

LESSON 22 *by Dennis Roberts*

The Word of Wisdom: “A Principle with Promise”

(Objective: encourage class members to obey Lord’s health counsel)

Welcome

What are some commandments that are clearly defined?
What are some commandments that are more subjective?

1- Why was the Word of Wisdom Revealed?

- OH pg 25-26 How did we receive the WofW?
- 1 Cor 3:16-17 Why is it important that we care for our bodies?
- D&C 89:4 What does this teach about WofW purpose?
- How is the WofW a manifestation of God’s love for us?
- Supplement #1 Joseph Smith*

2- The Lord’s counsel about what is not good for the body

- Supplement #2 President Joseph Fielding Smith*
- D&C 89:5-9 Wine or strong drink, tobacco, hot drinks
- Supplement #3 The First Presidency*
- How can seemingly small violations of the WofW be damaging?

3- The Lord’s counsel about what is good for the body

- D&C 89:10-12 Wholesome herbs, fruit, meat
- D&C 89:14-16 Grains

4- Promised blessings for obedience to the WofW

- D&C 89:3 The WofW is “a principle with promise”
- D&C 89:18 Physical health
- D&C 89:19 Wisdom, great treasures of knowledge
- D&C 89:20 Run and walk and not faint
- D&C 89:21 Protection from destroying angel
- How might obedience to WofW help us resist temptations?
- How can we strengthen ourselves against WofW temptations?
- What do all “banned” substances have in common?
- Supplement #4 Elder Boyd K. Packard*
- Supplement #5 Russell M. Ballard*

How does this apply to me?

Do we view the WofW as “all I have to do” or as the “beginning of what I need to do” to attain great physical and spiritual blessings?

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LESSON 22 SUPPLEMENTS *by Dennis Roberts*

SUPPLEMENT #1 Joseph Smith

We came to this earth that we might have a body and present it pure before God in the Celestial kingdom. *The great principle of happiness consists in having a body.* The devil has no body, and herein is his punishment. He is pleased when he can obtain the tabernacle of man and when cast out by the Savior he asked to go into a herd of swine, showing that he would prefer a swine's body to having none.

(TPJS, p. 181)

SUPPLEMENT #2 President Joseph Fielding Smith

“The Word of Wisdom is a basic law. It points the way and gives us ample instruction in regard to both food and drink. . . . If we sincerely follow what is written with the aid of the Spirit of the Lord, . . . we will know what is good and what is bad for the body”

(“Your Question: The Word of Wisdom,” *Improvement Era*, Feb. 1956, 78–79).

SUPPLEMENT #3 President Joseph Fielding Smith

“Drunken with strong drink, men have lost their reason; their counsel has been destroyed; their judgment and vision are fled. . . . Drink has brought more woe and misery, broken more hearts, wrecked more homes, committed more crimes, filled more coffins, than all the wars the world has suffered”

(in Conference Report, Oct. 1942, 8).

SUPPLEMENT #4 Elder Boyd K. Packard

“I have come to know . . . that a fundamental purpose of the Word of Wisdom has to do with revelation. . . . If someone ‘under the influence’ [of harmful substances] can hardly listen to plain talk, how can they respond to spiritual promptings that touch their most delicate feelings? As valuable as the Word of Wisdom is as a law of health, it may be much more valuable to you spiritually than it is physically”

(in Conference Report, Oct. 1979, 28–29; or *Ensign*, Nov. 1979, 20).

SUPPLEMENT #5 Russell M. Nelson

The Word of Wisdom is a spiritual law. To the obedient He said: “I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them.” At the first passover, the destroying angel did pass over houses that were marked with blood on the doorposts. In our day, the faithful keep the Word of Wisdom. It is one of our signs unto God that we are His covenant people.

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Let's read D&C 58:26 first to set the stage.

(Objective: encourage class members to obey Lord's health counsel)

A simplified WofW for those wanting to live the higher law: Take good care of your physical bodies and don't do anything harmful to them. What more needs to be said? More was said to JS because less was known about health.

Welcome

What are some commandments that are clearly defined?

What are some commandments that are more subjective?

1- Why was the Word of Wisdom Revealed?

- OH pg 25-26 How did we receive the WofW?----- How does this illustrate the Lord's love for us?
- 1 Cor 3:16-17 Why is it important that we care for our bodies? ---- How does the care we show our bodies affect us spirituality?
- D&C 89:4 What does this teach about the WofW's purpose?-- What are some modern day examples of “evils and designs”? (ads)
- How is the WofW a manifestation of God's love for us?----- How does it manifest JS's calling as a prophet? (before known to world)
- Supplement #1 *Joseph Smith*-----

2- The Lord's counsel about what is not good for the body

- Supplement #2 *President Joseph Fielding Smith*----- *Does the WofW give us everything we need?*
- D&C 89:5-9 Wine or strong drink, tobacco, hot drinks----- What else might not be good for us? (illegal & misused legal drugs)
- Supplement #3 *The First Presidency*----- *So why is it legal? We wouldn't tolerate it if it was a singular act!*
- How can seemingly small violations of the WofW be damaging?-----

3- The Lord's counsel about what is good for the body

- D&C 89:10-12 Wholesome herbs, fruit, meat ----- (v11) What does it mean to use with prudence and thanksgiving?
- D&C 89:14-16 Grains -----

4- Promised blessings for obedience to the WofW

- D&C 89:3 The WofW is “a principle with promise” ----- “adapted to capacity of weakest”? What does this mean?
- D&C 89:18 Physical health ----- How do you explain poor health despite WofW obedience?
- D&C 89:19 Wisdom, great treasures of knowledge ----- What are some examples? (mental capacity, spiritual gifts, etc.)
- D&C 89:20 Run and walk and not faint ----- How might this apply to us mentally and emotionally?
- D&C 89:21 Protection from destroying angel ----- How does this apply to us? (obedience will save us from spiritual death)
- How might obedience to WofW help us resist temptations? -----
- How can we strengthen ourselves against WofW temptations?----- Use wisdom / not see how close we can get without crossing the line
- What do all “banned” substances have in common?----- Addictive
- Supplement #4 *Elder Boyd K. Packard*----- *Is the WofW a physical or spiritual law?*
- Supplement #5 *Russell M Ballard*----- *What other signs can we give to be saved? (attendance, callings, etc.)*

How does this apply to me?

Do we view the WofW as “all I have to do” or as the “beginning of what I have to do” to attain great physical and spiritual blessing and rewards?

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