak im jar. Jej kōṃṃan iien ñan jar im kâjekĻĶjēn, ekkā ilo jibboñ. Ilo iien in, jemaroñ likūt Anij mokta, jen jabdewōt armej ak menotemjej ilo raan eo. Mokta jān ad ekkatak, kōjberbal jeje ko rekwojarjar im katak ko an rika-naan ro raan kein ñan tōl kōjekĻĶjēn ko ad. Juon kajjitōk eimṃe emaroñ in juon wāween eo ekajoor ñan karuwainetok Jetōb eo. Mokta jān ad roñjake būruwōd im ļōmṃak ko ñan kajjioñ in roñjake ak eñjake E. Jej jeiki ļōmṃak ko ad im eñjake ko ilo ad jar im kâjekĻĶjēn.

Ñe iien in eaorōk, im ejenolōk ej jemļōk, jejjab bōjrak in jar. Jar ilo ikōñ, ilo mūlaļ ko an bōro im ļōmṃak, wāween dein ad ļōmṃak aolepen raan eo. Jej kapilōk ippen Irooj ilo ad makūtūt ippen ro jet, kōṃṃan kâlet ko, im jerbale eñjake im māljoñ ko. Jej wōnmaanļōk wōt in kapukōt Jetōb eo An bwe en pād ippād, bwe jen maroñ bōk tōl ñan kōṃṃani men eo eimṃe (lale Sam ko 46:1; Alma 37:36–37; 3 Nipai 20:1).

## KâjekĻĶjēn jidik im ikōñ

Elōñ iaad rej loe bwe kâjekĻĶjēn ej jipañ ilo ad kappukot revelesōn im jipañ jān Irooj. Jej pukot

juon jikin elur, ettoļōk jen abwilōñlōñ. Būreejtōn Russell M. Nelson ekar ba, “Tien in elur ej iien ekwojarjar” (“Ta eo Jej Ekkatak im Jej Jāmin MeļōkĻĶe,” *Liaona*, Māe 2021, 80). Emaroñ jipañ pād ilo juon jekjek ejokane. Jej kemeļak ļōmṃak ko ad im kakkije. Jej bōk jiddik, menowan.

Tokālik, jej ļōmṃak im kâjekĻĶjēn kōn ta aorōkin ñan kōj im keroñroñ ļōmṃak ko me rej itok ñan ļōmṃak ko ad. Jej ļōmṃak kōn appañ ko jej jelmaeiki, eļaptata ro rej pād ilo ājmour ak jemdoṃn ko. Jej maroñ ļōmṃak kōn eoon ko ilo jeje ko rekwojarjar ak kōnono eo ilo kweilōk ko reļļap jej ekkatak kaki. Jemaroñ ļōmṃak kōn raan eo imaan im tōl eo jej aikuji. Jemaroñ bar ļōk e ļōmṃak ko rej itok ñan kōlmenļōkjen eo ad ilo juon bok in jeje ñan eļapļōk alikkar. Alkin iien in elur, jej wōnmaanļōk wōt in kappukot tōl eo an Irooj im kajoor ilo aolepen raan eo jej kajjioñ in “reitok ñan [E] ilo ļōmṃak otemjeļōk” (Katak im Bujen Ko 6:36).

Būreejtōn M. Russell Ballard ekar katakin: “Eaorōk ñan pād wōt im roñjake im ļoor Jetōb eo. Epidodo ad bōk elōñ abwilōñlōñ ko ñan bōk mejād, jab einwōt jabdewōt ilo bwebwenatoin laļ in. Aolep rej aikuj iien ñan kōjekĻĶjēn im kōlmanļōkjen. . . . Jej aolep aikuj iien ñan kajitūkin kōj make kajitōk ko ak bōk juon iien intōpiu an juon make ippād make. Emakijkij ad lukkuun poup, im laļ in elukkuun eļaj eppen ad roñ naan ko jān lañ, ‘komṃwin pād wōt im jeļā bwe Ña Anij’ [Sam ko 46:10]” (“Pād Wōt, im Jeļā bwe Ña Anij” [Church Educational System devotional for young adults, Māe 4, 2014, broadcasts .ChurchofJesusChrist.org]).

## Ekkatak im Meļeļe

Eoon im enaan kein laajraki jān ritōl ro an Kabuñ remaroñ jipañ kōj ilo ājmour eo ad. Jemaroñ kōjberbali ñan kōkṃanṃanļōk mour, ekkatak, im jeje bwebwenato. Jej aikuji keemejmej ñan ṃool im alikkar ilo ad jeje ñan bōk aolepen joortoklik eo jen menin.

### Epaake tok Irooj

Irooj ej ba, “kepaaktok Eō im Inaaj kepaakwaj kom; niknik kappukot Eō im kom naaj lo Eō; kajjitōk, im kom naaj bōk; kaļļalļal, im enaaj peļļok nān kom.” (Katak im Bujen Ko 88;63).

Irooj ej kautiej kōḡaan eo ad im anemkwoj in kālet eo ad. Ej kōtļok ad kālet nān tōpare E ilo ejjeļok kipel. E ej epaak tok kōj ḡe jej karuwainene E.

- Elmen aō naaj epaake E rainin?

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### Kwaļok Kamḡoolol

“Jab bōj jān jar. Ilo men ko otemjej komwin kamḡoolol: bwe menin ej ankilaan Anij ilo Kraist Jisōs kōn kom. Komwin jab kune Jetōb Kwōjarjar” (1 Tessalonika 5:17–19).

ḡe jej kemeemej in kamḡoolol kōn men ko otemjej ilo mour ko ad, bareinwōt men ko jejjab meļeļe, jenaaj maroḡ in dāpij kōkkeitaak eo ippen Anij me Paul ej ḡaetan en jab jokwōd ami “[jar].” Kajjieoḡ in kamḡoolol Anij ilo aolepān raan eo.

- Elmen an iminene in kamḡoolol in jelet epaak eo aō nān Jetōb?

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### Kwojkwoj ioon naan ko an Kraist

“Enjeļ raḡ rej kōnono kōn kajoor in Jetōb Kwōjarjar; kōn menin, rej kōnono naan ko an Kraist. Kōn menin, ij ba nān kom, kwojkwoj ioon Naan ko an Kraist.; bwe lo, naan ko an Kraist renaaj jiroḡ kom aolep men ko komij aikuj kōmḡan” (2 Nipai 32:3).

Ilo eoon in, Nipai ekar katakin bwe ḡe jej kwojkwoj ioon naan ko an Kraist, naan kein renaaj tōl kōj ilo aolep men ko jej aikuj jeļā im kōmḡan. Pijaik elmen an Jisōs Kraist maroḡ etetal im kōnono ippam aolep raan?

- Ta eo ij eḡjake ḡe ij kōjekļokjeḡ kōn pija in?

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**BŃk revelesŃn ko an juon make.**

“RilŃmŃŃr eaar ba, ‘I naaj ba Ńan eok ilo *łŃmŃak* eo am im ilo *bŃruŃmŃ*, jĀn JetŃb KwŃjarjar’ (K&B 8:2, italics added). . . . Juon eŃjake Ńan *kŃłmenłŃkjen* elukkuun alikkar. Tipdikin naan ko remaroŃ in roŃ ak eŃjake im jeiki ĀinwŃt Ńe rekar kŃmełełe tok. Juon kŃkkeitaak Ńan *bŃro eo* ej juon eŃjake ełap” (Richard G. Scott, “Helping Others to Be Spiritually Led” [address given at the Church Educational System Symposium, Aug. 11, 1998], 3–4).

Ilo ad mełełe kŃn an eddekłŃk revelesŃn an juon make, jenaaj kile ełapłŃk an emakijkij im elŃn kain wĀween ko rełłapłŃk.

- Elmen aŃ kar bŃk eŃjake ko im revelesŃn jĀn Irooj?

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“Ij ba Ńan komŃ [men kein kar kwałŃk] Ńan eŃ jĀn JetŃb KwŃjarjar an Anij. Lo, iaar jitłŃk im jar elŃn raan ko bwe in maroŃ jełĀ men kein Ńan eŃ make. Im kiiŃ i jełĀ make bwe remŃool; bwe Irooj Anij Eaar kwałŃki Ńan eŃ kŃn An JetŃb KwŃjarjar; im eŃin ej jitŃbŃn revelesŃn eo ej ilo ŃĀ” (Alma 5:46).

JitłŃk ilo wĀween eo Irooj ekar kapiti emaroŃ bŃk tok ełap kajoer me jemaŃn in jab bŃke (lale Matu 17:14–21). Ilo mŃool, jemaroŃ jitłŃk Ńan anjo jĀn aŃurlep. Aiseia ekar katakin, “E jab eŃin jitłŃk eo Iar kĀĀłŃte? Ńan jełate korak in jerŃwiwi, jelate toon ine eo, im kŃtłŃk ro emŃj kamakokoik er, im bwe komwin ruji ine otemjej ke?” (Aiseia 58:6).

- Elmen an jitłŃk in im jar kŃłapłŃk aŃ maroŃ Ńan bŃk revelesŃn?

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“IŃŃmŃak eo bwe riiti jeje ko rekwojarjar emaroŃ tŃl łŃk Ńan imwe im revelesŃn ren kŃppełŃk kŃjem eo Ńan mŃool eo bwe jeje ko rekwojarjar ejjełŃk joŃaer Ńan ta eo ej ba Ńe emŃj kar jeiki ijoke ebareinwŃt

kobaik ta meļeļein jeje ko rekwojarjar nān juon eo ej riit rainin. Mekarta, riiti jeje ko rekwojarjar emaroñ barāinwōt tōl nān revelesōn eo kiiō kōn jabdewōt ta Irooj ej kōṅāan kōnono nān eo ej riit ilo iien eo. Jejjab aikuṅ in kōļapļap naan nē jej ba bwe jeje ko rekwojarjar remaroñ juon Urim im Thummim nān jīpañ kajojo iaad wōj nān bōk revelesōn an juon make” (Dallin H. Oaks, “Scripture Reading and Revelation,” *Ensign*, Jan. 1995, 8).

Ekkatak kajin eo an jeje ko rekwojarjar ej juon men eo eļap āinwōt ekkatak juon kajin ruwamāejet. Wāween eo emṅantata nān ekkatak ej nān lelōñ tak kōj make ie—nān riit im ekkatak kaki aolep raan.

- Nāāt eo iaar bōk revelesōn jān juon eoon ilo jeje ko rekwojarjar?

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### Bōk kapilōk jān Irooj

“Pukot jaab nān kapilōk Irooj, ak nān bōk kapilōk jān Pein.” Bwe lo, koṅ make jeļā bwe E ej kapilōk ilo mālōtlōt, im ilo jimwe, im ilo eļap tūriamokake, ion aolep jermal ko An” (Jekab 4:10).

Jar ko ad remaroñ jab weejepdik iien ko mokta kōnke jekar joļok iien jaab nān kapilek Irooj—jiron E ta eo jej kōṅāan—ijellokin kapukōt Ankilaan kōn jokālet ko im tōl.

- Ewōr ke juon eñjake iaar bōke kōn jar? Eļāñne āindein, eaar ke obrak kapilōk nān Irooj ak jen Irooj?

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- Ij ke mōṅōṅō in roñjake im bōk kapilōk ko An?

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## **Buñton 12: Ālkin kar bōke juon jetōbin karujruj kōn Pinmuur eo an Jisōs Kraist āinwōt juon tōprak in bōk buñtōn kein, jej jeere ennaan in ippen ro jet im kaminene kake pedpedin katak kein ilo aolep men jej kōmḡmani.**

### Katak eo Aorōk: Jerbal in jipañ

Ilo ad tōpar tok buñtōn 12, jej kile bwe ejjab jemḷok in iaḷ eo ad in. Āinwōt juon tōprak in jerbale buñtōn kein, jej ḡōñōñō kōn juon mour in ājmour kōn jouj im tūriaḡo eo an Anij. Jej kaḡool bwe jerbale aolepen buñtōn ko juon iien ejjab bwe. Jej loe an menin lukkan aorōk ḡan wōnmaanḷok in jerbale buñtōn kein, kaminene kake pedped in katak ko ilo aolep jikin ko in mour in, im jeere naan in kōjātdikdik ḡan ro jet.

Ewōr ippād juon naan in kōjātdikdik ḡan ro jet rej appaḡ kōn aḡurlep im ḡan aolep armej ro rej eḡjake mālijjoḡ ko an mour in: Anij ej juon Anij in menin bwilōḡ ko, āinwōt Eaar iienotemjej (lale Mormon 9:11, 16–19). Mour ko ad rej kaḡool menin. Kōj wōj kajojo armej kar menin kōmḡanḡan ekāāl kōn Pinmuur eo an Jisōs Kraist. Jemaroḡ jeere ennaan in ilo ad jербal ḡan ro jet. Kwaḷok aḡ naan in kaḡool

kōn tūriaḡo eo An im An jouj ej juon iaan jербal in jipaḡ ko raorōktata jemaroḡ leḷok. Būreejtōn Spencer W. Kimball ekar kakemeemej, “Juon iaan men ko raorōk jemaroḡ in kōmḡmane ej ḡan kwaḷok ad naan in kaḡool kōn jербal in jipaḡ, me enaaḡ, rool tok, kwaḷok eddekḷok ilo jetōb, kallimur eḷapḷok, im juon joḡok eḷapḷok ḡan kōjeparok kien ko” (*Teachings of Presidents of the Church: Spencer W. Kimball* [2006], 87).

