

D & C Lesson 22

THE WORD OF WISDOM: “A PRINCIPLE WITH PROMISE”

Prepared by Duane S. Crowther, June 2001

1. Definitions

A. **Steward:** an administrator of property or finances for another.

B. **Stewardship:** That entity for which a steward is responsible.

C. **Stewardship expectation:** That which a “master” expects of his “steward.”

1. Lk. 12:48: “Unto whomsoever much is given, of him shall be much required.”

2. D&C 82:3: “Of him unto whom much is given much is required.”

D. **Stewardship parables:**

1. Parable of the Talents, Mt. 25:14-30

2. Parable of the Pounds, Lk. 19:12-26.

3. Parable of the Unjust Steward, Lk. 16:1-13.

4. Parable of the Condescending Master, Lk. 17:7-10.

5. Parable of the Wicked Husbandmen, Mt. 21:33-46; Mk. 12:1-12; Lk. 20:9-19.

6. Parable of the Two Sons Who Worked in the Vineyard, Mt. 21:28-32.

7. Parable of the Good and Evil Servants, Mt. 24:42-51; Mk. 13:33-37.

E. **Key Stewardship phrases:**

1. Lk. 12:42: “Who then is that faithful and wise steward, whom his lord shall make ruler?”

2. Lk. 16:2: “Give an account of thy stewardship.”

3. Mt. 25:21: “Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy Lord.”

4. 1 Cor. 4:2: “Moreover it is required in stewards, that a man be found faithful.”

5. Tit. 1:7: “A bishop must be found blameless, as the steward of God.”

6. D&C 42:32: “Every man shall be made accountable unto me, a steward over his own property, or that which he has be consecration, . . .”

7. D&C 69:5: “My servants who are abroad in the earth should send forth the accounts of their stewardships to the land of Zion.”

8. D&C 70:4: “An account of this stewardship will I require of them in the day of judgment.”

9. D&C 72:3: “It is required of the Lord, at the hand of every steward, to render an account of his stewardship, both in time and in eternity.”

10. D&C 78:22: “He that is a faithful and wise steward shall inherit all things.”

11. D&C 136:27: “Thou shalt be diligent in preserving what thou hast, that thou mayest be a wise steward; for it is the free gift of the Lord thy God, and thou art his steward.”

2. Man has a stewardship to care for his mortal body

A. “Heavenly Father has provided our bodies for a divine purpose. They are a necessary part of His plan for our eternal progression. Because of their importance, *Heavenly Father has given us a stewardship to care for them.* In our dispensation, as in ancient times, He has revealed principles of

good health to help us keep our bodies clean and pure. Our obedience to these principles is an indication of our love for Him and an expression of our gratitude.” [*Gospel Doctrine Teacher’s Manual*, 1999, p. 122]

B. Rom. 12:1: “I beseech you therefore, brethren, by the mercies of God, that ye *present your bodies a living sacrifice, holy, acceptable unto God*, which is your reasonable service.”

C. Gen. 1:26-27: “God said, Let us make man in our image, after our likeness; . . . So God created man in his own image, in the image of God created he him; male and female created he them.” (See Gen. 9:6; 5:1-3)

D. 1 Cor. 3:16-17: “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”

E. 1 Cor. 6:19-20 (15-20): “Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.

F. 2 Cor. 6:16: “Ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.”

G. D&C 93:35: The elements are the tabernacle of God; yea, *man is the tabernacle of God, even temples*; and whatsoever temple is defiled, God shall destroy that temple.”

H. 1 Thes. 4:4: “Every one of you should know how to possess his vessel in sanctification and honour.” (See 2 Tim. 2:21)

I. Mos. 2:37: “The Lord . . . dwelleth not in unholy temples.”

J. 2 Ne. 9:4: “Ye know that our flesh must waste away and die; nevertheless, in our bodies we shall see God.”

3. The Word of Wisdom is the Lord’s instruction concerning how we should be stewards over our own bodies [D&C Section 89]

4. Other scriptural instructions on health practices

A. ***Pace yourself***: D&C 10:4: “Do not run faster or labor more than you have strength . . .” [Mosiah 4:27] “It is not requisite that a man should run faster than he has strength.” [Alma 1:26] “They did all labor, every man according to his strength.” [Eccles. 9:16] “Wisdom is better than strength. . .”

B. ***Sleep well***: D&C 88:124: “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.”

C. ***Eat basic foods***: Dan. 1:3-16: [v. 8] “ But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank.” [v. 12] “Let them give us pulse to eat, and water to drink.” [Footnote 12a] Pulse: foods made of seeds, grains, etc. (See v. 16) [v. 15] “At the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat.”

D. ***Don’t “defile yourself” with bad foods and drinks***. (See the Law of Moses instructions concerning clean and unclean foods: Deut. 14:3-21)

5. Word of Wisdom promises in other contexts

A. Prov. 3:5-8: “Trust in the LORD with all thine heart; . . . fear the LORD, and depart from evil. *It shall be health to thy navel, and marrow to thy bones.*” [*Compare D&C 89:18*]

B. Is. 40:28-31: “The LORD, the Creator of the ends of the earth, fainteth not, neither is weary... They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; *they shall run, and not be weary; and they shall walk, and not faint.*” (Compare D&C 89:20)

Disk: Sunday School Lessons. *File:* D&C 22-Word of Wisdom.wpd. Copyright © June 2001 by Duane S. Crowther.

