

1. “The primary purpose of the temple is to provide the ordinances necessary for our exaltation in the celestial kingdom. Temple ordinances guide us to our Savior and give us the blessings that come to us through the Atonement of Jesus Christ” (Robert D. Hales, “Blessings of the Temple,” *Ensign*, Oct. 2009, 48).
  2. “Your [temple] endowment is, to receive all those ordinances in the house of the Lord, which are necessary for you, after you have departed this life, to enable you to walk back to the presence of the Father, passing the angels who stand as sentinels” (*Teachings of Presidents of the Church: Brigham Young* [1997], 302).
  3. “In the Church, an ordinance is a sacred, formal act performed by the authority of the priesthood. Some ordinances are essential to our exaltation. These ordinances are called saving ordinances. They include baptism, confirmation, ordination to the Melchizedek Priesthood (for men), the temple endowment, and the marriage sealing” (*True to the Faith: A Gospel Reference* [2004], 109).
  4. “The greatest of priesthood blessings available to [young men or women] are found in the temple. There, they get a glimpse of heaven. . . . The joys of eternity, which can seem so distant outside the temple, suddenly seem within reach. “In the temple, the plan of salvation is explained and sacred covenants are made. These covenants, together with the wearing of sacred temple garments, strengthen and protect the endowed person against the powers of the adversary. . . . “In the culminating temple ordinance—eternal marriage—bride and groom are promised that, if they are faithful, they will enjoy a family union with one another, with their children, and with the Lord throughout all eternity. It is called eternal life” (Robert D. Hales, “Blessings of the Priesthood,” *Ensign*, Nov. 1995, 34).
  5. “I testify that in The Church of Jesus Christ of Latter-day Saints is found the priesthood authority to administer the ordinances by which we can enter into binding covenants with our Heavenly Father in the name of His Holy Son. I testify that God will keep His promises to you as you honor your covenants with Him” (D. Todd Christofferson, “The Power of Covenants,” *Ensign* or *Liahona*, May 2009, 22).
  6. “A covenant is an agreement between God and His children upon the earth, and it is important to understand that God determines the conditions of all gospel covenants. You and I do not decide the nature or elements of a covenant. Rather, exercising our moral agency, we accept the terms and requirements of a covenant as our Eternal Father has established them” (David A. Bednar, “That We May Always Have His Spirit to Be with Us,” *Ensign* or *Liahona*, May 2006, 28–29).
  7. “A covenant is a binding spiritual contract, a solemn promise to God our Father that we will live and think and act in a certain way—the way of His Son the Lord Jesus Christ. In return, the Father, Son, and Holy Ghost promise us the full splendor of eternal life” (Jeffrey R. Holland, “Keeping Covenants: A Message for Those Who Will Serve a Mission,” *New Era*, Jan. 2012, 3).
  8. “If we go into the temple we raise our hands and covenant that we will serve the Lord and observe his commandments and keep ourselves unspotted from the world. If we realize what we are doing then the endowment will be a protection to us all our lives—a protection which a man who does not go to the temple does not have.
  9. “I have heard my father [President Joseph F. Smith] say that in the hour of trial, in the hour of temptation, he would think of the promises, the covenants that he had made in the House of the Lord, and they were a protection to him. . . . This protection is what these ceremonies are for, in part. They save us now and they exalt us hereafter, if we will honor them” (*Teachings of Presidents of the Church: Joseph Fielding Smith* [2013], 235–36).
  10. “Life is a homeward journey for all of us, back to the presence of God in his celestial kingdom. “Ordinances and covenants become our credentials for admission into His presence. To worthily receive them is the quest of a lifetime; to keep them thereafter is the challenge of mortality” (“Covenants,” *Ensign*, May 1987, 24).
- 11. Doctrine and Covenants 84:**
- 19 And this greater priesthood administereth the gospel and holdeth the key of the mysteries of the kingdom, even the key of the knowledge of God.
- 20 Therefore, in the ordinances thereof, the power of godliness is manifest.
- 21 And without the ordinances thereof, and the authority of the priesthood, the power of godliness is not manifest unto men in the flesh;
- 22 For without this no man can see the face of God, even the Father, and live.
12. One of the most important concepts of revealed religion is that of a sacred covenant. In legal language, a covenant generally denotes an agreement between two or more parties. But in a religious context, a covenant is much more significant. It is a sacred promise with God. He fixes the terms. Each person may choose to accept those terms. If one accepts the terms of the covenant and obeys God’s law, he or she receives the blessings associated with the covenant. We know that “when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.” Through the ages, God has made covenants with His children. His covenants occur throughout the entire plan of salvation and are therefore part of the fulness of His gospel. For example, God promised to send a Savior for His children, asking in turn for their obedience to His law. (Russell M. Nelson CR Oct 2011)
  13. Priesthood ordinances and sacred covenants are essential in this ongoing process of spiritual rebirth; they also are the means God has appointed whereby we receive His exceeding great and precious promises. Ordinances that are received worthily and remembered continually open the heavenly channels through which the power of godliness can flow into our lives. Covenants that are honored steadfastly and remembered always provide

purpose and the assurance of blessings in both mortality and for eternity. (David A. Bednar CR Oct 2017)