Ineek eddo ko an doon tok jān jouj im jербal in jipaḡ ej juon ḡōttan mour eo ad ekāāl āinwōt rikaḷḡor ro an Kraist (lale Mosaia 18:8) Ikideele eo ḡan jipaḡ ro jet ej juon tōprak ilo lukkuun piktokin karujruj an jetōb. Āinwōt ḷōmaro nejin Mosaia rekar kōḡaan jeere gospel eo ippen RiLeman ro ālkin oktak eo aer make, kōj bareinwōt maroḡ kōḡaan jeere kōjātdikdik eo im kōmour e jekar eḡjake kōn Pinmuur eo an Kraist (lale Mosaia 28:1-4). Jemaroḡ kōḡaan kōjeraaḡḡan, jipaḡ, im ḷōḡaj ro ipelaakid.



Jej jeļā mool eo Kiiñ Benjamin eaar katakin ke eaar ba, “Eļāñne komij jermal nān armej ro ami komij jermal wōt nān ami Anij” (Mosaia 2:17).

Juon lukkuun wāween nān karejar nān ro jet ej nān erom juon ribōk eddo ak nān katakin ro jet rekāal nān jekjek in ājmour. (Juon i etale pepa eo “Choosing a Sponsor” nān jeļā eļapļok) Jej kōjeļaik ro jet rej bōk kōnaer jān kurup ko an ājmour jej pād ie ak ritōl ro ilo Mōnjar eo ad ijo pād bwe jen maroñ kōnaan jipañ āinwōt juon ribōk eddo ak rikatakin. Ñe jej jino jeļā kōn juon armej eo im ej tariņae aņūrlep, jej jeere meļeļe ko kōn Būrookraam in Ājmour jān Aņūrlep. Jej ba nān er kōn kōjātdikdik eo nān ājmour kōn Rilōmōōr eo Jisōs Kraist, im jej karuwainene er nān itok im pād ilo juon kweilok ippād.

Ilo kakobaba nān jipañ ro rej appaņ kōn aņūrlep, jej bareinwōt jermal ippen ro uwaan baamle ko aer im ro rejitōn bōro. Emakijkij an armej ippen doon nān jipañ ro rej apaņ kōn aņūrlep im meļoklok in pād ippen ro rejitōn bōro aer. Jemaroņ koweepon im kile men ko reppen rej jelmaeiki. Jemaroņ jeere kōjātdikdik eo me remaroņ in oktak kake nān Rilōmōōr eo im pukōt aenōmņan im kōmour, jekdoņ mekarta jab ro aer rejitōn bōro rej kālet ājmour. Jemaroņ jeere *Support Guide: Help for Spouses and Family of Those in Recovery* im karuwainene er nān pād ilo juon kweilok an ripālele ro im baamle.

Ilo ad jermal nān ro jet jen rie er ilo ājmour, jej aikuj in kōjparok nān jab kōtlok an ro jet jino aer lukkuun pedped iood. Eddo eo ad ej nān rōjaņ er nān kajitūkin Jemedwōj Ilañ im Rilōmōōr nān tōl im kajoor. Ilo kakobaba, jej aikuj rōjaņ er nān kap-pukot jipañ jen ro jet. Kōjeraamņan ko reļlap rej itok jen Irooj kōn ritōl ro an Kabuñ in, ribōk eddo ro, ro uwaan baamle, ro jerad, im ro jet. Jemaroņ jeere pepa eo “Jipañ ilo Bōk Ājmour” ippāer, ej pād ilo appendix eo an unin tōl in.

Ilo ad kajieoņ jipañ ro jet, rej maroņ jab poojak in bōk buñtōn kein. Ilo ad jeere ennaan in an ājmour

im kōjātdikdik kōn Rilōmōōr eo, jej aikuj in kijen-mej im ettā bōro. Ejjeļok jikin utiej bōro ilo mour ko ad rekāal ak jabdewōt eņjake in utiej. Ejjipaņ kemeemej joņok eo ad im wāween an Jisōs Kraist kar pinmuur e kōj kōn tūriamō eo An im jouj (lale Mosaia 29:20).

Ilo ad kōnaan jipañ ro jet, jej kajjioeņ in dāpij wōt juon jokin wōt juon ikōtaan jeere enaan eo im wōnmaan nān bōki buñtōn kein ilo mour ko ad make. Mije eo ad eaorōk ej aikuj in pād ilo wōnmaan im bōki pedpedin katak kein an ājmour nān ipped make. Ad kijejeto nān jeere ļomņak kein ippen ro jet enaaj wōt weejpdik āinwōt ājmour eo jej tōlarōke.

Eļāñne jej kōnaan, jenaaj loe elōn iien ko remņan nān jeere pedped in katak ko ilo jetōb jekar ekkatak ilo būrookraam in. Ilo ad kōjeraamņan mour ko an ro jet, mour ko ad make rej bar jeraamņan. Jej ekkatak kake pedped in katak eo Būreejtōn Ezra Taft Benson ekar katakin: “Emņaan ro im kōra ro rej leļok mour ko aer nān Anij renaaj lo bwe E emaroņ kōmņan eļapļok ilo mour ko aer jen ñe remaroņe. Enaaj kamwilalļok mōņōņō eo aer, kōļapļok visōn eo aer, kōmōkajļok kōļmenļokjeņ ko aer, kakaјoorļok majeļ ko, kotak jetōb ko aer, kōļapļok kōjeraamņan ko aer, kōļapļok iien ko aer, kaenōmņan jetōb ko aer, kalōņļok ro mōttaer, im lutōklelep aenōmņan. Jabdewōt eo likūt an mour ilo jermal in jipañ eo an Anij enaaj lo mour indeeo” (*Teachings of Presidents of the Church: Ezra Taft Benson* [2014], 42–43).

## Buñtōn Jermal ko

Eñin ej juon būrookraam in mađmōd Emņanļok eo ad ej pedped ioon ad mour kake buñtōn ko ilo mour ko ad kajjojo raan. Emōj ņaetan menin “jerbale buñtōn ko.” Jermal ko laajraki rej jipañ kōj itok nān Kraist im bōk tōl im kajoor eo emennin aikuj nān bōk buñtōn eo juon ilo ājmour in ad.

## Jipaņ ro jet

Juon ikdeelel ņan jermal ej juon lukkuun tŦprak in kŦmour jej eņjake kŦn Irooj. KŦn ājmour, jej eņjake juon oktak in kajoor ilo bŦro ņae kŦj im ro jet (lale Alma 5:14). BŦreejtŦn Russell M. Nelson ekar katakin: “[Jej] ęool in kappukot ņan mour kŦn kien eo kein kajuon im karuo reļļap. Ņe jej iakwe *Anij* kŦn aolepān bŦruwŦd, E ej bŦruwŦd ņan emęmanļŦk-eo an *ro jet* ilo juon doulul eaibooj, im ewānŦk” (“Kien eo Eļap Kein Karuo,” *Liaona*, Nob. 2019, 97).

Mekarta, jermal in jipaņ ejjab iien otemjej pidodo. Meņe jemaroņ in kŦņaan, ejjab maroņ jermal ņan aolep ro rej aikuj. Jenaaj wŦnmaanļŦk wŦt in aikuj tŦl im kajoor jen Irooj ņan karejar ņan ro jet. Jemaroņ jar kŦn jipaņ ņan jeļā im kakilen wāween ko E enaj letok ņan kŦj ņan jerbale. Jemaroņ kajjītŦk ro ipeļaakid kŦn iien ko remęman im aikuj ko. Jemaroņ in ilbŦk kŦn an lŦn iien ko remęman repojak ņan kŦj. Jermal ņan ro jet emaroņ pidodo ilo ad mejen ettŦndikdik ņan ro jet, ak jermal ņan ro jet emaroņ bar aikuj elŦn ļŦk kijejeto āinwŦt jermal ilo juon project eapaņ. Jej aikuj in jejjet ad ekajet ilo jermal in jipaņ eo ad ņan bŦbrae wŦnmaanļŦk jān joņan ad maroņ ak kajoor.

Juon iaan wāween ko remęman tata jemaroņ karejar ej ņan jeere bwebwenato in ājmour ko ad. Jemaroņ wŦnmaanļŦk wŦt in pād ilo kweilŦk ko an ājmour im kaęool kŦn jooj eo an im kajoor in kŦmour eo an JisŦs Kraist. Ke jekar jet ro rekāal tok, jekar bŦk kŦjātđikdik jān ro me raar jerbale buņtŦn ko rej pād ilo ājmour mokta jen kŦj. EwŦr kiiŦ juon iien emęman ņan jeere ennaan eo kŦn ājmour ilo kwaļŦk bwebwenato ko ad. Jej bareinwŦt jeere naan in kaęool eo ad kŦn kajoor eo an RilŦmęęŦr ņe jej pād ilo ęŦņjar eo im ippen ro uwaan baamļe eo ad im ro mŦttad.

## BŦk koņaaę ilo jermal in tampeļ im jermal in bwebwenatoon baamļe

Juon iaan wāween ko remęman tata jemaroņ karejar ej kŦn jermal in tampeļ im bwebwenatoon baamļe.

Jermal in jipaņ in ej kŦjeraamęman ro wŦt raar mej, ijoke ej bareinwŦt kŦjeraamęman kŦj. BŦreejtŦn Russell M. Nelson kar ba: “Ilo an jermal an tampeļ im bwebwenatoon baamļe ewŦr an kajoor ņan kŦjeraamman ro itulik in rŦnŦl eo, jokkun wŦt juŦn ņan kŦjeraamęman ro remour. EwŦr juon an kajoor in kŦkāal ioon ro me rej bŦk kuņaer ie” (“Generations Linked in Love,” *Liahona*, May 2010, 93). Ņan elŦn iaad wŦj, jermal in tampeļ im bwebwenatoon baamļe ej juon mŦttan eaorŦk in ad ājmour.

Jet iaad remaroņ jab eņjake aer pojak in jermal ilo tampeļ eo. Jemaroņ jab eņjake imęwe ak bar jeļā ia eo ņan jinoe ilo jermal in bwebwenatoon baamļe. Ak jemaroņ in kālet ņan jino. Jemaroņ loļŦk bisop ro ad ak branch bŦreejtŦn ro kŦn ikideelel ko ad ņan jermal. Ikdeelel ko ad ņan kŦmęman ankilaan Irooj im wŦnęman ilo ad ājmour emaroņ imęwe kŦj. Jemaroņ aikuj in kŦmęman jet oktak ko ilo mour ko ad ņan deļŦne tampeļ eo. Jemaroņ jab bar jeļā elmen kŦmęmani jermal in bwebwenatoon baamļe, ijoke jemaroņ kajītŦk kŦn jipaņ. Doulul eo an KŦrā ro im bŦreejtŦn ro an doulul an emęman ro remaroņ jipaņ kŦj jeļā ia ņan jino. EwŦr kein jipaņ ko barāinwŦt ilo online ņan jipaņ kŦj ilo FamilySearch.org and ChurchofJesusChrist.org.

Tampeļ im jermal in bwebwenatoon baamļe rej letok kajoor im maroņ ņan ājmour eo ad. “KwŦnaaj jab loe wŦt kŦjeparok jen mällijŦn im naņinmej ko an laļ in, ak kwŦnaaj bar loe aę make kajoor—kajoor ņan oktak, kajoor ņan ukweļŦk, kajoor ņan ekkatak, kajoor ņan kakwojarjar, im kajoor ņan ukŦt bŦro ko an ro uwaan baamļe eo aę ņan ro jet kajojo im kŦmour ta eo me emenin aikuj in kŦmour” (Dale G. Renlund, “Family History and Temple Blessings,” *Liahona*, Feb. 2017, 39). Peded in katak ko ilo unin tŦl in rej tŦl kŦj ņan ļŦore RilŦmęęŦr eo im ęŦņęņŦ kake aolep kŦjeraamęman ko E ear likŦt ņan kŦj, eļaptata ko rej waļŦk ilo tampeļ eo.

## Ekkatak im Melele

Eoon im enaan kein laajraki jān ritōl ro an Kabuñ remaroñ jipañ kōj ilo ājmour eo ad. Jemaroñ kōjebali ṅan kōkmañmañḷok mour, ekkatak, im jeje bwebwenato. Jej aikuj keemejmej ṅan mool im alikkar ilo ad jeje ṅan bōk aolepen joortoklik eo jen menin.

## Oktaktok im ājmour

“Mool in oktak eḷapḷok jān baj wōr jidik jeḷḷḷok-jeṅ kōn pedped ko an kōjpeḷ eo im kwaḷok emool eḷapḷok jān baj wōr juon naan in kaṃool an pedped kein. . . . Mool in oktak ej melele in jej jermal ekkar ṅan ta eo jej tōmak im kōtḷok ṅan ejaake ‘juon oktak ekajoor ilo kōm, ak ilo būruōm,’ [Mosaia 5:2]. . . . [Mool in oktak] ebōk iien, kijejeto, im jermal” (Bonnie L. Oscarson, “Be Ye Converted,” *Liahona*, Nov. 2013, 76–77).

Ilo an Irooj ukōt ḷōmḅak ko im eñjake ko ad ilowaa kōn mool in oktak im ājmour, jej erom kejin jipañ ko rekajoor ṅan ro jet me rej kab jinoo ilo iaḷ in. Rilqmqqr eo eaar jiroñ Piter, “im ñe emōj aṃ bar oktak, kwōn kakajoor ro jeiōm im jatōm” (Luk 22:32).

- Elmen bōke ṅan ekkatak kake melele eo an Sister Oscarson kōn mool in oktak ilo ājmour?

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- Ekōjkan aō eñjake kakajoorḷok ro jet ilo aer ājmour jen mḅwil in aŅŪrlep?

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## Eḷap eddekḷok jen buŅtōn ko reddik

“jab mōk ilo kōmḅan emḅan, bwe komij likūt pedped in juon jermal eḷap. Im jān men ko reddik ej jebarḷok men eo eḷap.” (Katak im Bujen Ko 64:33).

- Elmen aō eñjake ñe ij ḷōmḅak in mour kōn pedped in katak ko ilo aolepen aō mour?

