

In addition to giving local and individual care for those in need, the Church reaches out worldwide to people, no matter their faith, who suffer the effects of natural disasters, poverty, disease, and other crises. The Church provides life-sustaining resources to help families and individuals recover and work toward self-reliance. Donations to the Church's Perpetual Education Fund provide the means for disadvantaged Latter-day Saints to further their education. Church-service missionaries volunteer their time and resources to improve literacy, promote health, and provide training.

Additional references: James 1:27; Jacob 2:17–19; D&C 42:31; 104:15–18

See also Fasting and Fast Offerings; Service

Word of Wisdom

The Word of Wisdom is a law of health revealed by the Lord for our physical and spiritual benefit. In this revelation, which is recorded in section 89 of the Doctrine and Covenants, the Lord tells us which foods are good for us to eat and which substances are not good for our bodies. He promises spiritual and physical blessings for obeying the Word of Wisdom.

In the Word of Wisdom, the Lord commands us not to take the following substances into our bodies:

- Alcoholic drinks (see D&C 89:5–7).
- Tobacco (see D&C 89:8).
- Tea and coffee (see D&C 89:9; latter-day prophets have taught that the term “hot drinks” refers to tea and coffee).

Anything harmful that people purposefully take into their bodies is not in harmony with the Word of Wisdom. This is especially true of illegal drugs, which can destroy those who become addicted to them. Stay entirely away from them. Do not experiment with them. The abuse of prescription drugs also leads to destructive addiction.

The Lord declares that the following foods are good for our bodies:

- Vegetables and fruits, which should be used “with prudence and thanksgiving” (see D&C 89:10–11).
- The flesh “of beasts and of the fowls of the air,” which is “to be used sparingly” (see D&C 89:12–13).
- Grains such as wheat, rice, and oats, which are “the staff of life” (see D&C 89:14–17).

Blessings from Keeping the Word of Wisdom

To those who keep the Word of Wisdom, the Lord promises:

“All saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;

“And shall find wisdom and great treasures of knowledge, even hidden treasures;

“And shall run and not be weary, and shall walk and not faint.

“And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them” (D&C 89:18–21).

Overcoming Addiction

The best course is to completely avoid the substances that the Lord prohibits in the Word of Wisdom. But if you have become addicted to any of these substances, you can become free from your addiction. You can overcome addiction through personal effort, the enabling power of the Lord’s grace, help from family members and friends, and guidance from Church leaders.

Pray for help, and do all in your power to resist temptations that come because of addiction. Your Heavenly Father wants you to receive the blessings that come from keeping the

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Word of Wisdom, and He will strengthen you in your sincere efforts to do so.

Additional references: D&C 49:19–21; 59:15–20; 88:124; 89:1–4

See also Obedience; Temptation

Worship

To worship God is to give Him your love, reverence, service, and devotion. The Lord commanded Moses, “Worship God, for him only shalt thou serve” (Moses 1:15). In this dispensation He has commanded, “Thou shalt love the Lord thy God with all thy heart, with all thy might, mind, and strength; and in the name of Jesus Christ thou shalt serve him” (D&C 59:5). If you place any person or thing above the love of God, you are practicing false worship, or idolatry (see Exodus 20:3–6).

Prayer is one way you can worship the Father. Alma taught his son Helaman, “Cry unto God for all thy support; yea, let all thy doings be unto the Lord, and whithersoever thou goest let it be in the Lord; yea, let all thy thoughts be directed unto the Lord; yea, let the affections of thy heart be placed upon the Lord forever” (Alma 37:36).

You should attend your Church meetings in a spirit of worship. The Lord has commanded: “That thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day; for verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High” (D&C 59:9–10).

Participation in priesthood ordinances is also part of your worship. As you reverently partake of the sacrament and attend the temple, you remember and worship your Heavenly Father and express your gratitude for His Son, Jesus Christ.