Heavenly Father prepared a plan to help us become as He is and to receive a fulness of joy. He said, “This is my work and my glory—to bring to pass the immortality and eternal life of man” (Moses 1:39).

As spirit children of our Father in Heaven, we lived in His presence in our premortal life. This is called our first estate. We gathered together in a great Council in Heaven in which Heavenly Father presented His plan to us: We would come to earth, our second estate, and gain a physical body. We would also “prove” that “we [would] do all things whatsoever . . . God [would] command [us]” (Abraham 3:25). A Savior would atone for the sins of all mankind, making it possible for us to repent and become clean again. (See Alma 42:23–26.)

We chose to accept our Heavenly Father’s plan and Jesus Christ as our Savior. Because of the Savior’s Atonement and Resurrection, we can return to our Heavenly Father’s presence and live the kind of life He lives.


Jesus Christ is central to God’s plan of happiness for us. “Behold, I am he who was prepared from the foundation of the world to redeem my people. Behold, I am Jesus Christ. . . . In me shall all mankind have life, and that eternally, even they who shall believe on my name; and they shall be my sons and my daughters” (Ether 3:14).
“Ye know that ye were not redeemed with corruptible things, as silver and gold, . . . but with the precious blood of Christ, as of a lamb without blemish and without spot: who verily was foreordained before the foundation of the world, but was manifest in these last times for you” (1 Peter 1:18–20).