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- Elmen an menin jipaņ eŏ jeļā bwe jermal ko remņan rededeļok ilo buņtōn ko reddik?

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**Jeere naan in kaņool ko ad im kaenōmņan ro jet**

“Eņin ej aŏ wŏj, bwe bŏlen in maroņ juon kein jermal ilo pein Anij nān bŏktok jān armej nān ukeļok; im eņin ej aŏ laņlōņ.

“Im lo, ņe ij lo elōņ iaan ro jeiū im jatū reņool ilo ukeļok, im rej itok nān Irooj aer Anij, innām aŏ ej obrak kōn laņlōņ; innām ij keememej ta Irooj Eaar kōmņan nān eŏ, aet, eņool bwe Eaar roņ aŏ jar; aet, innām ij keememej An pein tūriaņo kake eo ej erļoke tok nān eŏ.” (Alma 29:9–10).

Emōj ad jeļā bwe eaorōk menin ilo ājmour nān maroņ kwaļok ad naan in kaņool kōn pedped in katak kein.

- Elmen kwaļok aŏ eņjake naaj jipaņ eŏ pād wŏt im kajoor ilo aŏ ājmour?

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“[Āinwŏt], koņij mōņoņo in jaņ ippān ro rej jaņ; aet, im kaenōmņan ro rej pād ilo aikuj in aenōmņan, im nān jutak āinwŏt rikamool ro an Anij ilo aoep iien ko im ilo aoep men otemjeļok, im ilo aoep jikin ko koņ maroņ pād ie, eņool m̄ae mej, bwe koņin maroņ bŏk lŏmŏŏr an Anij, im bŏnbŏn ippān ro ilo jerkakpeje eo mŏktata, bwe koņin maroņ bŏk mour indeeo—

“Kiiŏ ij ba nān koņ, eļāņņe eņin ej ikdeelel eo an būruŏmi, ta ippemi ņae peptaij ilo etan Irooj, āinwŏt juon rikamool iņaan mejān ke emōj ami kar deļoņe juon bujen Ippān, bwe koņ naaj jermal nān E im kŏjparok kien ko An, bwe E en maroņ lutŏklelep eļapļok Jetŏb eo An ioomi?” (Mosaia 18:9–10).

Eņjake eo aņ kōn aņūrlep ej jipaņ eok meļeļe im kwaļok ro rej apaņ kōn aņūrlep; eņjake eo aņ ilo ājmour ejipaņ eok kaenōmņan er.

- Elmen an kōṅaan eo aō ṅan jutak einwōt juon rikaṃool an Anij kar ṅapṅok ke ikar ṅoori buṅtōn ko an ajmour?

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### Karejar meṅe jab wānōk

“Ijjeṅokin ilo jekjek eo an Eo Nejin Emake Wōt, armej ro rejjab wānōk ren an Anij me ej aikuj jermal ippāer” (Jeffrey R. Holland, “Lord, I Believe,” *Liahona*, May 2013, 94).

“Ejjeṅok iaad ewānōk mour ko ad ak baamṅe ko ad rōwānōk; ijelā bar ṅa. Ilo ad kappukot ṅan meṅeṅe ro jet ro raar *bar* ioon apaṅ ko im jab wānōk ko, emaroṅ jipaṅ er eṅjake bwe rejjab make ṅok ilo *apaṅ* ko aer. *Kajjojo* raikuj eṅjake ke rej lukkuun *kōmṅan* kobatok im *rej* aikuj ilo ānbwin Kraist” (J. Anette Dennis, “Bwe Aō Ine Ej Eṅṅan, im Men eo Ij Ineke E Mera,” *Liaona*, Nob. 2022, 81).

Jet iien jej ṅomṅak eṅṅe jekar poojak in kwaṅok ajmour ippen ro jet kōnke jekar jab weepen ilo kaminene kōn pedeped in kata kein.

- Elmen kar jelā bwe Rilqmqqr eo ej jermal kōn armej jab wānōk ṅan jipaṅ eō kaṅapṅok aō kōṅaan jeere eṅjake eo aō kōn ajmour?

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### Kajoor an Anij ṅan Lqmqqr

“Bwe I jab jook kōn gospel, bwe ej kajoor an Anij ṅan lqmqqr ippān ro otemjejer rej tōmak” (Rom 1:16).

- Ta ṅomṅak ko aō im eṅjake ko ad ke ij reilik ṅok ṅan oktak eo aō ilo jetōb kōn jermal in ajmour eo?

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- Ij ke m̄akoko im āliklik in kwaḷḷok eṅjake eo aō ilo ājmour? Eḷaṅṅe āindein, etke?

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“Etal ilo iaḷ eo am ijoko jabdewŏt Inaaj ba, im naaj lewŏj e ṅan eok jān Rikaenŏmṅṅan ta eo kwo naaj ba im ia kwo naaj ilḷok ie.

“Jar iien otemjej, ṅe kwo ab deḷḷṅ ilo kapo im m̄wij-kŏk jān men eo woṅeam.

“Kwŏn niknik ṅan jemḷḷok in, im lo, Ij pād ippaṅ. Naan kein rej jab jān armej im jab jān armej raṅ, ak jān ṅa, emḷool Jisŏs Kraist, am Ripinmuur, jān ankilaan Jemān” (Katak im Bujen Ko 31:11–13).

Jeje ko rekwojarjar re obrak kŏn unin tŏl ṅan jipaṅ kŏj dāpij juon iaḷan mour ilo jetŏb me enaaj tŏl kŏj ḷḷok ṅan Anij.

- Ta unin tŏl eo ij loe ilo eoon kein?

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# Jidik naan

Ilo ad itok ñan jemlɔk in unin tɔl in, jej kaɓool bwe jekar jab itok ñan jemlɔk in iaɭ in ekwojarjar. Ke jekar jino itok ñan kweilɔk ko an ajmour, jekar lɔmɓak e juon kabwilɔnlɔn eo jemaroñ kar bar eñjake me emaroñ kar ad ajmour jen añurlep. Ro iaad rekar eñjake kɔjeraamɓan in rejelā bwe elɔñ lɔk—jermal ñan kɔmɓani im elɔñ lɔk kabwilɔnlɔn ko im jouj ñan eñjake. “Men ko mej ear jab loi, im lojiliñ ear jab roñjake, im re jañin delɔñ ilo bũruon armej, men ko jabdewɔt Anij e ar kapojak ñan ro rej yokwe E” (1 Korint 2:9).

Kɔj me jekar bɔk buñtɔn kein im jej kɔjātdikdik in kapukɔt ajmour im jar bwe komɓ bareinwɔt naaj maroñ jeraamɓan kɔn eɭap ajmour, ekoba elɔñ lɔk jeraamɓan ko in bɔk koña ilo Kabuñ in. Erreo im jeɭalɔkijeñ ej jinoin in atbɔkwɔje menotemjej Irooj eaar kakoñi ñan kɔj.

Jet iaad wɔj ro rej bɔk koñaer ilo bũrookraamɓ eo, lɔmɓak bwe jemour, bɔjrak aer bɔk koñaer, innem bar rool ñan einwɔt mokta. Ro jet rej loe ajmour im make kabɔjrak aer niknik ilo Kabuñ in mokta jān tɔpar kɔttɔpar eo ilo Kabuñ in. Jekar loe bwe kadedeɭok ajmour ekoba kappukot ñan kajokkun wɔt juon im ekkejel ikɔtaan buñtɔn ko12 an ajmour im gospel eo an Jisɔs Kraist.

Jej jino eromɓ menin kɔmɓanɓan ekāal ilo Kraist, im ainwɔt menin kɔmɓanɓan ekāal, jemaroñ in eromɓ kein jermal ko rekajoor ñan jipañ Irooj jimor ilo rājet ko an rōñɔl eo (lale 2 Korint 5:17). Jej kaɓool kɔn elɔñ lɔk kajoor jej loe ilo ad wɔnmaanlɔk wɔt in kaminene kake pedped in katak ko an gospel eo

ilo mour ko ad, ekoba makũtkũt ko ad ilo Kabuñ in. Pedped in katak ko je bũki ilo ajmour, katak ko jej ekkatak kaki, im eñjake jej bũki rej jipañ kɔj itok ñan Kraist eɭapɔk im tɔl kɔj ñan jermal ekkar ñan karɔk eo an Irooj. Jej jino eromɓ membɔr ro rej “mɔñɔñɔ in poub” an Kabuñ eo an Jisɔs Kraist im Armej ro Rekwojarjar ilo Raan Ko Āliktata (Katak im Bujen Ko 58:27).

Irooj ej kɔjeraamɓan kɔj ilo ñe jej kɔjermal tool ko kar letok ilo unin tɔl in. Mekarta, Kabuñ eo an Jisɔs Kraist ej mɔñ kakkoñ tool ko remenin aikuji ñan kɔj ñan dāpij jeɭalɔkijeñ eo ad im eddɔkɔk im wɔnmaanlɔk wɔt ilo iaɭan bujen eo. Ilo ad kɔjemlɔk unin tɔl in, jej karuwaineneik aolep ro rej bɔk koñaer ilo Bũrookraamɓ an Ajmour jān Añurlep eo an Kabuñ in ñan “buñ mɔnɔlɔk kɔn dim ilo Kraist, kɔn juon kɔjātdikdik emeram, im juon iakwe ñan Anij im armej otemjeɭok” (2 Nipai 31:20). Ilo ad kɔmɓane āindein, jej bɔk eo eɭaptata iaan kɔjeraamɓan ko an Irooj ekar kallimɔr kake: “Komɓ naaj bɔk mour indeeo” (eoon 20).

Ilo jemlɔkin, jej likũt ippemi ad naan in kaɓool bwe ewɔr kɔjādikdik ñan ajmour kɔn Jisɔs Kraist im pedpedin katak kein. Jej bɔk koñaad ilo gospel eo im kar bɔki buñtɔn kein, im jejeɭā ke rej jermal. Jej karuwainene komɓ ñan jar kɔn juon ikideelel im kɔñaan eɭap ñan wɔnmaanlɔk wɔt ilo jermal in, kɔtlɔk bwe jouj eo an Jisɔs Kraist en kadedeɭok am ajmour. Anij en kɔjeraamɓan komɓ ilo iaɭ in amɔi.

# Appendix

- Jipañ ilo Bōk Ājmour
- Kāālōt juon Ribōk Eddo
- Pedped in katak ko ñan Je juon Bōnbōn Ewejepdik
- Kile im Karuwainene Rikāāl ro

# Jipaň ilo Bōk Ājmour

## Aorōkin Pukot Jipaň

Jipaň jān ro jet eorōk ñan jipaň kōj pukot ājmour im kōmour. Ilo an wōr juon armej maroň kajitōk jipaň ilo iien mōjñō ekkā an kaṃool bwe eorōk. Kariab e im kejenolōke rej kadkad in m̄wil ko rej kipel im rekapopo. Epidodo ñan jinoo rool ñan m̄wil kein ilo an eñjełok rie im kōlmenłokjeñ kōn ro jet. Ej menin aorōk ñan ad bōk rie eo ilo iien eo emōkaj tata ilo ad ājmour tok jān añürlep.

Ejaake im kakajoorłok jemdoḡon ko ippān ro jet ejjab letok wōt kōketak eo jemaroň aikuji ak barāinwōt ej jipaň kōj keememej bwe ewōr tokjad ñan iakwe āinwōt juon ajri nejin Anij. Ilo ad kappukot jipaň jen ro jet kōn rie, jej jeraam̄man, im ro me rej rie kōj rej bar jeraam̄man barāinwōt. Ilo ad kōjerbale buñtōn ko 12 im kappukot rie jān ro jet, jemaroň jeraam̄man jān kein jipaň in rie kein:

- **Jemedwōj Ilaň, Jisōs Kraist, im Jetōb Kwojarjar.**

Jemedwōj Ilaň, Jisōs Kraist, im Jetōb Kwojarjar rej kein jipaň in rie ko ad rellap tata. Oktak ekar kapidodoik kōn Jisōs Kraist im Pinmuur eo An. Ilo Bok in Mormon eo, rikanaan Alma ej kwałok bwe Kraist, “Enaaj bōk Ioon mōjñō ko aer, bwe būruōn ren maroň obrak kōn tūriamō, ekkar ñan kanniōk, bwe En maroň jełā ekkar ñan kanniōk ekōjkan jipaň armej ro An ekkar ñan mōjñō ko aer.” (Alma 7:12). Jenaaj eñjake jipaň im naajdik ilo jetōb ñe jej ettā im itok ñan ippān Jemedwōj Ilaň im Nejin, Jisōs Kraist.

Eaorōk ñan jab pere jipaň eo an Rilōmḡor kōn Pinmuur eo. E ekar katakin kōj: “Ña iał, im ṃool, im mour” (Jon 14:6). Jetōb Kwojarjar emaroň letok ñan kōj kaenōm̄man, aenōm̄man, im kajoor ilo jetōb ñan wōnmaanłok wōt in ełłā.

- **Ro uwaan baamle.** Ro uwaan baamle remaroň juon kein rie ilo aer letok iakwe im karuwainene. Rej maroň kōlapłok maroň eo aer ñan rie ilo

aer mour kōn pedped in katak ko an gospel eo kar katakin ilo *Support Guide: Help for Spouses and Family of Those in Recovery*. Meñe eban aolep ro uwaan baamle eo renaaj pād ilo juon jekjek eñjaake ñan lełok kaenōm̄man, ro me remaroň emakijkij aer kein jipaň in rie eo ekajoor tata.

