

Worship

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.

In addition to showing outward expressions of worship, you should have a worshipful attitude wherever you go and in everything you do. Alma taught this principle to a group of people who had been cast out of their place of worship. He helped them see that true worship is not limited to one day of the week (see Alma 32:11). Speaking to the same group of people, Alma's companion Amulek encouraged them to "worship God, in whatsoever place ye may be in, in spirit and in truth" (Alma 34:38).

Additional references: Psalm 95:6–7; Mosiah 18:25; Alma 33:2–11; D&C 20:17–19, 29; Articles of Faith 1:11

See also Fasting and Fast Offerings; God the Father; Love; Prayer; Sabbath

Zion

The Doctrine and Covenants contains many passages in which the Lord commands the Saints to "seek to bring forth and establish the cause of Zion" (D&C 6:6; see also D&C 11:6; 12:6; 14:6).

The word *Zion* has various meanings in the scriptures. The most general definition of the word is "the pure in heart" (D&C 97:21). *Zion* is often used in this way to refer to the Lord's people or to the Church and its stakes (see D&C 82:14).

In the early days of this dispensation, Church leaders counseled members to build up Zion by emigrating to a central location. Today our leaders counsel us to build up Zion wherever we live. Members of the Church are asked to remain in their native lands and help establish the Church there. Many temples are being built so that Latter-day Saints throughout the world can receive temple blessings.

The word *Zion* can also refer to specific geographic locations, as follows:

- The city of Enoch (see Moses 7:18–21).
- The ancient city of Jerusalem (see 2 Samuel 5:6–7; 1 Kings 8:1; 2 Kings 9:28).