

The Word of Wisdom

The revelation recorded in Doctrine and Covenants 89, known as the Word of Wisdom, was given to the Prophet Joseph Smith after he asked the Lord about the use of tobacco by the brethren in some early Church meetings. The Word of Wisdom is a commandment from God to His children for their benefit. This commandment lists certain substances that are harmful to our bodies and certain foods that are good for our bodies.

1. With your partner, review Doctrine and Covenants 89:5–17 and respond to the following questions:

What substances are we are commanded not to take into our bodies?

What foods listed in the Word of Wisdom are good for our bodies?

It might be helpful to remember that the Lord did not originally give the Word of Wisdom as a commandment. Many early Church members made efforts to stop using these substances that are prohibited today. God later revealed to His prophets that the Word of Wisdom was to be a commandment for all members of the Church, and observing the Word of Wisdom later became a requirement for receiving a temple recommend.

2. Read Doctrine and Covenants 89:18–21 aloud together, looking for blessings the Lord promises to those who observe the Word of Wisdom. Consider marking this doctrinal mastery passage in a distinctive way so you will be able to locate it easily.

3. Discuss the following questions together:

- What blessings does the Lord promise those who keep the Word of Wisdom?
- When have you seen these promises fulfilled in people's lives?

4. From what you have learned, prepare a simple lesson you can teach about observing the Word of Wisdom. As you prepare, consider using some of the activities and questions from this worksheet. Make sure you invite those you teach to read and mark Doctrine and Covenants 89:18–21. Be prepared to teach others in a few minutes.