### **Temple Worship: The Source of Strength and Power in Times of Need**

**Elder Richard G. Scott CR April 2009**

14. When we keep the temple covenants we have made and when we live righteously..., we have no reason to worry or to feel despondent.
15. Each member of The Church of Jesus Christ of Latter-day Saints is blessed to live in a time when the Lord has inspired His prophets to provide significantly increased accessibility to the holy temples. With careful planning and some sacrifice, the majority of the members of the Church can receive the ordinances of the temple for themselves and for their ancestors and be blessed by the covenants made therein.
16. Because I love you, I am going to speak to you heart to heart, without mincing words. I have seen that many times individuals have made great sacrifices to go to a distant temple. But when a temple is built close by, within a short time, many do not visit it regularly. I have a suggestion: When a temple is conveniently nearby, small things may interrupt your plans to go to the temple. Set specific goals, considering your circumstances, of when you can and will participate in temple ordinances. Then do not allow anything to interfere with that plan. This pattern will guarantee that those who live in the shadow of a temple will be as blessed as are those who plan far ahead and make a long trip to the temple.
17. Fourteen years ago I decided to attend the temple and complete an ordinance at least once a week. When I am traveling I make up the missed visits in order to achieve that objective. I have kept that resolve, and it has changed my life profoundly. I strive to participate in all the different ordinances available in the temple.
18. I encourage you to establish your own goal of how frequently you will avail yourself of the ordinances offered in our operating temples. What is there that is more important than attending and participating in the ordinances of the temple? What activity could have a greater impact and provide more joy and profound happiness for a couple than worshipping together in the temple?
19. Now I share some additional suggestions of how to gain more benefit from temple attendance.
20. Understand the doctrine related to temple ordinances, especially the significance of the Atonement of Jesus Christ.<sup>1</sup>
21. While participating in temple ordinances, consider your relationship to Jesus Christ and His relationship to our Heavenly Father. This simple act will lead to greater understanding of the supernal nature of the temple ordinances.
22. Always prayerfully express gratitude for the incomparable blessings that flow from temple ordinances. Live each day so as to give evidence to Father in Heaven and His Beloved Son of how very much those blessings mean to you.
23. Schedule regular visits to the temple.
24. Leave sufficient time to be unhurried within the temple walls.
25. Rotate activities so that you can participate in all of the ordinances of the temple.
26. Remove your watch when you enter a house of the Lord.
27. Listen carefully to the presentation of each element of the ordinance with an open mind and heart.
28. Be mindful of the individual for whom you are performing the vicarious ordinance. At times pray that he or she will recognize the vital importance of the ordinances and be worthy or prepare to be worthy to benefit from them.
29. Recognize that much of the majesty of the sealing ordinance cannot be understood and remembered with one live experience. Substantial subsequent vicarious work permits one to understand much more of what is communicated in the live ordinances.
30. Realize that a sealing ordinance is not enduring until after it is sealed by the Holy Spirit of Promise. Both individuals must be worthy and want the sealing to be eternal.
31. If as a couple you have not yet been sealed in the temple, consider this scripture:
32. "In the celestial glory there are three heavens or degrees;
33. "And in order to obtain the highest, a man must enter into this order of the priesthood [meaning the new and everlasting covenant of marriage];
34. "And if he does not, he cannot obtain it.
35. "He may enter into the other, but that is the end of his kingdom; he cannot have an increase" (D&C 131:1-4).
36. Sometimes when I hear a choir during a temple dedicatory service, I experience a feeling so sublime that it elevates my heart and mind. I close my eyes, and more than once, in my mind, I have seen an inverted cone of individuals beginning at the temple and rising upward. I have felt that they represent many spirits waiting for the vicarious work to be done for them in that sanctuary, rejoicing because finally there is a place that can free them from the chains that hold them back in their eternal progress. In order to achieve this end, you will need to do the vicarious work. You will need to identify your ancestors. The new FamilySearch™ program makes the effort easier than before. It is necessary to identify those ancestors, qualify them, and come to the house of the Lord to perform the ordinances they are longing to receive. What a joy it is to be able to participate in the work of a temple!
37. When we live righteously and have received the ordinances of the temple, everything else is in the hands of the Lord. We can do the best we can, but the final outcome is up to Him. We should never complain, when we are living worthily, about what happens in our lives.
38. Fourteen years ago the Lord decided it was not necessary for my wife to live any longer on the earth, and He took her to the other side of the veil. I confess that there are times when it is difficult not to be able to turn and talk to her, but I do not complain. The Lord has allowed me, at important moments in my life, to feel her influence through the veil.