

## Language and Behavior

Like your dress and grooming, your language and behavior are expressions of your character. Your words and actions can have a profound influence on you and on others. Express yourself through clean, positive, uplifting language and in actions that bring happiness to those around you. Your efforts to be modest in word and deed lead to increased guidance and comfort from the Holy Ghost.

Avoid the filthy language and the casual, irreverent use of the Lord's name that are so common in the world. Withstand any temptation to participate in extreme or inappropriate behavior. The irreverent nature of such language and behavior impairs your ability to receive the quiet promptings of the Holy Ghost.

Additional references: D&C 42:40–41; Articles of Faith 1:13

*See also* Body Piercing; Chastity; Profanity; Tattooing

## Obedience

In the premortal existence, Heavenly Father presided over a great Council in Heaven. There we learned of His plan for our salvation, which included a time of testing on the earth: "We will make an earth whereon these may dwell; and we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them" (Abraham 3:24–25). One reason you are here on the earth is to show your willingness to obey Heavenly Father's commandments.

Many people feel that the commandments are burdensome and that they limit freedom and personal growth. But the Savior taught that true freedom comes only from following Him: "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free" (John 8:31–32). God gives commandments for your

benefit. They are loving instructions for your happiness and your physical and spiritual well-being.

The Prophet Joseph Smith taught that obedience to the commandments leads to blessings from God. He said: “There is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—and when we obtain any blessing from God, it is by obedience to that law upon which it is predicated” (D&C 130:20–21). King Benjamin also taught this principle. “I would desire that ye should consider on the blessed and happy state of those that keep the commandments of God,” he counseled. “For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness. O remember, remember that these things are true; for the Lord God hath spoken it” (Mosiah 2:41).

Our obedience to the commandments is an expression of our love for Heavenly Father and Jesus Christ. The Savior said, “If ye love me, keep my commandments” (John 14:15). He later declared: “If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love” (John 15:10).

Additional references: Joshua 24:14–15; Ecclesiastes 12:13; Matthew 7:21; John 7:17; 1 Nephi 3:7; D&C 58:21–22; 82:8–10

*See also* Agency; Plan of Salvation

## Ordinances

In the Church, an ordinance is a sacred, formal act performed by the authority of the priesthood. Some ordinances are essential to our exaltation. These ordinances are called saving ordinances. They include baptism, confirmation, ordination to the Melchizedek Priesthood (for men), the temple endowment, and the marriage sealing. With each of these ordinances, we enter into solemn covenants with the Lord.