

# OUR TEMPLE





*“I promise you  
that the Lord will  
bring the miracles  
He knows you need  
as you make sacrifices  
to serve and worship  
in His temples.*

— President Russell M. Nelson



## Why Temples?

Beginning in Old Testament times, the Lord commanded His covenant people to build temples. When He restored His Church, the Lord again told the prophet, Joseph Smith, to build temples.

In the temple, we receive special blessings and power from God.

One of the greatest blessings offered in the temple is to live forever together with God and our family. To receive this blessing, we must keep His commandments. Jesus Christ's sacrifice and power make this possible. We can become more like Jesus Christ as we spend time in the temple and follow His example.

## Covenants and Ordinances

In temples, we make covenants as we take part in ordinances to help us progress in life. A covenant is a promise we make with God. An ordinance is a sacred ceremony done with the authority



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of God's priesthood. Ordinances help us understand and remember the covenants we make.

In the temple, we covenant to obey God's commandments. He promises to bless us as we keep our covenants.

Only in the temple can we make the covenants and receive the ordinances needed to be exalted in the celestial kingdom. Taking part in temple ordinances is a wonderful and important part of our promise to follow Jesus Christ. It is also vital as we prepare to someday return to live with Him and our Father in Heaven.

## How Should I Prepare Myself?

You can do much to prepare for the temple. For example, you should prayerfully study the gospel of Jesus Christ and apply His teachings in your life. You also need to faithfully honor the sacred promises you have already made, like your baptismal covenants.

Baptism is the first ordinance of the gospel. It is a needed step along your covenant path back to God. After baptism, we receive the gift of the Holy Ghost, also through another ordinance. We are reminded of covenants we have made as we take the sacrament each week in church. Other essential gospel ordinances include being ordained to the Melchizedek Priesthood (for men), receiving the temple endowment, and being sealed in the temple (either during our mortal life or after this life).

These sacred priesthood ordinances and covenants lead to the greatest blessings that Heavenly Father offers His children—the opportunity to live again with Him and with our families after this earthly life.



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## Proxy Baptism and Confirmation

The Savior taught that baptism and confirmation are essential. All people who desire to follow Him and return to our Heavenly Father must be baptized and confirmed. As Jesus said to Nicodemus: “Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.” (John 3:5).

Being “born of water” means being baptized, and being “born of the Spirit” means receiving the gift of the Holy Ghost through confirmation.

When the Savior restored His Church through the Prophet Joseph Smith, He taught that baptism is still necessary. He also taught that baptism must be done by someone with proper priesthood authority.

### **GOD LOVES ALL OF HIS CHILDREN**

Every person is a child of God. All are precious to Him. He knows them and He loves them. Many people have the chance to accept the gospel and be baptized while they are alive. But what about those who die without being baptized or even knowing about Jesus? Or those who were baptized without proper authority? How can they also be saved? God has not forgotten them!

In the temple, we can perform the ordinances of baptism and confirmation on behalf of those who have died without the chance to accept the gospel. Ordinances done on behalf of others are called proxy ordinances (or vicarious ordinances).

Temple baptisms and confirmations performed for those who have died are gifts offered in love.

We believe that life continues after death and that personal agency is an eternal principle. We also believe that those who have died know of the ordinances done on their behalf and can choose whether to accept them.

## YOUTH AND NEW MEMBERS CAN PARTICIPATE

Young women and ordained young men are eligible for a temple recommend starting in January of the year they turn 12. This recommend lets them to go to the temple to do proxy baptisms and confirmations for those who have died. New adult members may also get a temple recommend.

Proxy baptisms and confirmations can be done for parents, grandparents, siblings, aunts, uncles, cousins, and others.

Families can be strengthened through this act of kindness. You can feel deeper ties to your family and a closeness to God. This sense of belonging can give you strength, direction, and confidence. This will bless your life in countless ways.

## Temple Endowment

The word endowment means “a gift.” The temple endowment is an ordinance whereby God offers you sacred blessings. They are blessings only He can give. The endowment can only be received in His holy temple.

Receiving your temple endowment should be one of the most sacred events of your life. Many members of the Church receive their endowment before serving a mission or before marrying. Others simply have a strong desire to move forward along the covenant path. It is important to know that your endowment is a vital and glorious part of your eternal journey.

Some of the gifts you receive through the temple endowment are:

- Greater knowledge of the Lord’s purposes and teachings.
- Power to do all that God wants us to do.
- Divine direction and protection as we serve the Lord, our families, and others.





- Increased hope, comfort, and peace.
- Promised blessings now and forever.

Of course, all of these wonderful blessings of the endowment depend on our faithfulness.

Because temple ordinances and covenants are sacred and have eternal importance, members must be worthy. They must also be able to understand the solemn responsibilities they will accept as they make covenants with God.