- **Ro mōttad.** Ro mōttad remaroň iakwe im rie ñe jej ekōnono ippāer kōn apaň ko ad, meñe jej ak jab lukkuun kwałok aolep ilo tipdikier. Ñe ro mōttad ewōr aer peran ñan kwałok m̄wil ko me jej aikuji kabōjraki, ak ñe rej rojaň kōj ñan pukot jipaň, jemaroň wōnmaanłok ilo ad ełłā łok ñan ājmour. Ilo ad eñjake iakwe im rie eo jān ro mōttad, menin emaroň in kakemeemej kōj kōn lap tokjān im aorōk eo ad.
- **Ritōl ro an kabuň** Ritōl ro an kabuň remaroň letok jipaň eo emenin aikuji ilo lamlam in oktak eo. Ritōl rein remaroň jipaň kōj eñjake iakwe eo an Rilōmḡor im kōm̄mane juon jerbale aorōk ilo jipaň kōj ukwełok im erre eo ilo jetōb jān m̄wil ko rej kipel im rekapopo.
- **Ribōk eddo ro.** Ribōk eddo rej armej ro me rekar lo ājmour jān añürlep ilo aer kōm̄mani buñtōn ko 12. Kōn tijemłok eo aer, rejelā wāween ñan jipaň kōj jerbale im mour kōn buñtōn ko. Ekkā aer maroň kile riab im mejele men ko jet reppen jekdoḡon ñe jemaroň jab jełā kaki.
- **Kweilok ko an bōk ājmour.** Kweilok in ājmour ko rej juon jikin ejokwane ijo jemaroň lo karuwainene, iakwe, im rie. Ilo kweilok kein jej kwałok eñjake eo ad barāinwōt ad tōmak im kōjatdikdik ñan ājmour kōn Rilōmḡor Jisōs Kraist im kōjerbale 12 buñtōn ko ilo mour ko ad. Kwałok eñjake ko ad emaroň jipaň kōj jerbale maanłok ñan oktak ko remenin aikuji im lo kōjatdikdik bwe ājmour im bōk kōmour rej maroň tōprak.

- **Ro ritijemļok ro ilo jorāān in kōmālij im taktō.**

Ro ritijemļok ilo jorāān in kōmālij im taktō emaroñ emakijkij aer letok loļokjen im kapeel ko reinjuon me remenin aikuj ñan āmjour bōk kōmour jān m̄wil ko rej kipel im rekapopo. Eļāñne jej apañ kōn m̄wil ko rej kipel im rekapopo meñe jej bōk koņaad ilo Būrookraam in Ājmour jān Añūrlep, jej aikuj ļōmņak in pukot jipañ an ro retijemļok jān juon eo etimjemļok ilo jorāān in kōmālij im taktō . Ñe jej kappukot jipañ ko retijemļok, membōr ro ilo Kabuñ in rej aikuj kāālet juon eo ej errā ilo pedped in katak wo an gospel.

## Kāālet Armej ro ñan Jipañ Eok

Ilo Būrookraam in Ājmour jān Añūrlep eo an Kabuñ in, rejjab lewaj ñan eok juon ribōk eddo ak sponsor ak juon system in rie. Kāālet ñāat eo im wōn eo ñan kajjitōk kōn jipañ ej juon kāālet am̄ make. Lukkuun jar ilo am̄ ļōmņake ro ipeļakūm ro kojakane ilo kajjitōk kōn jipañ ak eo eļap an nej jipañ eok. Ilo m̄ool, ilo an lōñļok am̄ armej ñan jipañ, enaaj em̄manļok an wōr am̄ iien tōpare ājmour . Ālkin an m̄ōj am̄ lale wōn armej ro kwoj

kōņaan bwe ren jipañ eok, emaroñ juon men in kōttāiki bōro im kamijak ñan kajjitōk jipañ eo aer. Ijoke, ilo am̄ kōmņane, konaaj maroñ bwilōñ kōn joñan iakwe eo im karuwainene eo konaaj eñjake. An ļapļok am̄ ekkeijel ippān ro jet, enaaj ļapļok iien ko remņman konaaj bōk ñan eñjake iakwe.

Kanoj lale bwe kwon lukkuun kāālet armej ro kwoj lōke er ñan rie eok. Jet iian armej ro eļap aer naaj rie eok ej ro kwoj ekkeijel ippāer kiiō (ro jinōm̄ im jemam̄, eo pāleem̄, ro uwaan baamle, ritōl ro an Kabuñ in), rekōņaan bwe kwōn tōprak, eļap aer niknik ilo Kabuñ in, im meļeļe ak ewōr aer juon ikdeelel ñan meļeļe lukkuun piktokin apañ eo kwoj jelmaik. Juon armej eo em̄ōj an anjō jān apañ ko an make ekkā aer jeļā būromōj kōn apañ ko ro jet rej jelmaik. Ro ewōr ippāer ejja apañ kein wōt ñan eo am̄ make ekkā an bōk juon maroñ eļapļok ñan meļeļe im eñjake apañ eo am̄.

Ilo am̄ jinoe jermal in ñan oktak, komaroñ pidodo ļōkatip eok ilo ānbwin, eñjake, im ilo jetōb. Mejmejkaruo ñan jab ejaake juon jemdoḡon eo ejekkar ippān juon eo me ej rie eok.

## Kāālōt juon Ribōk eddo

Jerbal ippān juon ribōk eddo emaroñ kōmōkajļok aṃ ājmour. Juon ribōk eddo emaroñ jipañ eok ilo eddōkļok eo aṃ im kālet eo aṃ ñan anjō jān apañ ko, menin kapo ko, ak m̄wil in aṃūrlep ko kwoj jelm̄ae. Ilo iaļaṃ jibadōk in aṃ mourtak ak anjō jān aṃūrlep, kwojjab make iaam; juon ribōk eddo ej juon eo me emaroñ “m̄ōṅōṅō in . . . kaenōm̄ṃan ro rej pād ilo aikuj in aenōm̄ṃan, im ñan jutak ainwōt rikam̄ool ro an Anij” (Mosaia 18:9). Jouj ļōm̄ṃak in jermal ippān juon ribōk eddo ilo iien eo em̄ōkajtata.

### Ta in juon Ribōk eddo?

Juon ribōk eddo ej juon eo ekar lo ājmour ilo aer jermal buñtōn ko 12. Remaroñ meļeļe apañ ko reijuon reiookļok mourtak ak anjō jān aṃūrlep jekdōṅ ñe remaroñ jab jeļā kaki. Juon ribōk eddo eo ejjab meļeļein bwe emaroñ erom̄ juon m̄ōttam̄ emmantata ak juon ritijem̄ļok ilo jorāan in kōm̄lij. Ijjeļokin, eddo eo an juon ribōk eddo ej ñan jipañ eok jerbale buñtōn ko an ājmour.

### Kappukot juon ribōk eddo

Ilo Būrookraam in Ājmour jān Aṃūrlep eo an Kabuñ in, rejjab lewaṃ juon aṃ ribōk eddo. Kwomaroñ jermal in ribōk eddo ilo juon wāween eo ejejjet eñjake eo aṃ make, aikuj ko, im ko bōnjān . Jermal in ribōk eddo ej juon kālet in koba maroñ jān eok, ribōk eddo, im Irooj.

Kappukot juon eo ñan ribōk eddo kwoj loe emaroñ peran, ak ro jet remaroñ jipañ eok. Jekjek eo em̄mantata ñan kappukot juon ribōk eddo ej ñan kobaļok ilo kweilok ko an ājmour. Ro ewōr ippāer ejja apañ kein wōt ekkā an wōr maroñ eo eļap ippāer ñan meļeļe im eñjake appaṃ eo aṃ. Ļōm̄ṃak kein itulaṃ remaroñ jipañ ilo kālet juon ribōk eddo eo ekkar:

1. Kappukot tōl ilo jetōb jān Jemedwōj Ilañ kōn jar im jitļok kōn wōn eo emaroñ in juon ribōk eddo ñan kwe.

2. Ļōm̄ṃak in kālet juon eo eļap an joļok iien ilo iien ilo ājmour im em̄ōj an kadedeļok buñtōn ko 12.
3. Roñjake ilo an armej kwaļok eñjake ko aer ilo iien mourtak ak anjō jān aṃūrlep im ļōm̄ṃak wōn eo kwomaroñ ekkeijel ippān.
4. Ritōl ro an kurup im rikōjeikiik ro remaroñ kwaļok kajjiem̄ ñan ro rekkar im rijibadek ro rem̄ōṅōṅō in jipañ.
5. Kajjitōk ippān juon eo kwoj eñjake ke ekkar.
6. Kwoj aikuj kāālōt juon ribōk eddo eo nememein wōt kwe (mae iien ribōk eddo eo ej juon eo nukum).
7. Ilo aṃ jinoe jermal in ñan oktak, emaroñ pidodo ļōkatip eok ilo ānbwin, eñjake, im jetōb. Kōkṃanṃan ñan jab ejaaki jemjerā eo eļap aṃ pedped ion ippān juon aṃ ribōk eddo.
8. Komaroñ aolep iien kajjitōk ippān juon armej ñan ribōk eddoik eok ilo juon iien ekadu. Komaroñ ukook aṃ ribōk eddo jabdewōt iien.

### Erom̄ juon ribōk eddo ewājepdik

Erom̄ juon ribōk eddo ej juon jermal in jipañ eo eļap ilo aṃ kwaļok eñjake eo aṃ make, tōmak, im kōjatdikdik eo kwoj loe ilo aṃ jerbale buñtōn ko 12 in ājmour im bōk kōmour kōn Rilōm̄oṅ Jisōs Kraist. Ribōk eddo ro rej kajjitōk kajjitōk ko reboktok ļōm̄ṃak, armej eo kar raar ribōk eddoiki ejeļā kōn kein jipañ ko, jeere jipañ ko kōn wāween jerbale buñtōn ko, im rojañ ro rej ribōk eddo ñan kobaļok ilo kweilok ko an ājmour. Juon ribōk eddo emeļeļe bwe ro jet remaroñ kōm̄ṃane juon eddo ilo an juon armej ājmour ļok im jāmin naaj illu eļañne ro rej ribōk eddo er rej kappukot jipañ jān ro jet ak kālet ñan ukōt ribōk eddo ro. Tulaṃ ej jet pedped in katak ko ñan erom̄ juon ribōk eddo eo ewājepdik:

1. **Liküt Anij mōktata jān aolep men.** Emakijkij in kemeemej Irooj im jipaň ro kwoj ribök eddo er pedped ioon E. Kōjparok ñan jab kōtļok an ro kwoj ribök eddo er ren jino lukkuun tar jān joňan aer pedped ioom. Eddo eo aņ ģinwōt juon ribök eddo ej ñan rojaň ro jet ñan kajitūkin Jemedwōj Ilaň im Rilōmōor kōn tōl im kajoor. Eddo eo aņ ej ñan kwaļok eņjake eo aņ kōn tōmak im kōjatdikdik ñan jipaň armej eo kwoj rie eņjake iakwe im jipaň jān Anij.
2. **Kwon juon eo eniknik an kobaļok ilo kweilok ko ikkijeem mourtak ak anjo jān aňūrlep.** Juon ribök eddo aikuju in ļap an ped ilo ājmour ñan juon tōre mōkta jān an ribök eddo juon armej (eņool 12 allōň ak aitokļok) im eniknik in bōk koņaan ilo mour kake im ekkatak kake pedped in katak ko an ājmour. Komaroň eņjake eļapļok eddodo ilo iien aņ ājmour ļok ñe kwoj jino ribök eddo e juon bar armej. Kōkmaņmaņ ñan jab likūt aņ make ājmour ilo kauwōtata kōn aņ ribök eddo in juon bar armej. Juon ribök eddo ej kōjberbal lale e-make im kajjitōk jipaň ak rie ñe emenin aikuju.
3. **Ettā** Ąinwōt juon ribök eddo, eddo eo aņ ej ñan kōjberbal kajoor ko aņ ñan leļok jipaň im tōl.
4. **Kautiej anemkwoj in kääłot eo an ro jet im kōjberbal kijenmej.** Bwe en wājepdik jberbal in ribök eddo ej itok “jān wōt jeļā ñae, jān meanwōd, jān meoeo im ettā bōro, im jān iakwe jab ankilaan riab; jān jouj, im lukkuun jeļāļokjeņ” (Katak im Bujen Ko 121:41-42). Bōbrae jān kajjieoň in ukōt mōwilin ro jet ilo jabdewōt wāween. Jipaň ro jet ļōmņake pedped in katak ko im mōkutkūt ko innem tokālik jipaň er ilo aer make kōmņmani kääłot ko aer make. Kautiej anemkwoj in kääłot eo aer im bōk kōjatdikdik bwe Irooj enaaj jipaň er ilo aer oktakļok ñan E. Armej eo kwoj jipaň e emaroň jab kijer in pojak ñan wōnmaañļok in eddōkļok. Ļeo ak lio remaroň āliji mōwil ko rejjab wāmourur ak remaroň rumōwij ñan mour kōn pedped in katak ko im iminene ko in oktak eņool. Juon ribök eddo ej aikuju kijenmej ippān ro jet ilo aer wōnmaañļok ilo iaļan jibadōk ājmour.
5. **Jerbal ñan ro jet** Jerbal ñan ro jet aikuju in leļok ilo jab kōtmene in bōk jabdewōt jān er. Juon ribök eddo ej aikuju wōr ippān juon meļeļe eo eļap im kōņaan ñan leļok an iien im jberbal in kijejeto ñan ro rej ribök eddo e er. Bōbrae jān kappok nōbar, buňbuň, mōool, ak menin nōbar ko jet ilo eņjake jān ro kwoj ribök eddo e er.
6. **Kautiej kallimūr ko aņ make.** Eromō juon ribök eddo ejjab meļeļein bwe ro kwoj ribök eddo e er aikuju in ejjeļok joňan aer kepaak iien ko aņ kein jipaň ko. Komaroň kōmņane juon waanjoňak kōn aorōk in tōrerein ko re ājimourur ilo aņ kakūrmoool kallimūr ko aņ jet, ekoba ko an baamle eo aņ, Kabuň in, jberbal eo aņ, im iien ko aņ make. Kemeemej naan in kapilōk eo kar letok ilo Mosaia 4:27: “Im lale bwe aolep men kein rej kōmņan ilo ļoļātāt im koņ; bwe e jab aikuju bwe juon armej en ettōr mōkajļok jān kajoor eo an.”
7. **Jar.** Kajjojo iien kwoj käälet ñan ribök eddo e juon armej, kappukot tōl eo an Irooj ñan jeļā eo iaan pedped in katak ko ak iminene ko renaaj ļap aer jipaň ñan aikuju ko an armej. Jar ilo aņ ļōmņaki jekjek ko ñan jberbal, aolep iien kajjieoň in ļoore tōl jen Jetōb.
8. **Kaņool kōn mōool eo.** Kwoj maroň eņjake ñan jeere eņjake ko ñan kōtļok bwe ro jet ren jeļā bwe komaroň kwaļok. Kwoj maroň bar kwaļok naan in kaņool kōn Rilōmōor im kōn kajoor in kōmour eo An. Mōool eo bwe Anij ej juon Anij in kabwilōňlōň ej men eo aorōktata (lale Moronai 7:29). Kwaļok aņ naan in kaņool kōn tūriamō eo An im kōn Iakwe eo An emaroň juon iaan jberbal ko reaorōktata kwoj maroň leļok.
9. **Dāpij lōke.** Ąinwōt juon ribök eddo, ewōr juon aņ eddo ñan kōjparok eņojak ko an ro jet. Dāpij etāer im men ko ilo ennojak rej pedped in katak ko ioļaptata ilo kōkajoorļok maroň eo aņ ñan ribök eddo im jipaň ro jet.

