



TEMPLE ENDOWMENT Q&A

If you are preparing to go to the temple for the first time, read our Q&A in the digital version of this article in the Gospel Library or at liahona.lds.org. Below is one of the five questions you'll find.

What can I do to better understand the temple endowment and the covenants I make there?

Focus on the teachings and covenants of the temple in your personal study. Look for references to the principles and covenants of the endowment found in the scriptures, general conference addresses, and other Church materials. Reviewing these truths in your personal study will help you grow in your understanding of temple ordinances and covenants. When studying the law of chastity, for example, how can Joseph's integrity when tempted by Potiphar's wife bless your commitment to obey this law? (see Genesis 39). How can Nephi's commitment to obey the commandments of God apply to the way you approach your service in your calling? (see 1 Nephi 3:7).

Return to the temple as often as your personal circumstances allow.

"We all receive the same instruction, but our understanding of the meaning of the ordinances and covenants will increase as we return to the temple often with the attitude of learning and contemplating the eternal truths taught."

Silvia H. Allred, former First Counselor in the Relief Society General Presidency, "Holy Temples, Sacred Covenants," *Ensign or Liahona*, Nov. 2008, 113.

Go to [lds.org/go/031949](https://www.lds.org/go/031949) to read an article that can help you understand the covenants we make with God.