

me into the world, even so have I also sent them into the world” (John 17:14–18). As a latter-day disciple of Jesus Christ, you can be in the world but “not of the world.” In addition to avoiding temptation yourself, you can influence others to live good and wholesome lives. You can set a righteous example, be a good friend, participate in community service, and, as appropriate, let your voice be heard in defense of moral values.

Never hesitate in your decisions to withstand temptation. Strive to follow the example of the Savior, who “suffered temptations but gave no heed unto them” (D&C 20:22). When Satan tempted Jesus in the wilderness, the Lord never wavered. His answer was quick and firm: “Get thee behind me, Satan” (Luke 4:8). Through your righteous thoughts, words, and actions, you can answer the temptations of the adversary with the same conviction. “Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you” (James 4:7–8).

Additional references: Romans 12:21; Ephesians 6:11–17; James 1:12, footnote *b*; D&C 23:1; 31:12; Moses 1:12–22

See also Agency; Conscience; Fasting and Fast Offerings; Holy Ghost; Light of Christ; Repentance; Satan

Ten Commandments

The Ten Commandments are eternal gospel principles that are necessary for our exaltation. The Lord revealed them to Moses in ancient times (see Exodus 20:1–17), and He has restated them in latter-day revelations (see D&C 42:18–29; 59:5–13; 63:61–62). The Ten Commandments are a vital part of the gospel. Obedience to these commandments paves the way for obedience to other gospel principles.

The following review of the Ten Commandments includes brief explanations of how they continue to apply in our lives today:

1. "Thou shalt have no other gods before me" (Exodus 20:3). We should do "all things with an eye single to the glory of God" (D&C 82:19). We should love and serve the Lord with all our heart, might, mind, and strength (see Deuteronomy 6:5; D&C 59:5).
2. "Thou shalt not make unto thee any graven image" (Exodus 20:4). In this commandment, the Lord condemns the worship of idols. Idolatry may take many forms. Some people do not bow before graven images or statues but instead replace the living God with other idols, such as money, material possessions, ideas, or prestige. In their lives, "their treasure is their god"—a god that "shall perish with them" (2 Nephi 9:30).
3. "Thou shalt not take the name of the Lord thy God in vain" (Exodus 20:7). For an explanation of this commandment, see "Profanity," pages 128–29.
4. "Remember the sabbath day, to keep it holy" (Exodus 20:8). For an explanation of this commandment, see "Sabbath," pages 145–47.
5. "Honour thy father and thy mother" (Exodus 20:12). This is a commandment that remains binding even when we are grown. We should always find ways to honor our parents.
6. "Thou shalt not kill" (Exodus 20:13). For an explanation of how this commandment applies to those who are required to go to war, see "War," pages 183–84.
7. "Thou shalt not commit adultery" (Exodus 20:14). In a latter-day revelation, the Lord condemned not only adultery, but "anything like unto it" (D&C 59:6). Fornication, homosexuality, and other sexual sins are violations of the seventh commandment. For additional explanation, see "Chastity," pages 29–33.
8. "Thou shalt not steal" (Exodus 20:15). Stealing is a form of dishonesty. For an explanation of honesty, see page 84.

9. “Thou shalt not bear false witness against thy neighbour” (Exodus 20:16). Bearing false witness is another form of dishonesty. For an explanation of honesty, see page 84.
10. “Thou shalt not covet” (Exodus 20:17). Coveting, or envying something that belongs to another, is damaging to the soul. It can consume our thoughts and plague us with constant unhappiness and dissatisfaction. It often leads to other sins and to financial indebtedness.

Although most of the Ten Commandments list things we *should not* do, they also represent things we *should* do. The Savior summarized the Ten Commandments in two principles—love for the Lord and love for our fellow men:

“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

“This is the first and great commandment.

“And the second is like unto it, Thou shalt love thy neighbour as thyself” (Matthew 22:37–39).

Additional references: Mosiah 12:33–36; 13:11–24

See also Agency; Chastity; Honesty; Obedience; Profanity; Reverence; Sabbath; War; Worship

Terrestrial Kingdom (*See* Kingdoms of Glory)

Testimony

A testimony is a spiritual witness given by the Holy Ghost. The foundation of a testimony is the knowledge that Heavenly Father lives and loves us; that Jesus Christ lives, that He is the Son of God, and that He carried out the infinite Atonement; that Joseph Smith is the prophet of God who was called to restore the gospel; that we are led by a living prophet today; and that The Church of Jesus Christ of Latter-day Saints is the Savior’s true Church on the earth. With this