

Greetings to my brothers and sisters in the Lord Jesus Christ!

As much as possible, we should teach principles rather than behaviors. Sometimes, we must discuss behaviors, however.

The Apostle Paul taught the following principle in 1 Corinthians 3:

[16] Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

[17] If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

These verses have many meanings. For example, we should not have impure thoughts of any kind.

We should instead fill our minds with thoughts that will bring us closer to Jesus Christ.

This may require that we forgive someone who has offended us. We must also avoid pornography, gambling, violence, and other sins.

Furthermore, the Lord has specifically commanded us that we must neither drink alcohol nor smoke tobacco.

Obviously, we must not use narcotic drugs of any kind. This revelation was given to Joseph Smith in 1833. It is called the Word of Wisdom.

Tobacco, alcohol, and drugs are addictive substances which will ruin our health.

Sadly, tens of thousands of people die each year in my country due to automobile accidents caused by drunken drivers.

Many more people die of lung cancer, heart disease, and other illnesses caused by cigarette smoking.

The Lord has thus instructed us that we should only have healthy foods and drinks.

Healthy foods include fruits, vegetables, beans, nuts, grains, bread, and rice.

The Lord allows us to eat meat, but he commands us to use meat "sparingly."

God himself provided quail for the children of Israel when they were wandering in the desert.

Some people may choose to be vegetarians. This is their choice.

In addition, we must get the right amount of sleep.

The Lord gives us blessings as we keep his commandments.

The Lord has given the following promises to those who follow the Word of Wisdom:

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;

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

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

(Reference: Doctrine and Covenants Section 89)

Please take care of your health so that the Spirit of God will dwell in your soul!

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