

Doctrine and Covenants 89:18–21 (DC33.2)

"I, the Lord, Give unto Them a Promise"

Prepare to study by listening to a [hymn or song](#) and saying a prayer. Create a note for this lesson in your seminary notebook. As you study, write any questions you have and look for answers.

After revealing the Word of Wisdom to Joseph Smith (see [Doctrine and Covenants 89:1–17](#)), Jesus Christ explained some of the blessings He offers those who faithfully keep the principles taught in this revelation. This lesson is intended to help you choose to live the Word of Wisdom and receive the Savior's promised blessings.

Study the Scriptures

Read the following account from Elder Von G. Keetch (1960–2018) of the Seventy.

*Elder Von G. Keetch was enjoying a day at the beach when a group of visiting surfers became upset that a man-made barrier had been placed between the bay and the open ocean. The surfers angrily complained that the barrier spoiled their trip by preventing them from surfing the larger waves that were breaking outside the bay (see Von G. Keetch, "Blessed and Happy Are Those Who Keep the Commandments of God," *Ensign or Liahona*, Nov. 2015, 115–16).*

Watch the video "[Blessed and Happy Are Those Who Keep the Commandments of God](#)" to see what happened.

Respond to the following questions:

- What can Elder Keetch's experience teach us about God and His commandments?

- Which commandments best demonstrate to you God's desire to protect us? Why?

Think back to the previous lesson and what you learned about the Word of Wisdom. Review the pamphlet you created in the previous lesson. Or read [Doctrine and Covenants 89:1–4](#), which describes the Lord's motives for revealing the Word of Wisdom.

After your review, think deeply about the following questions:

- Do you see the Word of Wisdom as a blessing from Heavenly Father or as a restriction in your life?
- What do you know about the blessings Heavenly Father offers to those who keep the Word of Wisdom?
- How important is it to you to keep the Word of Wisdom? Why?

After revealing the Word of Wisdom to Joseph Smith, Jesus Christ explained the blessings that He and Heavenly Father offer those who faithfully obey this revelation.

Read [Doctrine and Covenants 89:18–21](#), and mark each of the promises They make to the obedient.

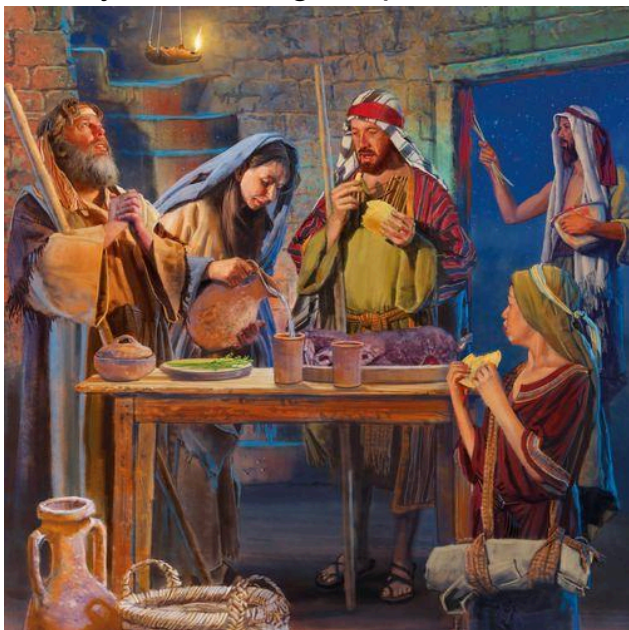
Read [Daniel 1:17–20](#), looking for evidence of temporal and spiritual blessings of wisdom that God gave Daniel and his companions. To deepen your understanding, click on footnotes throughout the scripture verses, which include additional insights.

Read [Doctrine and Covenants 89:19](#) and [Doctrine and Covenants 29:34](#). In Gospel Library, you could create a link between these two scriptures.

Choose one of the following questions. Using images and text, create a poster of how you can apply the teachings of the Word of Wisdom.

- How is the Word of Wisdom primarily a spiritual blessing in addition to a physical blessing?
- How does our obedience to the Word of Wisdom allow the Savior to bless us?

Activity 3: Blessings of protection



Consider the above image of the Passover. Notice the man painting blood on the doorposts. Protection from “the destroying angel” ([Doctrine and Covenants 89:21](#)) refers to when the Israelites’ firstborn children were protected from a plague of death that swept through ancient Egypt (see [Exodus 12:12–13](#)). Those who obediently spread lamb’s blood on their doorposts (symbolizing the blood of the Lamb of God) were spared. This promise of protection can refer to physical and spiritual safety.

Read [Doctrine and Covenants 89:21](#).

- How is Jesus Christ able to provide these protections?

President Boyd K. Packer (1924–2015) of the Quorum of the Twelve Apostles taught:

It is not from mortal death that we shall be spared in such a passover if we walk in obedience to these commandments, for each of us in time shall die. But there is spiritual death which you need not suffer. If you are obedient, that spiritual death will pass over you, for “Christ our passover is sacrificed for us,” the revelation teaches [1 Corinthians 5:7]. (Boyd K. Packer, “[The Word of Wisdom: The Principle and the Promises](#),” Ensign, May 1996, 19)

Using images and text, create a poster of how the Savior protects us when we keep the Word of Wisdom.

Reflect and Connect

Share with me something you learned from this lesson in text, audio, or video. You could share:

- The poster you created of the blessings of health, endurance, wisdom, knowledge, and protection that come from keeping the Word of Wisdom.
- The list of questions you think people might have as they read the Lord’s promises for those who keep the Word of Wisdom.