## Temple Sealing

Life's greatest joys are found in a loving family. Strong family relationships require effort. But such effort can bring great happiness in this life and throughout eternity. Even in families where relationships are difficult or uncertain, the gospel of Jesus Christ gives hope, comfort, and healing. In our Heavenly Father's plan of happiness, a husband and wife can be together with their loved ones forever.

The authority to unite families forever is called the sealing power. It is the same power that Jesus gave His Apostles during His ministry on earth (see Matthew 16:19). An eternal marriage is therefore called a sealing. Children born or adopted into such eternal marriages can be sealed to their families forever. Unlike marriages that last only "until death do you part," temple sealings ensure that death will not separate loved ones.

A husband and wife who are sealed in the temple make sacred covenants with the Lord and with each other. These covenants assure them that their relationship will last after this life if they are true to their promises.

The covenant of eternal marriage is also necessary for exaltation. Exaltation is eternal life—the kind of life God lives. God holds all

knowledge, all power, and all wisdom. He is kind, compassionate, and merciful. Exaltation means that we can someday become like Him. It means we can live with Him in the highest degree of the celestial kingdom. This is the greatest gift that Heavenly Father can give His children.

The Lord is also mindful that not all of His children will have the chance to be married in this life. He promises that all who accept the gospel and honor their covenants will have the chance to marry and have children, either in this life or the next.

To extend these blessings to all people, those who are living are able to perform proxy sealings on behalf of those who have died. All families may then be together forever. Like all proxy ordinances, these sealings can only be performed in the temple.

## Temple Recommend

Entering the temple is a sacred privilege. Because it is the Lord's house, He sets the standards for those who may enter and take part in temple ordinances. Through a temple recommend interview, members confirm that they are striving to meet the Lord's standards. During the interview, members are asked the questions listed on page 16.

Adults who have been members for at least one year may receive their temple endowment and be sealed. Two interviews are needed to receive a temple recommend for these ordinances. First they have an interview with their bishop (or branch president) and then with their stake president or mission president.

New members and youth 11 years of age and older may also get a temple recommend through an interview with a member of their bishopric (or branch president). This lets them take part in temple baptisms and confirmations.



## TEMPLE RECOMMEND QUESTIONS

- Do you have faith in and a testimony of God, the Eternal Father; His Son, Jesus Christ; and the Holy Ghost?
- Do you have a testimony of the Atonement of Jesus Christ and of His role as your Savior and Redeemer?
- Do you have a testimony of the Restoration of the gospel of Jesus Christ?
- Do you sustain the President of The Church of Jesus Christ of Latter-day Saints as the prophet, seer, and revelator and as the only person on the earth authorized to exercise all priesthood keys?
- Do you sustain the members of the First Presidency and the Quorum of the Twelve Apostles as prophets, seers, and revelators?
- Do you sustain the other General Authorities and local leaders of the Church?
- The Lord has said that all things are to be “done in cleanliness” before Him (Doctrine and Covenants 42:41). Do you strive for moral cleanliness in your thoughts and behavior? Do you obey the law of chastity?
- Do you follow the teachings of the Church of Jesus Christ in your private and public behavior with members of your family and others?
- Do you support or promote any teachings, practices, or doctrine contrary to those of The Church of Jesus Christ of Latter-day Saints?
- Do you strive to keep the Sabbath day holy, both at home and at church; attend your meetings; prepare for and worthily partake of the sacrament; and live your life in harmony with the laws and commandments of the gospel?



- Do you strive to be honest in all that you do?
- Are you a full-tithe payer? For new members seeking a temple recommend: Are you willing to obey the commandment to pay tithing?
- Do you understand and obey the Word of Wisdom?
- [For adults only] Do you have any financial or other obligations to a former spouse or to children? If yes, are you current in meeting those obligations?
- [For endowed adults only] Do you keep the covenants that you made in the temple, including wearing the temple garment as instructed in the endowment?
- Are there serious sins in your life that need to be resolved with priesthood authorities as part of your repentance?
- Do you consider yourself worthy to enter the Lord's house and participate in temple ordinances?

## Return to the Temple Often, If Possible

The opportunity to go to the temple is a great blessing. Go often, if you can. Learn more about God's plan for His children, feel of His Spirit, and do ordinances for your ancestors.

As with all ordinances done in the temple, those who have died know of the service you give. They can then choose whether to accept what you have done on their behalf.

Taking part in proxy temple ordinances also allows you the chance to hear the blessings, instructions, and covenants again. Through your temple experiences, you will see more ways that the plan of salvation blesses your life and the lives of your loved ones. What you learn and feel will become clearer and more precious to you over time. As you visit, you will feel God's love and be reminded of what matters most.

## Serve as a Temple Worker

Temple workers are members who have a temple recommend and volunteer to serve in the temple as often as they choose.

Temple workers help members to do their temple work. They also help in the temple office or with other needs. Temple workers are not paid. Temple workers can be single or married, young or old.

If you want to be a temple worker, please talk with your bishop or branch president.





