

WORK IS AN ETERNAL PRINCIPLE

Our Heavenly Father and Jesus Christ worked to create the heavens and the earth. They created the sun, the moon, and the stars. They gathered the seas and caused the dry land to appear and the plants to grow. Then They created every living thing in the sea and on the land. (See Genesis 1; Moses 2.) Their example shows us that work is important in heaven and on earth. (See also John 5:17; 9:4.)

When God created man and woman in His own image, He placed them in the Garden of Eden (see Genesis 1:26–27; 2:8). Later, when they were cast out of the garden, the Lord said to Adam, “In the sweat of thy face shalt thou eat bread” (Genesis 3:19). From that time on, Adam and Eve worked to provide for their own needs and the needs of their children (see Moses 5:1).

Since the time of Adam and Eve, work has been a way of life for all of us on earth. We work to provide for the physical, spiritual, and emotional well-being of ourselves and our families. Parents strive to establish homes where principles of work are taught. Giving children work assignments that fit their abilities and praising their successes help them have positive work experiences. As a result, they

can develop a strong work ethic, a good attitude, and basic skills.

We should also seek to find the proper balance between work and rest. Six days a week, blessings can come to us as we remember to mix work with activities that refresh us. On Sundays, however, the Lord promises us special blessings as we obey His commandment to refrain from our temporal work and keep the Sabbath day holy (see Exodus 20:9–11; D&C 59:9–19).

Work is a part of our Heavenly Father’s plan for us in heaven and on earth. If we are righteous, we will return to live with Him. There we will continue to have opportunities to work as we help build the kingdom of God (see Moses 1:39). ■

As we help one another and share the burden of our work, even the heaviest load becomes lighter.



We are responsible to care for ourselves and our families.



1. Parents have a sacred duty to care for their children (see D&C 83).



2. Children will be blessed as they care for their aging parents (see 1 Timothy 5:3–4, 8).



3. We should help members of our extended family when possible.



1. We strengthen our character and develop work skills.



2. We feel the joy of God's plan for us on earth.

Blessings come to us as a result of work.



3. We become more prepared and self-reliant as we build a three-month supply of food, water, and other necessities.

“Let [man] labour, working with his hands the thing which is good, that he may have to give to him that needeth” (Ephesians 4:28).

For more information, see *Gospel Principles* (2009), 155–60; and “The Family: A Proclamation to the World,” *Liahona* and *Ensign*, Nov. 2010, 129.