# Pedped in katak ko ñan Je juon Bōnbōn Ewejepdik

Ñe ijino buñtōn 4, eaorōk ñan jeļā bwe ejjeļok juon jekjek eo ejimwe ñan kōmṁane etale in. Juon etale ej juon lukkuun jermal an juon make. Elōñ armej rej pere ak mijak in kajjioñ pukōt kilen ejaaje juon etale, ak rej rōjañ eok ñan jinoe, meñe baj jeje wōt juon laajrak in iien ko raar waļok.

Jej aikuj in kappukot tōl eo an Irooj. E enaaj jipañ kōj mṁool im iakwe ilo ad lale emeemļokijen ko ad im eñjake ko im tōl juon ad-etale make emṁool. Jemaroñ barāinwōt kōnono ippān ribōk eddo ro ad ak ro jet me emōj aer kōmṁane juon etale. Renaaj jipañ kōj jeļā wāween eo emṁan tata ñan wōnmaanļok.

mejānkajjik eo an etale eo ej ñan jipañ kōj kajimwe men ko ippān Anij, ippād make, im ro jet. Etale eo ej letok ñan kōj juon iien emṁan ñan kalimjeke mejānkajjik im mour kalimjeke mour ko ad. Ilo ad kōmṁane, jej loe joñnok ko ilo wāween ko jekar uwaake ñan mour in eñjake ko ad. Erkein rej jet iaan pedped in katak ko repidodo me renaaj jipañ kōj jino etal ko ad.

## A. Maanjabpopo ñan Kōmṁane Etale ko Ad

Ilo ad jino etale ko ad, eaorōk ñan wōnmaanļok im jermal ippān ribōk eddo ro ad. Ribōk eddo ro renaaj jipañ kōj jermal buñtōn in ewejepdik. Kōmelele eo jinoin me emakijkij an ribōk eddo ro kin letok ej ñan jino aolepen juon men ilo etale eo kōn jar im kajitōk ippān Anij bwe en tōl kōj ilo mṁool eo. Jemaroñ lōke imwe ko im ļōmṁak ko me rej itok ñan kōj.

Jar enaaj bareinwōt jipañ kōj dāpij kōjātdikdik ilo aolepen jermal eo. Jej aolep jelmae ejjab jermal eo eļap ippān eja appa in pen im mṁool. Jej kaṁool bwe jermal in ej juon iaļ ejimwe me ekar tōl tōk kōj ñan juon jemdoṁ eo emṁool im eļap lañlōñ ie ippād make, ro jet, im Anij.

## B. Je Etale ko Ad

Etale ko an mour ko ad renaaj kanooj wejepdik eļañne jej jeiki. Jemaroñ jibwe juon laajrak in jeje ilo peid, bar lale, im bar etal ñane ñe emenin aikuj. Ļōmṁak ko rejañin je repidodo ñan meļokļok. Ilo ad je etale ko ad, jenaaj maroñ in alikkar ļok ad ļōmṁak kōn iien ko raar waļok ilo mour ko ad im mije er kōn ejjeļok kabōṁoṁo.

Elōñ iaad raar kōṁaan je etale ko ad kōnke jej eñjake jook ak mijak kōn ad je men ko jemaroñe ak kōn juon bar an juon armej riiti ta eo jekar jeiki. Ijoke ro rej bōk kōnaer ren jab kōtļok an mijak kein kabōjrak er. Ad jipeeļ, grammar, kilen jeje, im kapeel ko ikijeen taip ejjab aorōk.

## C. Kile Men ko Raorōk Raar Waļok

Jej jeje kōn iien ko rej waļok ilo mour ko ad im raar make waļok tok ñan kōj. Ilo ad jermal etale ko ad, jej mije ļok iien ko raar waļok im ekkatak kake ļōmṁak ko ad, eñjake, im tōmak ko. Erkein ļōmṁak ko, eñjake ko, tōmak ko, me rej lukkuun rej kōmṁan wūnin ad añurlep. Jej loe bwe ñan lukkuun bōk kōmour im ājmour, jej aikuj in lale ad mijak, utiej bōro, lellōtaan, illu, kōṁaan-make, im make būromōj.

Jekar eñjake jet iien kijeļok in kajjioñ lale ta eo ñan jeiki mokta. Jet kurup in armej rej karōke er ekkar ñan rūttoon, iio in jikuul, jikin jokwe, ak jemdoṁ ko. Jet rej jino ejaak ļōmṁak im wāween ñan mad-mōd būrabōļōm. Jemaroñ jab kemeemej aolep men ilo juon wōt iien. Jej aikuj wōnmaanļok wōt in jar im kōtļok an Irooj bōktok men ko ñan kakeememej kōj. Ñej je juon etale im likūt im kobaiki etale ko ad ilo ad kemeemej eñjake ko im jekjek ko rej waļok.

Jej kile bwe jet iaan kakemejmej ko remaroñ in ikūri im jab jimwe kōnke kōn mwilaļ in an jelete

in make-mɔn im liaajlɔ! kake im maroñ bŭki ilo kakeememej ko ad. Jet iaan kakemejmej ko relukkuun kametak im kajookok me jemaroñ jab kōñaan kile im jeje. Jetōb enaaj tōl kōj ilo ad kajjieoñ in jar im kapukōt uwaak jān ribōk eddo ro ad. Kein jipañ ko renaaj jipañ kōj kile mool eo.

## D. Lukkuun Mool ilo Etale eo Ad Make

Buñtōn eo tok juon ilo etal ko ad ej ñan kōkmanmanlɔk ad melele mour ko ad mokta. Kōmeleleik ta eo ekar waɔk, elmen kar ad eñjake, etke eaar waɔk, im wōn ro eaar jelete ej juon jermal in make-kapukōte. Kōn juon jab mijak in mool ilo ad make lale-kōj, jej kile mool eo ad kōn mour ko mokta im ta melelein ñan ilju im jeklaj eo. Mool ilo ad etale kōj make eaar jipañ kōj ukweɔk, kapukōt jeorɔk bōd, im bōk eɔapɔk kōmour.

Menin emaroñ in men eo elukkuun in pen ilo jermal in etale eo. Ekōmetak ñan loe mōttan eo ad ilo jemdɔɔn ko rejjab jermal im eñjake ko rebōd. Akō ribōk eddo ro ad remaroñ in jipañ kōj im dāpij kōj mije im mool. Jemaroñ in kakkōt im kile bwe jermal in make-lelo ej eaorōk ñan ad ājmour eo ad. Āinwōt Elder Bruce D. Porter ekar ba, “Lelo in an juon make ej juon eñjake ilo jetōb emwila, juon eo emaroñe ñan jabdewōt eo ej mōɔɔnō in ekkatak. . . . Eɔañne mejānkajjik eo ej wōnmaanlɔk ilo tiljek, [jenaaj] loe men eo eaorōk ilo jemlɔk in iaɔ eo” (“Searching Inward,” *Ensign*, Nob. 1971, 63, 65).

Jouj lale jekjōn taitō! eo “Example 1—Question Format” ñan waanjoñok in kajitōk ko ñan jipañ tōl eok kōn juon mool in lale-kōj.

## E. Kemeeme Kijejeto ko Ad

Jej kile bwe juon etale eo emōj je emool ej juon wōnmaanlɔk in jermal ilo ājmour. Jej loe bwe jekar aiku in bar loɔk etale k ad im kakobaba ñan e. Jermal in in ekar jipañ melele eo ad im maroñ eo ñan dāpij

ājmour im kar jipañ kōj ejaake jemdɔɔn ko rekāal im kōkmanmanlɔk ilo ājmour.

Buñtōn 4. ej juon jermal. Jemaroñ kemeeme aolepen kijejeto ko ad ilo jeiki etale ko ad. Annañ eo ad make jej loe ilo ad jerbale buñtōn in emaroñ imwe kōj ñan ukōt tōl eo an mour ko ad eɔañne jej leɔke. Kōnke iakwe im jouj eo an an Rilomɔɔr, jejjab aiku in wōnmaanlɔk ilo men ko jekar kōmmani mokta. Ñe jej kūr ion Irooj ñan tōl ilo ad ekatak kake mour ko ad, jenaaj itok ñan jeɔ eñjake ko ad āinwōt ekkatak iien ko remman.

Jermal in etal ko rej kakajoorlɔk kōj ñan ettā im kile mōjɔ ko ad im ñan kapukōt jipañ an Anij ñan ukōt er ñan kajoor. “Im eɔañne armej rej itok ñan Eō Inaaj kwaɔk ñan er aer mōjɔ. Ij leɔk ñan armej mōjɔ bwe ren maroñ ettā bōro; im Aō jouj ebwe ñan aolep armej ro rej kōttāik er Imāō; bwe eɔañne rej kōttāik er Imāō, im wōr aer tōmak ilo Ña, innām Inaaj kōmman mennin mōjɔ ko ren erom kajoor ñan er” (Ether 12:27).

## F. Jemaroñ Aikuj Jipañ ko Retijemlɔk

Jemaroñ in bōk eñjake ko reppen ak men ko raar waɔk tok ñan kōj. Jet iaan men kein ekoba eñjake in liaajlɔ, kakkure, irre, ak metak ko rekaamijak an kōmālij. Ilo ad jeiki etale ko ad, kemeeme eñjake kein reppen remaroñ bar bōktok metak, mijak, im eñjake ko rej ekkejel tok ippen iien kein raar waɔk im reɔap. Mour kake bar juon alen eñjake kein rekemetak im eñjake ko me remaroñ kōmman eɔapɔk jorāan ñan kōj ilo an ejjeɔk jipañ ekkar ñan jipañ. Jej aiku kajeɔkjen ilo kappukōt jipañ eo etijemlɔk jen juon therapist, rikapilōk, ak taktō ñan melele im bōke men kein an iien kein reɔap raar waɔk. Ritimjemlɔk ro remaroñ jipañ kōj letok kōjeparok ilo jerbale liaajlɔ ilo juon buñtōn ekkar. Eɔañne kwoj jab jeɔ ñe kwoj aiku jipañ in, jouj im kōnono kōn menin ippān juon eo kwoj lōke. Kwomaroñ bareinwōt iion juon eo etijemlɔk ñan



juon ekkatak im etale im ļomņak kake elmakot eo aer.

## Waanjoņok ko nān Jeiki juon Etale ilo Buņtōn 4

Elōn ļamļam in jeraamņan ko nān ejaake juon etale ilo buņtōn 4. Ijoke, jekar ekkatak im loe bwe laajrakin men kein rej kōmņane juon etale ekanooj weejepdik nān ājmour.

1. **Anij**—Kōmņane juon etale ej juon jermal epen, im jejjab maroņ katōprake make ļok iaad. Jej aikuj jipaņ eo an Anij. Jar ej juon mōttan eorōk an jibadbad in. Ilo ad oktak nān Anij ilo jar, E enaaj kakajoorļok kōj im kōmņane jermal in eorōk.
2. **Mōļ**—etale ko rej kein bar lale mour ko ad im aikuj in koba men ko raar waļok, jekjek ko raar waļok, im jemdoņ ko rej bar ba kōn jab kaņōmņan ak jab pidodo. Jej aikuj in āinwōt mool im dedeļok āinwōt maroņ. Jekar loe bwe ke ej ļapļok ad kile im kwaļok mool im būki men ko reppen jen mour eo ad mokta, enaaj bar jermal buņtōn 4.
3. **Jeje**—Jermal eo an jeje ej letok nān kōj eļapļok loļokjeņ, elmakot, im alikkar. Jet iaan jekjek ko ad rej waļok rej kōmņan menin an apaņ nān likūt etale ko ad ilo jeje. Meņe ewōr ippād maroņ ko reppen im jab errā ko, Irooj enaaj kōjeraamņan aolep ad kijejeto im likūti eņjake ko ad reppen tata Ippān ilo jeje. Eļāņne kwoj appaņ kōn jeje, kajitūkin ribōk eddo eo aņ ak bar juon armej nān jipaņ
4. **Ribōk eddo**—Juon ribōk eddo aikuj juon armej eo me eaar jerbale buņtōn ko 12 im kar kadedeļok etale eo an make. Ribōk eddo remaroņ in lukkuun jipaņ ilo tōl kōj ilo aolepen jermal eo im likūt mour ko ad ilo elmakot.

