

received into a kingdom of glory. The glory you inherit will depend on the depth of your conversion and your obedience to the Lord's commandments (see "Kingdoms of Glory," pages 92–95). It will depend on the manner in which you have "received the testimony of Jesus" (D&C 76:51; see also verses 74, 79, 101).

### Blessings through Knowledge of the Plan

A testimony of the plan of salvation can give you hope and purpose as you wrestle with the challenges of life. You can find reassurance in the knowledge that you are a child of God and that you lived in His presence before you were born on the earth. You can find meaning in your present life, knowing that your actions during mortality influence your eternal destiny. With this knowledge, you can base important decisions on eternal truths rather than on the changing circumstances of life. You can continually improve your relationship with family members, rejoicing in the promise that your family can be eternal. You can find joy in your testimony of the Atonement and the Lord's commandments, ordinances, covenants, and doctrines, knowing that "he who doeth the works of righteousness shall receive his reward, even peace in this world, and eternal life in the world to come" (D&C 59:23).

Additional references: 2 Nephi 2:5–30; 10:23–25; Alma 12:24–37; 22:12–14; 42; Moses 6:47–62

*See also* Agency; Atonement of Jesus Christ; Creation; Death, Physical; Death, Spiritual; Fall; God the Father; Gospel; Heaven; Hell; Jesus Christ; Kingdoms of Glory; Paradise; Resurrection

### **Pornography**

Pornography is any material depicting or describing the human body or sexual conduct in a way that arouses sexual feelings. It is distributed through many media, including

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magazines, books, television, movies, music, and the Internet. It is as harmful to the spirit as tobacco, alcohol, and drugs are to the body. Using pornographic material in any way is a violation of a commandment of God: “Thou shalt not . . . commit adultery . . . nor do anything like unto it” (D&C 59:6). It can lead to other serious sins. Members of the Church should avoid pornography in any form and should oppose its production, distribution, and use.

Pornography is tragically addictive. Like other addictions, it leads people to experiment and to seek more powerful stimulations. If you experiment with it and allow yourself to remain caught in its trap, it will destroy you, degrading your mind, heart, and spirit. It will rob you of self-respect and of your sense of the beauties of life. It will tear you down and lead you to evil thoughts and possibly evil actions. It will cause terrible damage to your family relationships.

Because of the addictive nature of pornography and the harm it can cause to body and spirit, servants of God have repeatedly warned us to shun it. If you are caught in the trap of pornography, stop immediately and seek help. Through repentance, you can receive forgiveness and find hope in the gospel. Go to your bishop or branch president for counsel on how to overcome your problem, and seek healing through the Atonement of Jesus Christ. Ask the Lord to give you the strength to overcome this terrible addiction.

Additional references: Matthew 5:27–28; Romans 6:12; Alma 39:9; D&C 42:23

*See also* Chastity; Temptation

## **Prayer**

You are a child of God. Your Heavenly Father loves you and knows your needs, and He wants you to communicate with Him through prayer. Pray to Him and no one else. The Lord Jesus Christ commanded, “Ye must always pray unto the Father in my name” (3 Nephi 18:19).