



### **WHAT'S GREAT ABOUT HAVING A BODY?**

Our bodies are so important and holy that the Lord calls them temples (see 1 Corinthians 3:16–17). And having a body is fun too! Bodies can run, sing, climb, laugh, draw, swim, dance, and do other fun activities. Also, we can use our bodies to learn, help people, create families, and make the world a better place.



### **WHY DO WE HAVE BODIES?**

Before we were born, we were spirits without physical bodies. There were a lot of things we couldn't do until we had a body. God sent us to earth to get bodies. We need both a spirit and a body to become like Heavenly Father. (See D&C 88:15.)

# My Body Is a

## WHAT IF THERE ARE THINGS I DON'T LIKE ABOUT MY BODY?

Sometimes our bodies don't look, move, or work the way we want them to. But no matter what our bodies are like, we can choose to be grateful for them and use them to do good things here on earth. Someday, each one of us will be resurrected and have a body that is perfect (see Alma 40:23). God loves us no matter what our bodies are like, and we can love ourselves too.

## WHY DOESN'T EVERYONE LOOK ALIKE?

Bodies come in many shapes, colors, and sizes, and this is part of Heavenly Father's plan. Even though each body is different, all of us are created in the image of God (see Genesis 1:26). That means that our bodies are patterned after His perfect body. Every single body is beautiful because each one is a gift from our loving Heavenly Father.



## HOW SHOULD I TREAT MY BODY?

We should treat our bodies the way we would care for any priceless treasure—with love and respect. Through the prophets and the Word of Wisdom, Heavenly Father has told us what is bad for our bodies and what is good. There are lots of things we can do to care for our bodies:

- Eat healthy foods and exercise.
- Dress modestly and keep our bodies clean.
- Respect other people's bodies.
- Don't mark our bodies with tattoos or piercings.
- Don't use drugs, alcohol, tobacco, coffee, or tea.
- Play games that are safe and fun and stay away from activities that are dangerous.

When we take care of our bodies, we are better able to feel the Holy Ghost.

*As we care for our bodies the way God has commanded, we will be blessed!  
(See Mosiah 2:41; D&C 89:18–21.)*

# TEMPLE

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