Eļāņne kwojjaņin kar dedeļok, jej lukkuun kipel eok nān jino jermal ippān juon ribōk eddo.

Ālkin ad kar jeiki etale ko ad, jej dāpij er im kōjerbale āinwōt juon kein jipaņ nān buņtōn eo tok juon ilo ājmour. Etale ko ad rej jipaņ kōj kakilen kadkadin mōjņo ko im kajoor ko ad ilo buņtōn 6 im 7, im armej ro ak jikin ko jekar ba ilo etale ko ad renaaj ro me jej aikuj in jeorļok bōd ak kōmņan kajimwe ko nān e ilo buņtōn 8 im 9. Ne iien eo enej jejjet, jej maroņ kakkure mōttan ko an etale ko ad me epād ie eņjake ko rebōd ak eņjake in illu, bwebwenato ko in jerawiwi ko an juon make, im jabdewōt ta ko raar raorōk me jej jab aikuj in jeere ippān ro jet. Kakkure jeje kein emaroņ juon kakkōļle in ad ukweļok im juon wāween ekajoor nān jab bar mije mour eo mokta an bar juon.

Āinwōt kar kōnono kake moktaļok, elōn wāween ko nān jeiki juon etale. Itulaļ ej jilu waanjoņok ko: Elōn wāween ko jet nān jeiki juon etale me ejjab elaaajak ijin. Waanjoņok kein renaaj jipaņ kōj jinoe. Jekdoņ ta jipadpad ak kakobaba in jipadpad ko jej kōjerbale, aorōk eo an menin ej bwe jen kōtļok an Anij kwaļok nān wāween an kalimjek kōj ilo kajojo jekjek ko rej waļok. Eļāņne jej kōmņane, Anij enaaj letok nān kōj eļapļok kajoor im kōjātdikdik ilo jermal in.

Elmen ad ijino? Jet armej rej jermal ilo kōlaajrake mour ko aer ekkar nān rūttoon, iio in jikuul, jikin jokwe, ak jemdoņ ko. Jet rej jino ejaak ļōmņak im wāween nān madmōd būrabōļōm. Jeban keememej aolep men ilo juon wōt iien, kōnmenin jej aikuj in wōnmaanļok in jar im kōtļok bwe Irooj en bōktok men ko nān ad kakeememej. Jej maroņ iienotemjej kakobaba nān etale ko ad ilo ad kemeemej jekjek ko raar waļok im eņjake ko.

**Waanjoņok 1—Jekjek in Kajitōk Rāpeltan** in ej kōjermal kajitōk ko nān idajoņjoņ e jorāan ko rej waļok ilo iien ko. Ejipaņ kōj ļōmņak kake kajjojo jekjek.

**Waanjoņok 2—Jekjek in Worksheet Rāpeltan** in ej jipaņ kōj jaat im ejaake im karōke armej ro

**ak jikin ko jekar kajorāane. Menin ejipañ kōj kakilen kadmadin mōjño ko ad im letok meļeļe ko raorōk ñan buñtōn ko rej itok.**

### Waanjoñok 3—Jekjek in Jōñol Juon

jipadpad in jeje bwebwenato emaroñ jipañ kōj kōkmanmanļok ad meļeļe mour ko ad. Ej barāinwōt letok ñan kōj iien eo emņman ñan ekkatak im jerbale meļeļe ko an mour ko ad.

### Waanjoñok 1—Jekjek in Kajjitōk

Ilo ad bar lale mour ko ad, appañ eo mokta ej ñan kakilen mour ko ad mokta im jekjek ko kiiō me rej kōmņman ad jab jokane. Lukkuun mool, jej kajjieoñ in kalimjek kadmadin mōjño ko ad make im kakilen armej ro jej aikuj in jeorļok aer bōd ak ro me jej aikuj kōmņman kajimwe ko. Laajrakin waanjoñok ej kōjermal kajitōk ko ñan jipañ kōj kōmņmane juon make-idajoñjoñ. Kajjitōk kein rej jipañ kōj kakilen armej ro raorōk, jekjek ko rej waļok, jikin ko, ak iien idiñ ko. Rej jipañ kōj kōmeļeļeik ta eaar waļok, elmen ad kar eñjake, etke ekar waļok, im wōn eo ejelete. Jej kwaļok juon peij ñan kajojo armej ak jekjek ko me rej waļok. Kajojo peij, jej jeje ad make uwaak ñan kajitōk ko. Jej kajjieoñ in kōjeparok uwaak iumin 15 naan ko—rekadu im rebwe.

Laajrakin waanjoñok in ej jermal ñan iien iddiñ, juon iddiñ in mij an juon jejtōr edikļok.

### Kajjitōk ko Imaan tata

1. Ta eo eaar waļok? Je juon kōmeļeļe jidikdik kōn jekjek eo eaar waļok.

Jejtōr eo aō edikļok ekar jako ilo juon jorrāan in itaak an wa.

2. Etke menin ej kabñōñōik eō?

Menin eaar juon men eo enana me ekar waļok ñan ña.

3. Elmen an iddiñ in kar jelet ña im jemdoņon ko aō (ilo jāān, ilo eñjake, ilo ānbwin)? Etke iddiñ in ekar tin kakinejneje eō?

Ikar jepellok jān ro jet. Pād wōt ilo Aō jab koņ. Iaar jino kōjermal arkooļ ñan kadikļok metak eo, im kar eddodo lok. Ijjab kōņaan wōnmaanlok wōt kōn jeļāļokijeņ eo aō. Ijjab kōņaan jijjet turin jabdewōt armej. Ij mijak in pād ilo juon jemdoņon.

4. Ta kar eñjake ko aō imaan tata ke ekar waļok? Ta eñjake ko Iaar būki wōt ilo iddiñ in?

Ikar ilbōk im kar metak ke menin ekar waļok. Ikar illu ippān Anij. Pād wōt im eñjake aō ikinejneje.

5. Erreilikļok, ta jet iaan kadmadin mōjño ko aō me kar leļoke ñan jekjek in eaar waļok? (Jej aikuj in tiljek im jar ñan kapukōt jipañ an Anij ñan ettā bōro im jelmae mool eo, meñe menin emaroñ in kōmetak)

- Ikar ke jab mool? Wōn eo iaar riab e?

Eļaptata iaar riab ñan ña make. Ikar ņa ruōn Anij im baamle eo aō kōn aō make jab maroñ tōmak ilo Jisōs Kraist.

- Iaar ke mijak?

Aeet, Iaar jab maroñ meļeļe etke Jemedwōj Ilañ ekar jab kōjeparok liq. Eļañne juon men enana emaroñ kar waļok ilo juon iien, emaroñ ke bar waļok tokālik.

- Iaar ke ellōtaan?

Aeet, eļaptata ñan Anij ak bareinwōt ñan leo pāleen im rittōr eo an wa eo me ekar dipeje liq. Iļak lale ejjab emņman bwe lieo en kar mij.

- Ta menin kaṃool eo kŏn utiej bŏro me Ikar loe ilo mour eo aŏ? Ij ke loe kŏkkaļļe in make-mŏn, make-kowānŏk, ak make-büromŏj ilo ṃwil ko ad im kŏmṃṃan ko ad?

Iaar ḷŏmṃṃak mour eo aŏ en kar ṃḷŏṃḷŏ iienotemjej. Ikar jab ḷŏmṃṃak bwe men ko renana ren kar waļŏk tok ñan ña im baamļe eo aŏ. Ij lukkuun eñjake büromŏj ippa make.

6. Kŏmṃṃan ko aŏ raar ke kajorāān ak nana aer jelet jabdewŏt armej? Eļāññe āindein, wŏn ro kŏmṃṃan ko aŏ raar kametak er?

Kŏmṃṃan ko aŏ raar ke kametak ro jet ilo baamļe eo aŏ, einwŏt būratŏr eo-nej jeiü. Iaar jab maroñ kŏn ilo eñjake ko aŏ im kar kwaļŏk illu ñan baamļe eo aŏ. Iaar jab jeorļŏk an rittŏr eo juon bŏd. Illu eo aŏ ñan Anij ekar lukkuun kŏmetak eŏ

7. Ta eo ikar kŏmṃṃane bwe in kabwajer jekjek eo eaar waļŏk? Ta kŏmṃṃan ko ikar būki ak joļŏke ñan bŏke ta eo Iaar kŏṃṃaan?

Iaar ke bar etal jene ak kar luuki ro jet. Iaar ke bar lukkuun illu im abṃḷŏṃ im mütŏn ajri. Iaar baj jab kŏṃṃaan bwe menin en ṃool. Iaar kŏṃṃaan rool ilo iien eo. Iaar kŏṃṃaan bwe Anij en kar bar kŏrool e tok bwe en mour. Ij kijoñ kajitūkin ro jinŏ im jema ñan jar kake liŏ bwe en bar rool tok. ḷŏmṃṃak eo aŏ eaar lukkuun jab meļeļe!

8. Elmen aŏ kŏmṃṃan bwe in einwŏt juon eaar mij ñan ṃŏne ro jet (ñan waanjoñok, aikuj bwe ren roñjake, tūriamŏkake, im āindein maan waj)? Ikar ke kŏṃṃaan bwe in jimwe? Ikar ke eñjake jab kautiej ak jab kile?

Ikar ke joļŏk abṃḷŏṃ im mütŏn ajri, kattoļŏk eŏ make, im makoko in kŏnono ippān juon rikapileklek in büromŏj. Imaroñ kar loe eñjake ko im metak ko aŏ make. Ikar lukkuun kŏṃṃaan

bwe juon bar armej en kaenṃṃṃan menotemjej ñan ña.

9. Menin eaar ke aŏ jerbal? An wŏn eñjake ko ikar kŏjekdŏṃn e ilo ḷŏmṃṃak wŏt kŏn ña make?

Ekar aŏ jerbal. Liin eaar aŏ jejtŏr, im iaar eñjake eļap metak. Ijoke, iaar jab bŏjrak jen aŏ ḷŏmṃṃake metak eo ro jet raar eñjake—ro jinŏ im jema, būratŏr im jejtŏr ro aŏ, ro jera, ḷeo pāleen.

10. Iaar ke makoko in bŏk jipañ jān Anij im ro jet?

Aet, Iaar illu ippān Anij, kŏnmenin Iaar jab jar. Ijjab kŏṃṃaan ñan jabdewŏt ak kŏtļŏk bwe in kaenṃṃṃan eŏ make.

## Waanjoñok 2—Jekjek in Worksheet

Bar juon wāween ñan kŏmṃṃane juon etale ej ñan kanne jaat eo ilaļ. Mokta, kanne kaļan eo jinoin ilo tuanmiin, innem eo kein karuo, kajilu, kemen, im etal wŏt. Kanne jaat in emaroñ kowaļŏk joññak ko jej aikuj in kapukŏte ilo etal ko ad. Jej ḷŏmṃṃak kŏn bŏdañ ko rejimwe me jej aikuji ñan ejaake ak emaroñ wŏr ippād, iienotemjej kemeemjej bwe Irooj emaroñ ukŏt mŏjṃŏ ko ad bwe ren eromṃ kajoor (lale Ether 12:27). Jej bŏk iien ñan riit im liññuri kapilek eo an Irooj.

## Armej, jikin, jekjek eo waļŏk, iddiñ, ak katak kŏn aŏ kin bŏk eñjake ko rebŏd.

Ta eo eaar waļŏk im makūtŏt rŏt eo Iaar bŏke? Letok juon kŏmeļeļe ekadu kŏn iien eo. ḷŏmṃṃak in kŏlaajrakin aitem ko jen mour eo aŏ jān lŏñ ñan laļ, bŏlen ilo kakobaba in 5 ñan 10 iiŏ.

## Jelet

Etke iddiñ in armej, jikin, jekjek eo waļŏk, ak katak rej kabŏṃḷŏṃik eŏ? Ekar ke jelet eñjake eo aŏ, ānbwin, ak jāān? Ekar ke jelet jemdŏṃn ko aŏ, aorŏk eo an juon armej, ak kŏṃṃaan ko ñan ilju im jekļaj?

## Eñjake ko

Ta kar eñjake ko aō ilo iien eo? Ta eñjake ko Iaar bŭki wōt? Iaar ke aļļok kōn mōttan eo aō ilo bŭrabōļōm eo ak lellōtaan ñae juon armej, jikin, jekjek eo eaar waļok, iddiñ, ak katak?

## Kadkadin mōjņo ko

Ta menin kaņool eo kōn utiej bōro me ikar loe ilo mour eo aō? Ij ke loe kakkōļle in make mōņ, make kowānōk, ak make būromōj ilo mŭwil ko ad im kōmņane ko ad? Mijak rōt ko-reļļap me kar letok ilo jekjek in me eaar waļok ak iddiñ ak ñan eñjake ko aō kōn armej in, jikin in, ak katak eo?

## Jeorļok bōd im kōmņane kajimwe ko

Wōn eo ij aikuj in jeorļok an bōd? Ñan wōn eo ij aikuj kōmņane kajimwe ko? Kemeemej in kobaik eta make ñan column in.

## Bōdañ ko remņan

Ke kar kōmņane etal eo aō, Iaar ke mije wōt elmakot ko reppen ilo mour eo aō. Mekarta, Ij aikuj bariānwōt ļōmņak kōn kajoor ko aō im bōdañ ko rejimwe. Ta kadkad ko aō rekajoor? Kadkadin kajoor rōt ko ij aikuj in ejaake? Mije wōt kajoor ko rejimwe emaroñ in kakemeemej ña kōn aorōk eo aō indeeo eban jorāān im ekwojarjar.

