

You can use this lesson and activity to learn more about this month's Primary theme.

My Body Is a Temple of God

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? . . . The temple of God is holy, which temple ye are” (1 Corinthians 3:16–17).

By Vicki F. Matsumori

Close your eyes and picture a temple. What color is it? How big is it? Does it have any windows? Are there spires? How many?

All the temples of The Church of Jesus Christ of Latter-day Saints are different. The Salt Lake Temple in Utah has gray granite walls and six spires. It looks different from the Cardston Alberta Temple in Canada, which has stone walls but no spires. Even though each temple looks different, all are beautiful and are built for the same purpose. They are places where special



ordinances take place that are needed for us to return to Heavenly Father.

You are like the temple. You are different from everyone else, but you too are a house for the Spirit of God—the Holy Ghost. The Apostle Paul said: “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? . . . The temple of God is holy, which temple ye are” (1 Corinthians 3:16–17). Your body is a temple for your spirit.

Just as you treat temples with respect, you should treat your body with respect. You can do this by

obeying the Word of Wisdom (see D&C 89), by dressing modestly, and by keeping your body clean. You should also keep your heart and mind clean by reading, listening to, and watching only “things that are pleasing to Heavenly Father” (see My Gospel Standards).

When you are clean in mind and body, you can receive great blessings. ■

Activity

Find your way through the maze. When you get to a sign, choose the Yes or No path based on which helps you treat your body like a temple of God. Choosing the right paths will lead to the temple.

Draw pictures of four other things that are good for you. Cut out and place your pictures over the good-choice pictures in the maze.

