

Our Heavenly Father

Chapter 1

There Is a God

- What are some things that testify to you that there is a God?

Alma, a Book of Mormon prophet, wrote, “All things denote there is a God; yea, even the earth, and all things that are upon the face of it, yea, and its motion, yea, and also all the planets which move in their regular form do witness that there is a Supreme Creator” (Alma 30:44). We can look up at the sky at night and have an idea of what Alma meant. There are millions of stars and planets, all in perfect order. They did not get there by chance. We can see the work of God in the heavens and on the earth. The many beautiful plants, the many kinds of animals, the mountains, the rivers, the clouds that bring us rain and snow—all these testify to us that there is a God.

The prophets have taught us that God is the Almighty Ruler of the universe. God dwells in heaven (see D&C 20:17). Through His Son, Jesus Christ, He created the heavens and the earth and all things that are in them (see 3 Nephi 9:15; Moses 2:1). He made the moon, the stars, and the sun. He organized this world and gave it form, motion, and life. He filled the air and the water with living things. He covered the hills and plains with all kinds of animal life. He gave us day and night, summer and winter, seedtime and harvest. He made man in His own image to be a ruler over His other creations (see Genesis 1:26–27).

God is the Supreme and Absolute Being in whom we believe and whom we worship. He is “the Great Parent of the universe,” and He “looks upon the whole of the human family with a fatherly care

For teachers: Use questions at the beginning of a section to start a discussion and send class members or family members to the text to find more information. Use questions at the end of a section to help class members or family members ponder and discuss the meaning of what they have read and apply it in their lives.

and paternal regard” (*Teachings of Presidents of the Church: Joseph Smith* [2007], 39).

The Nature of God

- What are some of God’s attributes?

Because we are made in His image (see Moses 2:26; 6:9), we know that our bodies are like His body. His eternal spirit is housed in a tangible body of flesh and bones (see D&C 130:22). God’s body, however, is perfected and glorified, with a glory beyond all description.

God is perfect. He is a God of righteousness, with attributes such as love, mercy, charity, truth, power, faith, knowledge, and judgment. He has all power. He knows all things. He is full of goodness.

All good things come from God. Everything that He does is to help His children become like Him. He has said, “Behold, this is my work and my glory—to bring to pass the immortality and eternal life of man” (Moses 1:39).

- Why is it important for us to understand the nature of God?

Coming to Know God

- How can we come to know God?

Knowing God is so important that the Savior said, “This is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent” (John 17:3).

The first and greatest commandment is “Thou shalt love the Lord thy God with all thy heart” (Matthew 22:37).

The more we know God, the more we love Him and keep His commandments (see 1 John 2:3–5). By keeping His commandments we can become like Him.

We can know God if we will:

1. Believe that He exists and that He loves us (see Mosiah 4:9).
2. Study the scriptures (see 2 Timothy 3:14–17).

3. Pray to Him (see James 1:5).

4. Obey all His commandments as best we can (see John 14:21–23).

As we do these things, we will come to know God and eventually have eternal life.

- Ponder what you can do to draw nearer to God.

Additional Scriptures

- Acts 7:55–56 (Son at the right hand of the Father)
- D&C 88:41–44 (attributes of God)
- Psalm 24:1 (the earth is the Lord's)
- Moses 1:30–39 (Creation)
- Alma 7:20 (God cannot do wrong)
- Joseph Smith—History 1:17 (Father and Son are separate beings)
- Alma 5:40 (good comes from God)
- John 14:6–9 (Son and Father are alike)
- Mormon 9:15–20 (God of miracles)
- Amos 3:7 (God of revelation)
- John 3:16 (God of love)