0 ñan 10 iio

Armej, jikin, jekjek eo eaar waļok, iddiñ, ak katak (Ta ekar waļok? Wōn eaar jorāān? im etal wōt)	Jelet (eñjake, ānbwin, jāān; jemdōņ ko, aorōk an-juon make, ak kōņaan ko)	Eñjake ko (lellōtaan, mijak, aļļok, jorāān, im wōnmaanļok wōt)	Kadkadin mōjņo ko (aorōk an-juon make, kowānōk-make, make-bŭromōj, make-mōņ, im wōnmaanļok wōt)	Jeorļok bōd im kōmņane kajimwe ko (Etke ij aikuj in jeorļok bōd im kōmņane kajimwe ko ñan?)	Bōdañ ko rejimwe (iakwe emņool, ettā bōro, peran, tōmak ilo Jisōs Kraist, im wōnmaanļok wōt)	Bōdañ rōt ko ij aikuj in ejaake?
Sam, juon ļaddik ilo jikuul, ekar kōmņan kōjjak kōn ña im kar kŭr eo kōn elōñ āt ko.	Menin ekar jelet wāween aō eñjake kōn ña make im jemdōņ ko aō ippān ro jera. Iaar kōņaan bwe in peran, ijoke iaar jab.	Iaar mijak, im iaar bareinwōt jook kōn wāween aō kar mijak. Ikōņaan bwe in kar ubrare ļeo.	make būromōj, make kowānōk	Ij aikuj in jeorļok an Sam bōd. Iļju im jekļaj, Ikōņaan bwe in juon armej eo me e meanwōd im bareinwōt mņool.	Ñaij juon armej emņan. Ij loe aolep men remņan ippān ro jet.	Jeorļok bōd, peran
Iaar kōmņane juon kabbije ilo makŭtkŭt eo an Bŭraimere. Iaar kōņaan bōke ñan mŭweeo im kwaļoke ñan Mamņa im Baba, ak ij mōñā jidik ilo aō etetal. Āliktata, iaar kañ aolepen.	Menin ekar jelete aō eñjake kōn aorōkŭ make. Ikōņaan kar jeere tōprak eo aō ippān ro jinō im jema, ak iaar jab tōprak.	Ke ij rōļļ ñan kapijuknen iaar aļļoke ta eo iaar kōmņane ebōd. Ikar eñjake jook, tebu, im mōjņo. Ikar eñjake bwe juon rilikjab.	utiej bōro, make-bŭromōj, būrooklep, jaje make-kabwijere	ña	Ikōņaan kōmņane men eo ejimwe. Ij ļōmņak ewor juon bōro emņan ippa.	ettā bōro, tōmak ilo Jisōs Kraist, make-kabwijer mōñā

10 ñan 20 iiö						
<b>Armej, jikin, jekjek eo eaar waļok, iddiñ, ak katak (Ta ekar waļok? Wön eaar jorään? im etal wöt)</b>	<b>Jelet (eñjake, ānbwin, jāān; jemdōon ko, aorōk an-juon make, ak kōḡaan ko)</b>	<b>Eñjake ko (ellōtaan, mijak, ajļok, jorään, im wōnmaanļok wöt)</b>	<b>Eñjake ko (make-kōḡaan, jab ṡool, make-kowānōk, make-būromōj, make-mōn, im wōnmaanļok wöt)</b>	<b>Jeorļok bōd im kōḡḡane kajimwe ko (Wön ij aikuj in jeorļok bōd im kōḡḡane kajimwe ko ñan?)</b>	<b>Bōdañ ko rejimwe (iakwe emool, ettā bōro, peran, tōmak ilo jisōs Kraist, im wōnmaanļok wöt)</b>	<b>Bōdañ rōt ko ij aikuj in ejaake?</b>
laar loe bwe lepā ilo tōrein ajri ko ilo jikuul kar menin kōḡḡan kōjjak. Ke ikar kajjitōk ippān ṡamṡa kōn menin, liin eaar illu im kar jiroñ tok ña bwe jab bar kōḡḡane menin im jab bar kōnono kake.	Ikar aitwerōk kake ilowaa kōnke emman eñjake ijoke ekar kabōḡōḡōik aō eñjake. Ñe ij pād im jepool jen ro jera ilo ṡōḡjar eo, lj eñjake aō make wöt appañ kōn menin jen ke ejjelok en eaar kōnono kake menin.	Ikar eñjake jook, joļok aō kōnono ippen ṡamṡa, make ļok iaaō, jab ṡool, im ettoonon.	make kōḡaan, jab ṡool, jab erreō, jāje make-kabwijere	ña, jinō	Ij ļōmḡak eaar emḡan turin meja. Ikōḡaan bwe in emḡan.	ṡōḡōḡō in peļļok ñan ro jet, ṡool, erreō, ukwelok

<b>Armej, jikin, jekjek eo eaar waʎok, iddiñ, ak katak (Ta ekar waʎok? Wõn eaar jorāān? im etal wõt)</b>	<b>Jelet (eñjake, ānbwin, jāān; jemdɔɔn ko, aorōk an-juon make, ak kōṇaan ko)</b>	<b>Eñjake ko (ellɔtaan, mijak, ajʎok, jorāān, im wõnmaanʎok wõt)</b>	<b>Eñjake ko (make-kōṇaan, jab ṁool, make-kowānōk, make-būromōj, make-mɔn, im wõnmaanʎok wõt)</b>	<b>Jeorʎok bōd im kōṁṁane kajimwe ko (Wõn ij aikuj in jeorʎok bōd im kōṁṁane kajimwe ko ñan?)</b>	<b>Bōdañ ko rejimwe (iakwe emool, ettā bōro, peran, tōmak ilo Jisōs Kraist, im wõnmaanʎok wõt)</b>	<b>Bōdañ rōt ko ij aikuj in ejaake?</b>
Ilo allōn ko 14, aolep iien ij koot jāān jān jikin nien jāān eo ak kar kōjerbal ṁweiuk ko ilo jab kōʎʎaiki ilo ijo iaar jerbal ie.	Ilienotemjej iaar ikumkum ṁe ij pād iturin mānija eo aō. Ij kiiō eñjake bōd kōn menin ijoke jab jejā ewi wāween kajimwe jen ke ejjañn kar bar wōr.	mijak, arōk, make-tōlarōke/ onaake	jab ṁool, make-kōṇaan, make-mɔn	Jikin eo ijo me iaar jerbal ie, mānija eo aō	Ñaij juon rijerbal eo eniknik.	ṁool, bōk eddo

20 ñan 30 iiö

<b>Armej, jikin, jekjek eo eaar waʔok, iddiñ, ak katak (Ta ekar waʔok? Wön eaar jorāān? im etal wöt)</b>	<b>Jelet (eñjake, ānbwin, jāān; jemdʔon ko, aorök an-juon make, ak kōñaan ko)</b>	<b>Eñjake ko (lellʔtaan, mijak, ajʔok, jorāān, im wönmaanʔok wöt)</b>	<b>Eñjake ko (make-kōñaan, jab mʔool, make-kowānök, make-büromʔoj, make-mʔn, im wönmaanʔok wöt)</b>	<b>Jeorʔok böd im kōmʔane kajimʔwe ko (Wön ij aiku in jeorʔok böd im kōmʔane kajimʔwe ko ñan?)</b>	<b>Bōdañ ko rejimʔwe (iakwe emʔool, ettā böro, peran, tōmak ilo jisōs Kraist, im wönmaanʔok wöt)</b>	<b>Bōdañ röt ko ij aiku in ejaake?</b>
<p>laar kadek ilo juon pade im kar ruj tok ippān armej eo ij kab jelā kajjien.</p>	<p>Menin ekar jelete aō eñjake in jokane, kōjeparok, im aorök eo aō-make. laar kōñaan mare ilo tampeʔ eo, ijoke ekar jab maroñ kōmʔan.</p>	<p>laar eñjake ettoonon, pere, im atajinemjen. llukkuun kōñaan bwe ren kar jab etal ñan pade eo. Etke menin ej eaar waʔok ñan eō?</p>	<p>jab löke, dike eō make im ro-naetäer jera, make-büromʔoj</p>	<p>ña, ro jera</p>	<p>Ñaij juon armej meanwöd. Ikōñaan etal wöt jān menin. laar niknik jermal ñan ejaake taʔon ko aō.</p>	<p>jelāʔokijen, bök eddo, pokake, liküt Anij maktata, mour erre.</p>
<p>Jejtör eo aō edikʔok ekar jako ilo juon jorrāān in itaak an wa. lkar eñjake in epaake ʔeo päleen im ajri ro, ijoke eaar ʔein ekar joʔok an kōnono ippān baamʔle eo am.</p>	<p>Menin ekar juon liaajʔoj eʔap ilo mour eo aō. laar jab kōn ilo ānbwin im ilo eñjake. Jemjerā eo aō ippān eo ippān jejtör eo aō edikʔok im baamʔle eo an liq eaar jako.</p>	<p>Ña ij lukkuun in inepata kōn iien eo. ljelā bwe arkʔoj ejjab jipañ jekjek eo eaar waʔok, ak ej bökʔok ilo jiddik iien.</p>	<p>ikūmkūm, mijak, jab mōñöñö kōn juon men, make-tōlaröke/ onaake</p>	<p>Anij, ña, ʔeo päleen jejtör eo aō, armej ro laar kajorāān er kōn aō idaak.</p>	<p>Ñaij juon rijikuuʔ eo emʔan im juon rijermal eo eniknik. lʔ iakwe armej ro im kijoñ aetele ro jet ilo jikin jermal.</p>	<p>tōmak ilo jisōs Kraist, kōjättdikdik, jelāʔokijen</p>

30 ñan 60 iiö						
Armej, jikin, jekjek eo eaar waļok, iddiñ, ak katak (Ta ekar waļok? Wōn eaar jorāān? im etal wōt)	Jelet (eñjake, ānbwin, jāān; jemdōgn ko, aorōk an-juon make, ak kōḡaan ko)	Eñjake ko (ellōtaan, mijak, ajļok, jorāān, im wōnmaanļok wōt)	Eñjake ko (make-kōḡaan, jab ḡool, make-kowānōk, make-būromōj, make-mḡn, im wōnmaanļok wōt)	Jeorļok bōd im kōḡḡane kajimḡwe ko (Wōn ij aikuj in jeorļok bōd im kōḡḡane kajimḡwe ko ñan?)	Bōdañ ko rejimḡwe (iakwe emḡool, ettā bōro, peran, tōmak ilo jisōs Kraist, im wōnmaanļok wōt)	Bōdañ rōt ko ij aikuj in ejaake?
laar lellōtaane ļeo ippān liḡ nejū. E eaar aikuj jāān aolep iien, ejeļok an jermal. Ejaje kea. Ij mijak e an ļeo kōḡḡan an leddik eo nejū jab ḡōḡōḡō.	Ij inepata kōn jāān ko. Ñe ij bōk eñjake ko renana kake ļein , menin ejelet jemdōgn eo aō ippen leddik eo nejū.	Ekar rup būruwō Ikar eñjake ellōtaan, im ikar illu ippa make kōn aō lukkuun ellōtaan. Ikar eñjake keḡaak im jab maroñ ļōmḡake jabdewōt uwaak emḡan.	make-kowānōk, make-būromōj, utiej bōro, lellōtaan	ļeo ippān liḡ-nejū, leddik eo nejū, ļeo pāleeō	Ekkā aō lukkuun jouj. Ij niknik jermal ilo ḡweeo im ilo kabuñ eo.	iakwe emḡool, jeorļok bōd, bōk revelesōn ko an juon make
ļeo pāleeō ej kōnono kōn jepellōk ak jepel. Iļeļā bwe ikar jab weepen, ijoke ejjab aolep iien ña eo ij kōḡḡan būrabōļōḡ ko.	Jemdōgn ko aō raar nana. Aorōk eo aō-make kar jelete bareinwōt āinwōt jāān ko aō im eñjake in kḡn.	laar lukkuun mijak. Ta eo eļāññe iaar jab loe ajri ro? Ijjab jeļā ewi wāween aō maroñ mour in jepel.	mijak, make-būromōj, lellōtaan, ikūmkūm	ña, ļeo pāleeō, ajri ro	laar lukkuun niknik kajjieoñ ñan oktak. Iaar bareinwōt etal im bōk kapilek.	iakwe emḡool, iakwe, im kōļapļok lōke ilo Anij

### Waanjoñok 3—Jekjek in Jōnōļ

Jeje emaroñ juon kein jermal ekajoor ñan meļele im bōk kōmour. Jar im tiljek ilo jeje bwebweno mokta ak ālkin etale ko ad emaroñ in lukkuun jipañ. Ilo ad bar lale mour ko ad, jej jino jeje kōn jekjek ko raar waļok me jekar kowaļoki im ewi wāween ad eñjake. Ejjeļok juon joñak ñan jeje kōn jekjek ko raar waļok. Jekar jibwe lōñtak juon pen, kōppeļok kōn jar, im jino jeje. Jeje jabdewōt ta eo kwoj eñjake! Ilo ad ļōmḡak kōn mour ko ad ilo kōjermal jeje bwebweno, jej reilok ñan armej ro, jikin ko, jekjek ko raar waļok, idiñ ko, ak katak ko me jekar būki eñjake ko rebōd kake. Jej jeje kōn ewi wāween an eñjake ko ad im eñjake ko jelete, im jej kajjieoñ in

meļeļe kadkadin mōjḡō rōt ko im ta kajoor ko jej maroñ kōḡaan ejaaki. Jekar bareinwōt jar ñan jeļā wōn eo jej aikuj in jeorļok an bōd im wōn jej aikuj in kōḡḡane kajimḡwe ko. Errein rej jet iaan waanjoñok ko in kadeļōñe jeje bwebweno:

- Ikar kemeemej eñjake ko aō ilo tōrein ajri ko aō. Ij kemeemej ajri eo—Ij maroñ kemeemej etan—ijoke ļein eaar kilep ļok jen ña, im ļein eaar lukkuun nana. E kajoor āninñin eo niñniñ im bareinwōt āt ko renana. Iaar aikuj in ettōr jān jikuul joñan wōt aō maroñ aolep raan. Ij bwilōñ bwe eļāññe iaar jino eñjake bwe ejeļok mōtta im bwe iban bareinwōt maroñ kōḡḡan mōttā. Idike ñe ij ko jen būrabōļōḡ ko . Idike mijak, ak ejjab



emḡan bwe jet armej reinea ren läj. Iaar kajjieoñ in jemjerä. Ij lömḡak aō eñjake aō make büromḡoj. Ijjab maroñ meḡeḡe etke armej rejjab emḡan tok ña. Ñaij juon armej eo emḡan.

