

Sometimes you may feel that you cannot think clearly because your mind is so burdened with problems and the many things clamoring for attention. In the temple, the dust of these distractions can settle, the fog and haze can lift, and you can understand things that you have not understood before. You can find new ways to deal with the challenges you face.

The Lord will bless you as you attend to the sacred ordinance work in the temple. And the blessings He gives you will not be limited to your time in the temple. He will bless you in all aspects of your life. Your labors in the temple will strengthen you and refine you spiritually.

Additional references: Isaiah 2:1–3; D&C 88:119; 109–110; 124:39–41

See also Covenant; Family History Work and Genealogy; Marriage; Ordinances; Plan of Salvation

## **Temptation**

As the Apostle Paul prophesied, the last days are “perilous times” (2 Timothy 3:1). The influence of the adversary is widespread and seductive. But you can defeat Satan and overcome his temptations. Heavenly Father has given you the gift of agency—the power to choose good over evil. You can “humble [yourself] before the Lord, and call on his holy name, and watch and pray continually, that [you] may not be tempted above that which [you] can bear” (Alma 13:28). As you willingly obey the commandments, your Heavenly Father will strengthen you to withstand temptation.

The following counsel will help you overcome temptation:

*Center your life on the Savior.* The prophet Helaman counseled his sons, “Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of