

August 7, 2016

Chapter 29: The Lord's Law of Health

Why does God want us to care about our bodies?

Tree of knowledge of Good and Evil

Tree of Life

Our Bodies Are Temples of God

One of the great blessings we received when we came to earth was a physical body. We need a physical body to become like our Heavenly Father. Our bodies are so important that the Lord calls them temples of God (see [1 Corinthians 3:16–17](#); [6:19–20](#)). Our bodies are holy.

Because our bodies are important, our Father in Heaven wants us to take good care of them. He knows that we can be happier, better people if we are healthy. The [Holy Ghost](#) can be with us if our bodies and minds are clean. Our Father knows that we face temptations to treat our bodies unwisely or to take harmful things into them. For this reason, He has told us which things are good for our health and which things are bad.

Much of the information God has given us concerning good health is found in [Doctrine and Covenants 89](#). This revelation is called the [Word of Wisdom](#).

We must obey the [Word of Wisdom](#) to be worthy to enter the temple. If we do not obey the Word of Wisdom, the Lord's Spirit withdraws from us. If we defile the "temple of God," which is our body, we hurt ourselves physically and spiritually.

We Are Commanded Not to Take Certain Things into Our Bodies

- What has the Lord commanded us not to take into our bodies?

The Lord commands us not to use wine and strong drinks, meaning drinks containing alcohol. The First Presidency has taught that strong drink often brings cruelty, poverty, disease, and plague into the home. It often is a cause of dishonesty, loss of chastity, and loss of good judgment. It is a curse to all who drink it. (See "Message of the First Presidency," Improvement Era, Nov. 1942, 686.)

Expectant mothers who drink can cause physical and mental damage to their children. Many automobile accidents are caused each year by people who drink alcohol.

For teachers: Writing lists can generate interest and help learners focus their attention. As class members or [family](#) members discuss substances that the Lord has commanded us not to take into our bodies, you may want to ask someone to write their answers on the board or on a large piece of paper. You could do the same when they discuss things that are healthful for our bodies.

The Lord has also told us that "tobacco is not for the body" ([D&C 89:8](#)). It is harmful to our bodies and our spirits. We should not smoke cigarettes or cigars or use chewing tobacco. Scientists have shown that tobacco causes many diseases and can harm unborn children.

When did the Surgeon General start printing warning labels on cigarette packages? WOW given February 27, 1833

The Lord also counsels us against the use of "hot drinks" ([D&C 89:9](#)). Church leaders have said that this means coffee and tea, which contain harmful substances. We should avoid all drinks that contain harmful substances.

We should not use drugs except when they are necessary as medicine. Some drugs are even more harmful than alcohol and tobacco (which are also drugs). Those who misuse drugs need to seek help, pray for strength, and counsel with their bishop so they can fully repent and become clean. We should avoid anything that we know is harmful to our bodies. We should not use any substance that is habit forming. We should also avoid overeating. The Word of Wisdom does not tell us everything to avoid or consume, but it does give us guidelines.

It is a valuable temporal law.

It is also a great spiritual law.

By living the Word of Wisdom, we become stronger spiritually.

We purify our bodies so the Spirit of the Lord can dwell with us.

- What are some things that are not specifically mentioned in the Word of Wisdom that we should avoid?

We Are Taught That Certain Things Are Good for Our Bodies

- According to the Word of Wisdom, what are some things the Lord says are good for us? Fruits, vegetables, and wholesome herbs are good for us. We should use them with wisdom and thanksgiving.

Had a mother and her two daughters to dinner and the children wouldn't eat the home cooked meal because they didn't recognize it. It didn't come out of a McDonalds bag.

The flesh of birds and animals is also provided for our food. However, we should eat meat sparingly (see [D&C 49:18](#); [89:12](#)). Fish is also good for us to eat. Grains are good for us. Wheat is especially good for us. Wheat Allergies: Eincorn or ancient wheats?

- How has the use of these things blessed you?

Work, Rest, and Exercise Are Important

- What do work, rest, and exercise have to do with the Lord's law of health?

In addition to [Doctrine and Covenants 89](#), other scriptures tell us how to be healthy. They tell us that we should "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 88:124](#)). We are also told, "Six days shalt thou labour, and do all thy work" ([Exodus 20:9](#)). The Lord counsels us not to labor more than we have strength for (see [D&C 10:4](#)).

A latter-day prophet has told us that we should keep our bodies healthy. He counseled, "Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, just as consistent scripture study and prayer strengthen the mind and spirit" (Thomas S. Monson, in Conference Report, Oct. 1990, 60; or Ensign, Nov. 1990, 46).