Prov. 20:1 “Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.”

Is. 58:6-8: “Is not this the fast that I have chosen? to loose the bands of wickedness, . . . to deal thy bread unto the hungry. . . . Then . . . thine health shall spring forth speedily.”

Jer. 30:17: [about Israel and Judah in the last days] “I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD.”

Acts 27:34 (33-38): “I pray you to take some meat: for this is for your health.”

Alma 46:40: “And there were some that died with fevers, . . . but not so much . . . because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases.” (Compare D&C 89:10-11; 59:16-17)

D&C 59:16-17: “And inasmuch as ye do this [keep the Sabbath], the fulness of the earth is yours, . . . yea, and the herb, and the good things which come of the earth.”

D&C 42:43: “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.”

D&C 59:18-20: “Yea, all things which come of the earth, in the season thereof, are made for the benefit and use of man, both to please the eye and to gladden the heart; Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul. . . . For unto this end were they made to be used, *with judgment, not to excess.*”

D&C 84:33: “For whoso is faithful unto the obtaining these two priesthoods of which I have spoken, and the magnifying their calling, are sanctified by the Spirit unto the *renewing of their bodies.*”

Gen. 1:29-30: “God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” (See also Moses 2:29-30; Abra. 4:29-30)

Gen. 9:3: “Every living thing that moveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall ye not eat.” (See JST Gen. 9:10-14)

Lev. 10:9: “*Do not drink wine nor strong drink,* thou, nor thy sons with thee, when ye go into the

tabernacle of the congregation, lest ye die: it shall be a statute for ever throughout your generations.”
Judges 13:2-5: [an angel talking to the mother-to-be of Samson] “thou shalt conceive, and bear a son. Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not any unclean thing.”
Num. 6:3: [the Nazarite vow] “He shall separate himself from wine and strong drink, and shall drink no vinegar of wine, or vinegar of strong drink, neither shall he drink any liquor of grapes, nor eat moist grapes, or dried.”

D&C 136:24: “Cease drunkenness.” [See *Topical Guide*: Drink, Drank, Drunk; Drunk, Drunken; Drunkard; Drunkenness; pp. 110-111]

1 Tim. 5:23: “Drink no longer water, but use a little wine for thy stomach’s sake and thine often infirmities.”

1 Tim. 3:3 (1-7): “A bishop then must be . . . *not given to wine.*”

1 Cor. 6:13: “Meat for the belly, and the belly for meats.”

Boyd K. Packer: “I have come to know . . . that a fundamental purpose of the Word of Wisdom has to do with revelation. . . . If someone ‘under the influence’ [of harmful substances] can hardly listen to plain talk, how can they respond to spiritual promptings that touch their most delicate feelings? As valuable as the Word of Wisdom is as a law of health, it may be more valuable to you spiritually than it is physically.” [Ensign, November 1979, p. 20]

“**Heber J. Grant**, seventh president of the Church, taught that ‘the Word of Wisdom . . . would solve the economic problems . . . of every . . . country, if it were obeyed by the people of the world’ [In *Conference Report*, April 1936, p. 48]. . . Consider the amount of land, money, and other resources that are used to produce harmful substances, advertise them, purchase them, and threat the consequences of their use. For example, in 1985 the cost in America of health care and lost productivity related to the use of tobacco was approximately \$65 billion (See Ensign, September 1986, p. 61). The costs of the production and use of alcohol are also very high. Consider the potential economic impact of using these resources for beneficial purposes rather than destructive ones.” [Gospel Doctrine Teacher’s Manual, 1999, p. 126]

Joseph Fielding Smith: “The Word of Wisdom is a basic law. It points the way and gives us ample instruction in regard to both food and drink. . . . If we sincerely follow what is written with the aid of the Lord, . . . we will know what is good and what is bad for the body.” [“Your Question: The Word of Wisdom,” *Improvement Era*, February 1956, pp. 78-79]

The First Presidency: “Drunken with strong drink, men have lost their reason; their counsel has been destroyed; their judgment and vision are fled. . . . Drink has brought more woe and misery, broken more hearts, wrecked more homes, committed more crimes, filled more coffins, than all the wars the world has suffered.” [Conference Report, October 1942, p. 8]

Brigham Young: “Instead of doing two days’ work in one day, wisdom would dictate to [the Saints] that if they desire long life and good health, they must, after sufficient exertion, allow the body to rest before it is entirely exhausted. When exhausted, some argue that they need stimulants . . . But instead of these kind of stimulants they should recruit by rest.” [Discourses of Brigham Young, 1941, p. 187]

“Each year tobacco use causes nearly 2.5 million premature deaths worldwide. Tobacco use also harms millions of innocent victims. Each year more than 3 million babies are born with birth defects caused by their mother’s smoking. Nonsmokers who regularly inhale secondhand smoke have much higher rates of respiratory illness and are three times more likely to die of lung cancer than those who do not inhale secondhand smoke. Smokeless tobacco is just as addictive as cigarettes, and users of smokeless tobacco have cancer rates up to fifty times higher than those who do not use tobacco.” [See James O. Mason, “I Have a Question,” *Ensign*, September 1986, pp. 59-61]

Teaching techniques parents can use to teach their children about the Word of Wisdom: *Family Home Evening Resource Book*, pp. 228-231.

Copyright © June 2001 by Duane S. Crowther.