



Our bodies are temples, and the Spirit of the Lord should dwell there and shine through. We can learn important lessons by comparing the Church's temples to our physical bodies as temples.

Elder David A. Bednar of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.



A member of the Church must be worthy and have a recommend to enter *into* a dedicated temple.

**What We Take
into
Our Temple**

We should take *into* our bodies only things that will positively affect us both spiritually and physically.



The Church's temples are recognized throughout the world for their beauty. The buildings are made of the finest materials and constructed with true craftsmanship.

**What We Put
on
Our Temple**

We must be thoughtful and careful about how we dress and what we put *on* our personal temples. Like it or not, other people make judgments about the restored gospel by what they see us in.



Imagine our reaction if we saw graffiti on the exterior of one of our Church's temples. The very thought of finding such inappropriate markings on a temple is offensive.

**What We Do
to
Our Temple**

We must not participate when the fads and fashions of the world entice us *to* mark, *to* pierce, *to* deface, or *to* disfigure our personal temples.



Temples are built and dedicated to accomplish righteous purposes. Sacred ordinances are available only in the Lord's house.

**What We Do
with
Our Temple**

Our personal temples must be used to accomplish righteous purposes. Our physical body is a blessing, a time-less trust, and makes a forever family possible.

