

AUGUST 16 - AUGUST 22

# A PRINCIPLE WITH A PROMISE



D&C 89

In this weeks lesson we talk about the word of wisdom. When the word of wisdom was first received it was not a commandment, but a recommended law of health. This week as you read the scripture block look for principles of health that have been give to Latter-day Saints. What are the promised blessings?

**BODY**

D&C 89:1-21

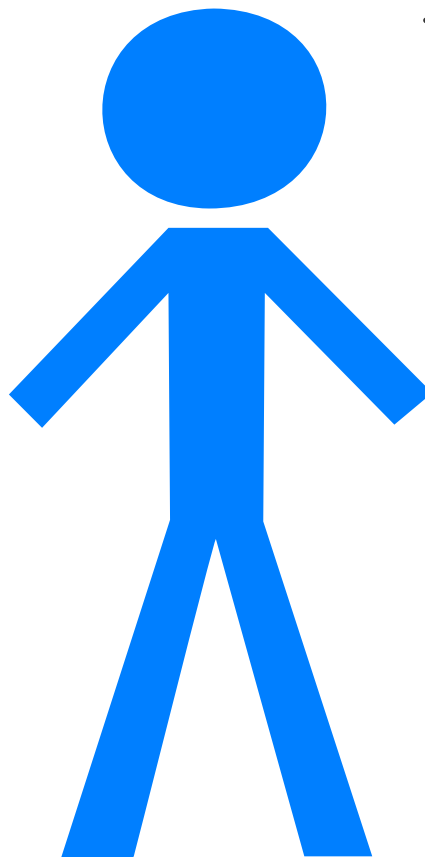
DANIEL 1

LEVITICUS 11

D&C 90:5, 36

**TEMPLE**

1 COR 3:16-17



WHAT DO I NEED TO CHANGE OR ADD IN MY LIFE TO MORE CLOSELY FOLLOW THE WORD OF WISDOM?

**CELESTIAL BODIES FOLLOW  
CELESTIAL LAWS**

# IN YOUR JOURNAL

WHAT PRINCIPLES DID YOU FIND THIS WEEK?

- 1.
- 2.
- 3.
- 4.
- 5.

How can I better take care of my physical body? Are there certain things I need to stop doing? Are there certain things I need to start doing?

How can I discern the "evil and conspiring men" that would cause harm to my physical body?

What are the principles I learned about the word of wisdom that I had not considered?

In what ways can I share my beliefs about the word of wisdom with others not of my faith?