



# The Gospel Doctrine Class



Doctrine & Covenants - Lesson 43

Take upon You My Whole Armor

*“Wherefore ... take upon you my whole armor, that ye may be able to withstand the evil day, having done all, that ye may be able to stand” (D&C 27:15)*

*A study of this lesson will help us put on the full armor of God to protect us in the battle against evil.*

Elder Joseph B. Wirthlin warned that Satan "seeks to find any chink in the armor of each person. He knows our weaknesses and knows how to exploit them if we allow him to do so. We can defend ourselves against his attacks and deceptions only by understanding the commandments and by fortifying ourselves each day through praying, studying the scriptures, and following the counsel of the Lord's anointed." (Conference Report, Oct 1988)

Elder Richard G. Scott: "Any sexual intimacy outside of the bonds of marriage—I mean any intentional contact with the sacred, private parts of another's body, with or without clothing—is a sin and is forbidden by God. It is also a transgression to intentionally stimulate these emotions within your own body." (Conference Report, Oct 1994)

Elder Joseph B. Wirthlin: "One of the most pervasive deceptions in recent years is the notion that immorality is normal and acceptable and has no negative consequences. In truth, immorality is the underlying cause of much suffering and many other problems that are prevalent today, including rampant disease, abortion, broken families, families without fathers, and mothers who themselves are children." (Conference Report, Oct 1994)

President Ezra Taft Benson: "Thought precedes action. We cannot help being influenced by what we read and what we see. A dirty book, a filthy picture, may be the trigger that sets off a terrible crime." (Conference Report, Oct 1959)

Elder Neal A. Maxwell: "We are lathered with soap operas in need of nothing so much as soap—for the scrubbing of themselves. Some seriously maintain that media violence and sleaze leave consumers untouched. But revenue is received from commercials precisely because of their influence. Either we deserve reforms, or sponsors deserve refunds!" (Conference Report, Apr 1993)

President Spencer W. Kimball: "Pornography and erotic stories and pictures are worse than polluted food. Shun them. The body has power to rid itself of sickening food. That person who entertains filthy stories or pornographic pictures and literature records them in his marvelous human computer, the brain, which can't forget this filth. Once recorded, it will always remain there,

subject to recall—filthy images." (Teachings of Spencer W. Kimball, p283)

President Hinckley warned on another occasion: "You must not fool around with the Internet to find pornographic material. You must not dial a long-distance telephone number to listen to filth. You must not rent videos with pornography of any kind. This salacious stuff simply is not for you. Stay away from pornography as you would avoid a serious disease. It is destructive. It can become habitual, and those who indulge in it get so they cannot leave it alone. It is addictive." (Conference Report, Apr 1998)

Elder Gene R. Cook's 13 Lines of Defense:

- Never be 100 percent alone.
- Learn to say no.
- If necessary--run!
- "A little bit will ~~not~~ hurt."
- Obey the Word of Wisdom 100 percent.
- Select good friends.
- Avoid pornography 100 percent.
- Avoid impure or intimate language 100 percent.
- Avoid "little, natural man" tendencies 100 percent.
- Select wholesome music.
- Be 100 percent modest.
- Avoid petting 100 percent.
- Control your thoughts.

President James E. Faust taught: "Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving." (CR, Oct 1996)

President Gordon B. Hinckley: "Don't swear. Don't profane. Avoid so-called dirty jokes. Stay away from conversation that is sprinkled with foul and filthy words. You will be happier if you do so, and your example will give strength to others." (CR, Oct 1987)

Elder Dallin H. Oaks, "Profanity and vulgarity ... are sins that separate us from God and cripple our spiritual defenses by causing the Holy Ghost to withdraw from us." (CR, Apr 1986)

## Next Week's Reading Assignment

D&C 58:21–22, 26–28; 98:4–10; 134;  
Articles of Faith 1:12; Our Heritage, pages 133–34