



By Elder
Ronald A. Rasband
Of the Quorum of
the Twelve Apostles

HOW TO CLAIM TEMPLE BLESSINGS

Temples are houses of the Lord, where our Savior’s teachings are reaffirmed through sacred ordinances such as baptisms for the dead and marriage, which unites families for all eternity.

I would recommend to you that temple worship is an important pattern for each of you to set—individually and as families—as you consider your own areas of focus and attention, as you **put in place firm foundations in your life**. I know many of you already do this, and for that we are most grateful to you.

The First Presidency has issued an invitation to all the members of the Church, which certainly applies to you and me: “Where time and circumstances permit, members are encouraged to **replace some leisure activities with temple service.**”¹

May we also **consider the promised blessings** by prophets, seers, and revelators as we faithfully attend the temple. From President Thomas S. Monson comes this promise: **“Come to the temple** and place your burdens before the

Lord and you’ll **be filled with a new spirit and confidence in the future**. Trust in the Lord, and if you do He’ll hold you and cradle you and lead you step by step along that pathway that leads to the celestial kingdom of God.”²

Another comforting blessing of temple worship is the assurance of protection and peace from the storm that is upon us in our day. Some of the safest places that Heavenly Father has established for the gathering of His people are in the temples of the Lord.

The statement on the outside facade of every temple reads: “Holiness to the Lord / The House of the Lord.” I testify that all of the temples of the Lord are His sanctuaries here upon the earth. I invite all of you to **attend more frequently**, as your circumstances permit, and **claim your blessings and protections** that have been promised to you by prophets of God. **NE**

From a Brigham Young University devotional address given on February 10, 2009.

NOTES

1. First Presidency letter, Mar. 11, 2003.
2. Thomas S. Monson, quoted in Dell Van Orden, “San Diego Temple: 45th House of the Lord Dedicated in ‘Season for Temple Building,’” *Church News*, May 8, 1993, 12.



HOW HAVE YOU APPLIED THIS?

Something that has cemented the temple being the house of the Lord in my mind is the peace that I feel every time I go to the temple. Because my family is in the military, I have visited several temples around the world and the feeling has been the same—of peace, comfort, and the Spirit. The peace of the temple has helped me more fully understand my role in this life and how to better myself. It has also increased my ability to deal with the stress of everyday life.

Genesee B., Utah, USA



Share Your Experiences

Share how you claim the blessings of the temple and read the experiences of other youth at lds.org/go/templesNE716.