

# The Lord's Law of Health



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## Our Bodies Are Temples of God

Our physical bodies are one of the greatest blessings that we have received in this life. We need a physical body to become like our Heavenly Father, and the scriptures teach that our bodies are holy, like the temples of God (see 1 Corinthians 6:19–20, page 1445).

Because our bodies are sacred, our Father in Heaven wants us to take good care of them and keep them healthy. When we take care of our bodies and keep our minds clean, we can have the Holy Ghost with us. Our Father knows that we face temptations to treat our bodies unwisely or to do them harm. He has given us commandments that will help us to take care of our bodies. This set of commandments is found in Doctrine and Covenants 89 (pages 175–76) and is called the Word of Wisdom.

As we obey the Word of Wisdom, we will be worthy to enter the temple and receive blessings. We will also have the Holy Ghost as our companion, and we will receive both physical and spiritual strength.



## We Must Take Care of Our Bodies

In the Word of Wisdom, the Lord has given us commandments about substances that we should not consume. He also gives us counsel about what is good for our bodies.

We are commanded not to use wine or any other drinks containing alcohol. Modern prophets have taught that strong drinks often bring cruelty, poverty, disease, and plague into the home. They are often a cause of dishonesty, loss of virtue, and loss of good judgment. (See “Message of the First Presidency,” *Improvement Era*, Nov. 1942, 686.) Expectant mothers who drink can cause physical and mental damage to their children, and drunk driving also causes many casualties.

The Lord has further commanded that “tobacco is not for the body” (D&C 89:8, page 176). Tobacco—whether in the form of cigarettes, cigars, or chewing tobacco—is highly addictive and can cause numerous diseases, and we should not use it.

We have also received counsel from the Lord against drinking coffee and tea, which contain stimulants and other harmful substances (see D&C 89:9, page 176).

Another aspect of taking care of our bodies is avoiding drugs—including prescription drugs, except when they are necessary as medicine. Those who misuse these



substances need to seek help, pray for strength, and counsel with their bishop so they can fully repent and become clean.

The Word of Wisdom also contains counsel for us on the foods that are good for our bodies. We are taught that grains, wholesome herbs, and fruits and vegetables are ordained for our use. Meats of animals and fowl should be eaten sparingly.

In addition, the scriptures teach us the importance of working hard, maintaining good hygiene, and getting enough sleep at night. We are commanded: "Cease to be idle; cease to be unclean; . . . cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated" (D&C 88:123–24, page 174).

## Blessings from the Lord's Law of Health

When we keep the Lord's law of health and obey His other commandments, the Lord promises to bless us physically and spiritually. He promises that we "shall run and not be weary, and shall walk and not faint" (D&C 89:20, page 176). He also promises us that we "shall find wisdom and great treasures of knowledge, even hidden treasures" and that "the destroying angel shall pass by [us]" (D&C 89:19, 21). Living the Word of Wisdom will enable us to remain healthy, stay free from harmful addictions, and receive important truths from the Holy Ghost.



"All saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;

"And shall find wisdom and great treasures of knowledge, even hidden treasures;

"And shall run and not be weary, and shall walk and not faint."

D&C 89:18–20, page 176

LOOK  
THEM  
UP

### Additional Scriptures

- **D&C 59:16–20, page 109**  
(good things of the earth are for our benefit)
- **D&C 136:24, page 284**  
(cease drunkenness)



# Personal Experience

**I remember when** I smoked my first cigarette in sixth grade. That one cigarette was all it took to get me involved—one step at a time—with other horrible addictions and all kinds of sin.

Today I'm incarcerated. I'm actually grateful for my incarceration because I've become clean and sober from my addictions. It has been almost five years now. I am very grateful to have good health and good teeth. And my gums aren't black like they used to be.

Smoking was the hardest addiction for me to overcome. But while I have been incarcerated, I have sought and received the help of my Heavenly Father and our Lord Jesus Christ to overcome this habit. I know, however, that the real test will be when I'm released, when I'm around others who break the Word of Wisdom. I know now that only through my Savior will I fully overcome those addictions. I don't want to be deprived again of the blessings of obeying the Lord's law of health.

I have family members who are still smoking. I want to help them by sharing my own experiences with these addictions. I want to witness to them that only through the Atonement of Jesus Christ can they too become clean. I know that Christ will help me get through my remaining days in prison and then through my addictions and temptations when I am released.

"I know that Christ will help me get through my remaining days in prison and then through my addictions and temptations when I am released."





Discuss the negative effects of substance abuse in a person's life.

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What can you do to remain clean from addictive drugs and other harmful substances?

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What are your goals for strengthening and taking care of your physical body?

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Is there anything else that you have learned from this lesson that you would like to share?

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Name \_\_\_\_\_ Offender # \_\_\_\_\_