



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 now, 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

By Marissa Widdison
Church Magazines



We Become Members of the Church through Baptism and Confirmation

By Jennifer Maddy

Mariela came home from school with a frown on her face.

"What's wrong?" Mom asked as she planted flowers in the garden.

"Sonia promised she would play with me, and then she didn't," Mariela said. She plopped down in the dirt next to Mom.

"I'm so sorry," Mom said. "It's important to keep promises. Next week when you are baptized and confirmed, you will make some very important promises called covenants."

"Really?" Mariela asked. She was excited to be baptized.

Mom put some yellow flowers in the ground. "You promise to obey the commandments. You also promise to take the name of Jesus Christ upon you. What does Heavenly Father promise if you do these things?"

Mariela thought about what she was learning in Primary. "That I'll have the Holy Ghost with me."

"That's right," Mom said. "You'll also become a member of Jesus's Church. How can you keep your promise to obey the commandments?"

"I can be kind, and I can tell the truth," Mariela said. "What does it mean to take Jesus's name upon me?"

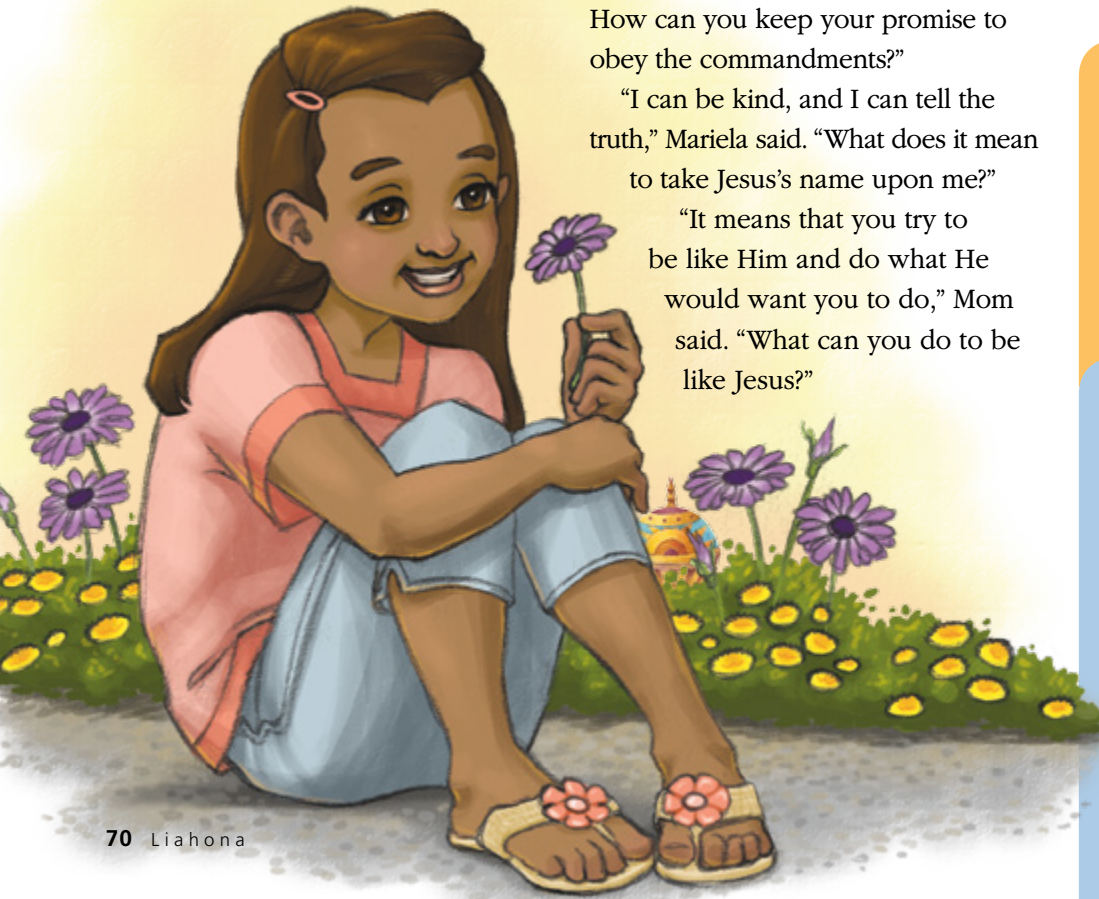
"It means that you try to be like Him and do what He would want you to do," Mom said. "What can you do to be like Jesus?"

Mariela twirled a purple flower between her fingers. "I can sit with the new girl at school. And I can try to be nice to Sonia," she said.

"Those are great ideas," Mom said. "And when you take the sacrament, you can remember your promises."

Mariela smiled. "I know another promise—to water the flowers so we can have a beautiful garden!" ■

The author lives in Utah, USA.



Song and Scripture

- "Baptism," *Children's Songbook*, 100 (verses 1 and 3)
- John 3:5

Ideas for Family Talk

Mariela thought of ways she could keep her baptismal covenant by following Jesus Christ. Your family could think of ways to be more like Jesus at home, at school, and in other places. Make a family goal to think about the baptismal covenant when you take the sacrament.