



CHAPTER 31

The Word of Wisdom

February 1833



Joseph Smith started a school for men in the Church. It was called the School of the Prophets.



The school was held in a room in Newel Whitney's store in Kirtland, Ohio. In this school, Joseph and other Church leaders taught each other about the priesthood,

the scriptures, and other things. The school was to help the men prepare for Church leadership and missionary service.



Many of the men smoked pipes or cigars, which filled the room with smoke. Some of the men chewed tobacco and spit on the floor, making it very dirty.



Emma Smith, Joseph's wife, cleaned the room after each meeting. She and Joseph became concerned about the brethren's use of tobacco. Joseph wondered if people should smoke or chew tobacco.



Joseph prayed to know what was right. Jesus gave him a revelation called the Word of Wisdom. Jesus said that some people want others to do things that are bad for

their bodies. In the Word of Wisdom, Jesus told the Saints about things that are bad for their bodies. He also told them about things that are good for their bodies.

Doctrine and Covenants 89:1, 4



Jesus said alcohol is not good for people. They should not have drinks with alcohol in them. Alcohol should be used only on the outside of the body.

Doctrine and Covenants 89:5-7



Jesus said tobacco is not good for people. They should not smoke cigarettes, cigars, or pipes. They should not chew tobacco.

Doctrine and Covenants 89:8



Jesus said the Saints should not drink hot drinks such as tea and coffee. These drinks are not good for the body.

Doctrine and Covenants 89:9



Jesus said many plants and animals are good for people to eat. People should thank Heavenly Father for good food.

Doctrine and Covenants 89:11-12



Jesus said people should not eat too much meat.

Doctrine and Covenants 89:12



The Lord said grains are good for the body. Some grains are wheat, rice, corn, and oats. Fruits and vegetables are also good for the body.

Doctrine and Covenants 89:11, 14–17



Jesus promised great blessings to those who obey the Word of Wisdom. Their bodies will be stronger and healthier than if they did not obey it. Their minds will

also be healthier, and they will receive wisdom and treasures of knowledge.

Doctrine and Covenants 89:18–21