- Iaar juon ajri eo etöböb. Ñaij juon eo etebu wöt, ak epen bwe in böjrak jen aō mḡoñä juon men eo iköḡaan. Meñe ikar päd ilo Būraimere, Ijjañin bök jiddik mḡoñä im jeere ippen baamḡe eo aō. Menin eaar kömḡan aō eñjake juon menin likjab. Ikar iienotemḡej jook köñ aō mḡoñä im köñ aō eddo. Jet armej remaroñ mḡoñä jabdewöt jikin rej köḡaan, im ejjab jelet eddo eo aer. Menin ekar kömḡan menin aō lukkuun illu!
- Ewör juon aō būraböḡomḡ in löñ. Ejjab lukkuun aō böd bwe in böke juon iien eppen köñ men eo. Iaar loe bwe lepä ilo törein ajri ko ilo jikuul kar menin kömḡan köjjak. Ke ikar kajjitök ippän mḡamḡa köñ menin, liin eaar illu im kar jiroñ tok ña bwe jab bar kömḡane menin im jab bar könono kake. Ak ta eo ñe juon bisop enej kar intörpiu ippa tokälilik? Ij aikuj ke ba ñan e?
- Ikar eñjake jook köñ ta eo eaar waḡok ilo mḡweeo iköḡaan ro jinö im jema me men eo de eo wöt eaar kömḡan aō eñjake emḡanḡok eaar köbaatat. Ikar loe jet jika im raar kaerḡomḡan eō kar jipañ köñ ewi nana in aō kar eñjake in itok limo. Ewör aō make mour ittiḡo ke ij jerkak ilo boñ im jab maroñ kiki. Iaar lömḡak in joḡok jabdewöt iien, ak iaar lukkuun jab maroñ. Mokta eaar maat jika ippa me ikar loe, im ikar aikuj in kḡot jāñ ñan bök elöñ ḡok. Iaar kḡote men ko jen ijo iaar jerbal ie. Ikar lukuun ikümḡüm bwe ñe iaar maroñ po, jen juon wöt iaam armej in baamḡe eo aō ak juon eo enana, jen büliij män ro. Idike jab mḡool, ak ikar aikuji kabaatat make ḡok iaaö—juon men ñan baj ña. Ij lömḡak aō eñjake aō make büromḡoj.
- Bar juon iien kekemejmej eaar waḡok ke Ikar päd ilo kalḡej. Iaar köḡaan einwöt armej ro ilo ruum eo aō, ijoke ikar jab bök karuwainene jen elöñ

pade ko. Ij kemeemej boñön eo ikar etal ñan juon pade ijo eaar obrak köñ arkḡoḡ “Etke eban?” Ikar lömḡak. Iaar köḡaan bwe in möttan jarlepju eo. Ikar köḡaan limo jiddik. Ijjab kemeemej ta eo eaar waḡok tokälilik, ijoke ke ij ruj tok, Iaar päd ippen juon armej Ijjab lukkuun jeḡä kajjien. Men ko raar etal im nana ñan lukkuun nana. Etke ikar jab maroñ kakkije jiddik? Ejjeḡok men en ekar emḡan ippa.

- Eaar einwöt jemḡok in laḡ in töre eo jekar bök ḡuuj ko me jejtör eo jatu ekar mij. Liin eaar etetal ilo iaḡ eo im juon ekar ettör ioon. Baamḡe eo aō eaar lukkuun in jepeepḡok, im jet iaad wöj raar emaküt eḡapḡok jen mokta. ḡeo päleeö eaar illu im bwe ekar ba ejjamin bar köḡok an ajri ro könono ippem tokälilik. ḡeo eaar ba baamḡe e aō eaar kömḡan joräñ ilo mour ko aer.
- Ajri ro nejü raar einwöt böktok iminene in an baamḡe. Leddik eo nejü ekar mḡareik juon eo ejaje wiin. Rekar jab bwe jāñ ipäer, im ñan mḡool, Ijjab maroñ kabwe ñan jipañ er bareinwöt. Etke eaar jab bök juon jerbal innem däpiji? Ñaij lukkuun illu. Ikar köḡaan bwe in juon mama ak baba eo emḡan ñan leddik e nejü, ijoke eaar būraböḡomḡ jāñ kar kömḡan būraböḡomḡ iköḡaad wöj. Iaar köḡaan bwe in maroñ bök ḡeo päleen liḡ, ak ikar jab maroñ. Joḡok aō böd.
- Jaböt ej aikuj in juon raan emḡan an baamḡe, ejimwe ke? Ikar jab jeḡä ke menin enaaj kar waḡok. ḡeo päleeö eaar jiroñ eō jota bwe jej aikuj jiddik iien ettoḡok, äinwöt juon jepeḡok. Ta? Ijjab tömak menin. Aet, Ijjab wänök, ak ejjeḡok juon. Jitönböro Anij, ta eo imaroñ kömḡane?
- Ikar ekönono ñan ribök eddo eo aō köñ lömḡak in bök etale mour eo aō Ribök eddo eo aō eaar ba bwe ewör juon joññak ñan eñjake ko ikar büki im bwe ewör jet men ko ij aikuj in könono ippen bisop eo aō kaki. Ilo aō kar bar riiti bok in jeje bwebwenato eo aō, ij loe bwe ikar eñjake

aō būromōj ippa make. Jet men ko renana raar waļok ñan ña, eṃool, ak ñaij jino loe bwe ñe ij leļok eō ñan Iroj, E emaroñ bōkļo jet iaan metak ko aō Ijjab aikuj in kōjermal wōt añūrlep eo aō. Ejjelok ippa kajoor ñan joļoke, ak Irooj ewōr an kajoor.

- Jeje ko rekwojarjar im naan ko an rikanaan ro rej jino in alikkar ļok ñan kiiō. Ij loe wāween aer jermal ñan mour eo aō. Eļap aō lukkuun jeļā kōn kadkadin mōjņo ko me raar ittino ñan ña. Jet iien ij bwilōñ eļañne rej nana ļok kōnke ij loe er aer alikkar ļok. Ijeļā ij aikuj in wōnmaanļok wōt kōn buñtōn ko tok jet innem bwe in maroñ lukkuun ājmour.

## Kile im Karuwainene Rikāāl ro

Juon rikāāl ej juon armej eo me ekāāl tok nān kweilōk ko an ājmour. Ļeo ak lieo ekkā emakijkij an juon armej eo ilo tōreān okta ko maantata, juon armej eo ej jepļaaktok ālkin bar rool nān einwōt mokta, ak juon eo jerān ak uwan baamle an juon eo ej appaān kōn aņūlep. Jabdewōt eo jejjab kile emaroņ in juon eo rikāāl, im kōnke kweilōk ko jejjo mokta rikāāl ro rej pād ie emakijkij an aorōk, kile bwe eaorōk nān kōmņane an armej rein eņjake jokane im ruwainene.

Rikāāl ro emakijkij aer jab lukkuun jeļā im mijak. Kemeemej bwe ej bōk eļap peran nān an kajojo armej ro meļeļe bwe rej bōk koņaer ilo mņwil ko re-jorāān, bwe mour ko aer rejjab tōlarōki, im rej aikuļ jipaān. Ej bareinwōt bōk peran nān ro jerad ak ro uwaan baamle eo nān kōnono kake men ko rejelete jen aņūrlep ilo mour ko an ro rej iakwe im ilo mour ko aer make. Kōttōbar eo ej nān jipaān rikāāl ro kōņaan bar jepļaaktok.

Ewōr ippād eddo eo nān ejaake juon karuwainene, bōk mejatoto eo mokta, iōļāpen, im ālkin kajojo kweilōk? Lōke bwe Jetōb eo enaaj tōl rikāāl ro ilo kōmņane juon jermal in oktak. Kemeemej bwe rikāāl ro emakijkij aer eņjake anjō, im lukkuun in iakwe im ineemān ilo aņ kepaake. Iakwe, rie, im keperan rej men ko raorōk ilo eņjake ruwainene im kar kobaiki.

Emōj ad kar bōk tōl jen Kabuān in bwe kweilōk ko an ājmour rej nān ro 18 aer iio im rūtto ļōk. Eļāņņe armej eo ej ļe ilaļin 18, rōjaān er nān kōnono ippen ro jineer im jemāer, bisop, im taktō in jorāān in kōmālij ak rilale ājmour an ānbwin nān meļeļe ko jet remaroņ in jipaān. Eļāņņe rej kōņaan eļapļōk kōmeļeļein meļeļe, rōjaān er nān kūrļōk Local Family Services agency manager/mānija in ra eo an Jipaān ko an Baamle ijo jokwe ie. Ālkin aņ kar kōmņan aer jeļā kōn kien eo, eļāņņe rej wōnmaanļōk wōt in pād, jab bar kakeemejmej er im jab kōmņan jabdewōt nān kajejjet kūtien kien eo.

Laajrakin ļōmņak kein remaroņ jipaān ilo aņ kepaake rikāāl ro mokta im ālkin kweilōk ko:

1. Ļe iakiakwe juon armej kwōjjab aikuļ in kile, kwaļōk kadkadin kwe make im kajjitōk eļāņņe ļeo ak lieo eaar bar pād ilo juon kweilōk in ājmour mokta ļōk.
2. Bar jiroņ e rikāāl ro bwe rej pād ilo juon jikin eo ejokane. Kōmeļeļeiki bwe jej dedāp wōt pedpedin katak eo kōn eņojak im bwe rej aikuļ in wōt kōjermal āt ko jinoin aer. Bareinwōt, kōjeļāik we bwe eļāņņe reban jokane ilo aer riit akō iien kwaļōk ilo kweilōk ko, rej maroņ roņjake.
3. Kōtļōk an rikāāl ro kwaļōk wōt ta ko rej kōņaan. Kile bwe emakijkij aer eņjake aer jab jokane ilo kōmeļeļeiki etke rej pād ilo kweilōk ko.
4. Ļōmņak bwe rikāāl ro rej roņjake men ko ewōr ippāer im ippān ro jet rej bōk koņaer. Rikāāl ro renaj eņjake in kōņaan bar jepļaaktok nān kweilōk ko nē rej maroņ dideik ļōk nān ro rej kwaļōk. Kōmeļeļeiki bwe kōnke kweilōk ko ad peļļōk nān kajojo armej ro rej eņtaan jen kajojo taip in mņwil ko re-jorāān, membōr ro an kurup eo remaroņ jab iienotemjej bōk ejja eņjake in ijoke enaaj emakijkij loe ejja makūtūt ko wōt, bareinwōt ro me kāālōt ko ak mņwil ko an ro jet rekar jeleti. Karuwainene rikāāl ro nān pād wōt ālkin kweilōk eo eļāņņe elōn aer kajjitōk ko.
5. Lōke bwe rikāāl ro renaaj itok im meļeļe kake būrookraam eo ijjelōkin roņjake aolep kile mōttan ko ie. Kwaļōk nān rikāāl ro *Healing through the Savior: The Addiction Recovery Program 12-Step Recovery Guide* or the *Support Guide: Help for Spouses and Family of Those in Recovery* im rōjaān er nān kōjermal jipaān kein (maroņ loe ilo Gospel Library ilo “Addiction” jekjōn in Jipaān Mour).

- Kōmeļeļeiki rikāāl ro bwe jen aer roņjake Jetōb eo, pād ilo kweilōk ko, im ekkatak unin tōl eo, rej maroņ in meļeļe ļōk im mour kake pedpedin katak ko im kaminene maan ļōk ņan oktak.
6. Kwaļōk kaddadin in rikāāl ro ņan rikōjeikiik eo. Rikōjeikiik ro kemeemej elmen rōt itok ņan kweilōk eo jinointata. Er ro rej waņjoņak ņan ro rej bōk koņaer im maroņ kwaļōk kaņool eo aer make kōn ewi wāween an būrookraaņ eo kar bōktok oktak ņan mour ko aer.
7. Eļāņņe ewōr būrabļōm ko rej jenokwōn ļōk rikāāl ro rej kwaļōk eņjake ko aer, kwoj āinwōt meanwōd ņe emaroņ ilo aņ uwaak. Aolep būrabōļōm ko im kajjitōk ko rewājepdik kōnono kaki ālkin juon kweilōk jab iļļāpen juon kweilōk. Kajojo iien, rikāāl eo enaaj jino in meļeļe kōmanit in kweilōk.
8. Kwaļōk ņan rikāāl ro wōn ro uwaan baamļe ak ro rejjitōn bōro rej an ro rej appaņ kōn alooje pija ko rettoon ak kōjērbal uno ko rekajoor bwe ripālele ro im kurup in jipaņ ko an baamļe rej maroņ bōki.
9. Ālkin kweilōk eo, make kamoolol rikāāl ro kōn aer pād.
10. Kemeemej bwe rikāāl ro rej juon kōjeraaņņan ņan kurup in. Rikāāl ro rej wōnmaanļōk wōt ilo letok iien ko remņņan ņan jērbal, rie, im ekkatak jen ro jet kajojo.



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