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