



THE WORD OF WISDOM:

What It Is, What It Isn't



"Be different from the world. You and I know that you are to be a light to the world. Therefore, the Lord needs you to look like, sound like, act like, and dress like a true disciple of Jesus Christ. Yes, you are living in the world, but you have very different standards from the world to help you avoid the stain of the world."

President Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), 16, [HopeofIsrael.ChurchofJesusChrist.org](https://www.HopeofIsrael.ChurchofJesusChrist.org).

WHAT THE WORD OF WISDOM IS

A health law from the Lord for our physical and spiritual protection.

AVOID:	ENJOY:
Alcoholic drinks	Fruits
Tobacco	Vegetables
Tea and coffee	Meat (just not too much)
Anything harmful or addictive	Grains

See Doctrine and Covenants 89. See also the Word of Wisdom gospel topic at [topics.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/topics/word-of-wisdom).

WHAT THE WORD OF WISDOM IS NOT

President Boyd K. Packer (1924–2015), President of the Quorum of the Twelve Apostles, taught us what the Word of Wisdom is not:

1.

A guarantee that you will always be healthy.

“The Word of Wisdom does not promise you perfect health, but it teaches how to keep the body you were born with in the best condition and your mind alert to delicate spiritual promptings.”

2.

A comprehensive list.

“There are many habit-forming, addictive things that one can drink or chew or inhale or inject which injure both body and spirit which are not mentioned in the revelation.”

3.

An excuse to be obsessive.

“Learn to use moderation and common sense in matters of health and nutrition, and particularly in medication. Avoid being extreme or fanatical or becoming a faddist”¹ (a faddist is someone who follows every trend).

“Never let Satan or others deceive you into thinking that breaking the Word of Wisdom will make you happier, more popular, or more attractive.”² NE

PROMISED BLESSINGS

Living the Word of Wisdom is a huge blessing! Here are some ways *For the Strength of Youth* mentions that you could be blessed:

- Freedom from harmful addictions
- More control over your life
- A healthier body
- A more alert mind
- Guidance from the Holy Ghost
- Greater ability to serve the Lord

NOTES

1. Boyd K. Packer, “The Word of Wisdom: The Principle and the Promises,” Apr. 1996 general conference (*Ensign*, May 1996, 18).
2. *For the Strength of Youth* (2011), 25.

