



# The Gospel Doctrine Class



Doctrine & Covenants - Lesson 22

The Word of Wisdom

*“A Word of Wisdom, for the benefit of the council of high priests, assembled in Kirtland, and the church, and also the saints in Zion.” (D&C 89:1)*

## D&C 89

*A study of this lesson will encourage us to obey the counsel in the Word of Wisdom, as well as the Lord's other counsel about physical health.*

"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 mothers' 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." (Lesson Manual)

President Joseph Fielding Smith: "We, today, have before us abundant evidence of the evils and designs of wicked men. It is seen in the advertising of tobacco, tea, coffee, liquors and beers and wines. It is also seen in the advertising of prepared foods. So bad did this condition become some decades ago that the National Government had to take the matter in hand and Congress passed laws to control the evils which had arisen. These pure food laws have been very beneficial but even now there are ways by which the laws are evaded." (Church History & Modern Revelation, 1:384)

Joseph Fielding Smith: "There would be less disease and mankind would live longer if all would also heed the counsel of the Lord concerning the use of wholesome foods. Many a man thinks he keeps the Word of Wisdom, who knows only the 'don'ts' which is but a part of its great meaning. Some have stumbled over the meaning of the expression 'in the season thereof,' and have argued that grains and fruits should only be used in the season of their growth and when they have ripened. This is not the intent, but any grain or fruit is out of season no matter what part of the year it may be, if it is unfit for use. The apple under the tree bruised and decaying is out of season while the good fruit is waiting to be plucked from the tree. Neither is it the intent of this revelation to include grains and fruits in the restriction placed upon meats, that they should be used only in famine or excess of hunger. The antecedent of 'these' in verse 15, may not

be clear, but common sense teaches us that it does not refer to grain in the preceding verse.

"While it is ordained that the flesh of animals is for man's food [Sec. 49:18-19], yet this should be used sparingly. The wording of this revelation is perfectly clear in relation to this subject, but we do not always heed it. The designated grains for the use of man, beasts and fowls, is scientifically correct." (Church History and Modern Revelation, 2:148)

Elder Mark E. Petersen: "I do not believe we should try to establish our personal fads as Church doctrine. I do not believe my eternal salvation will be affected in any way if I eat white bread or white sugar. I do not believe the doctrines of the Church are in any way involved in whether my whole wheat is stoneground or steel-cut." (CR, Apr 1953)

President Heber J Grant: "No man who breaks the Word of Wisdom can gain the same amount of knowledge and intelligence in this world as the man who obeys the law. I don't care who he is or where he comes from, his mind will not be as clear, and he cannot advance as far and as rapidly and retain his power as much as he would if he obeyed the Word of Wisdom." (CR, Apr 1925)

Elder 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 much more valuable to you spiritually than it is physically." (Ensign, Nov 1979, p20)

President Marion G. Romney: "Now . . . in view of this revealed knowledge and understanding which the Lord has given concerning what is transpiring about us, is it not a glorious thing to have the assurance that if we will clothe ourselves with bodies purified through observance of the Word of Wisdom, these destroying angels will pass us by, as they did the children of Israel, and not slay us? Well, this is one of the blessings to follow observance of the Word of Wisdom." (CR, October 1952, pp. 32-33.)

**Next Week's Reading Assignment**  
See Class Member Study Guide

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