Promised Blessings for Living the Lord's Law of Health

- What blessings come to us as we obey the Word of Wisdom?

Our Heavenly Father has given us health laws to teach us how to care for our bodies. The scriptures tell us about God's laws: "No temporal commandment gave I, for my commandments are spiritual"

([D&C 29:35](#)). This means that His commandments concerning our physical state are for our spiritual good.

When we keep the Lord's law of health and obey His other commandments, the Lord promises to bless us physically and spiritually.

Physically we have been promised good health. As a result of this good health we “shall run and not be weary, and shall walk and not faint” ([D&C 89:20](#)). This is a great blessing, but the spiritual blessings Packer taught: “Our physical body is the instrument of our spirit. In that marvelous revelation the Word of Wisdom, we are told how to keep our bodies free from impurities which might dull, even destroy, those delicate physical senses which have to do with spiritual communication. The Word of Wisdom is a key to individual revelation” (in Conference Report, Oct. 1989, 16; or Ensign, Nov. 1989, 14).

Bruce Woolley, Senior MTC instructor, BYU Professor of Pharmacology: Exercise every joint of your body twice a day to maintain flexibility and range of motion.

The Lord also promises that the destroying angel shall pass us by. President Heber J. Grant said, “If you and I desire the blessings of life, of health, of vigor of body and mind; if we desire the destroying angel to pass us by, as he did in the days of the children of Israel, we must obey the Word of Wisdom; then God is bound, and the blessing shall come to us” (Teachings of Presidents of the Church: Heber J. Grant [2002], 192).

- How can we help children and youth understand the eternal significance of the Word of Wisdom?
- What can we do to help family members or friends who have difficulty obeying the Word of Wisdom?

He has promised us are even greater than the physical ones.

The Lord promises us that we “shall find wisdom and great treasures of knowledge, even hidden treasures” ([D&C 89:19](#)). We will be taught important truths by the Holy Ghost through revelation. President Boyd K.

Lord's Law of health – D&C 89

18 And 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;**

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

20 And **shall run and not be weary, and shall walk and not faint.**

21 And **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. Amen.

Additional Scriptures

- D&C 49:18
- 18 And whoso forbiddeth to abstain from meats, that man should not eat the same, is not ordained of God;

- 19 For, behold, the beasts of the field and the fowls of the air, and that which cometh of the earth, is ordained for the use of man for food and for raiment, and that he might have in abundance.
- • [D&C 59:16–20](#) (things of the earth for the benefit of man)

D&C 42:43

43 And whosoever among you are sick, and have not faith to be healed, but believe, shall be nourished with all tenderness, with herbs and mild food, and that not by the hand of an enemy.

Alma 46:40 (plants and roots from God)

40 And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate—

Ezek 4:9

9 ¶Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof. Fitches = spelt or rye.

Ezek 47:12

12 And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine. What tree leaves?? Gingko and Black Walnut.

Dr. John Christopher: Eat fruits, vegetables, grains, nuts and seeds.
Called a mucusless diet.

You don't actually have to plant medicinal herbs to have a supply as God plants them for us. They are called weeds.
Sr. Debra Goodwin

September 9, 1851 , President Brigham Young stated that the members of the Church had had sufficient time to be taught the import of this revelation, and that henceforth it was to be considered a divine commandment. This was first put before the male members of the congregation and then before the women and by unanimous vote accepted.

GMO's and the use of antibiotics as a marker in the gene.

Forcing themselves on foreign nations by giving them FREE food, Africa.

Percy Smeizer – Canada

Monsanto suing farmers for growing patented crops.

FDA not regulating GMOs because there is no significant difference between them and common foods but patenting them because there IS a significant difference.

No food health studies done on GMO:

Flavr-Savr Tomato, finally removed from market because of unprofitability. Labeled as GMO.

Star-Link corn allergic reactions? Bt corn.

Foreign countries rejecting grain at the docks if gmo!

WTO, Pacific trade agreements, NAFTA, etc.

Fight for GMO Labeling laws. Now superseded by US Govt, not allowing states to regulate labeling of GMO foods.

July 29, Pr. Obama signed bill, overturning VT bill requiring labeling of GMO containing foods.

Corn in Mexico, home of corn, now contaminated with GMO's.

Like Pandora's box, Asian Carp in the GT Lakes.

Milk and calcium uptake prevented by the high protein content.

\$\$\$ - industry is in it for the money