

# LESSON 10

ENDOWMENT

## ONE THING TO REMEMBER

# Blessings

### TODAY'S CHALLENGE:

## Will you remember and record in your journal the blessings you receive by doing endowments?

“Here is my promise to you: Every sincere seeker of Jesus Christ will find Him in the temple.”

—Russell M. Nelson, October 2024



## Homework

### 1) Go to the temple regularly.

“Third, establish a pattern of regular temple attendance. This may require a little more sacrifice in your life. More regular time in the temple will allow the Lord to teach you how to draw upon His priesthood power...” (Russell M. Nelson, October 2018)

### 2) Watch “Standing in Holy Places.”

A woman reflects on the blessings of the temple. (5:36) Internet search: standing in holy places lds video or click <https://www.churchofjesuschrist.org/media/video/2013-04-0030-standing-in-holy-places?lang=eng>

### 3) Watch “The Blessings of the Temple.”

The blessings of the temple enable us to be sealed to our families after death. (3:37) Internet search: LDS video blessings of temple or click: <https://www.churchofjesuschrist.org/media/video/2009-03-0010-the-blessings-of-the-temple?lang=eng>

## QUOTE OF THE DAY



“I encourage you to study that prayer, recorded in Doctrine and Covenants section 109. That dedicatory prayer, which was received by revelation, teaches that the temple is ‘a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God.’ This list of attributes is much

more than a description of a temple. It is a promise about what will happen to those who serve and worship in the house of the Lord. They can expect to receive answers to prayer, personal revelation, greater faith, strength, comfort, increased knowledge, and increased power” (Russell M. Nelson, April 2024).



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Write your answers in your study journal

# Study Guide: Blessings of Temple Attendance



## YOU SEE WHAT MATTERS MOST

*How does the temple keep your spiritual windows clean?*

“Frequent temple attendance, as our circumstances allow, is another way to keep our spiritual windows clean. Worship in the house of the Lord will keep our view of what matters most clear and sharp, focused crisply, and free from the dust of the world” (Joseph B. Wirthlin, Ensign, Nov. 1995, 77).

## SYMBOLS IN YOUR LIFE

*How are the temple symbols a blessing in your life?*

“Before going to the temple for the first time, or even after many times, it may help you to realize that the teaching of the temples is done in symbolic fashion. We live in a world of symbols. No man or woman can come out of the temple endowed as he should be, unless he has seen, beyond the symbol, the mighty realities for which the symbols stand. He [Jesus Christ] wanted to teach His hearers, so He talked of simple things in a symbolic sense. None of these things is mysterious or obscure, and all of them are symbolic” (Boyd K. Packer, Preparing to Enter the Holy Temple, (2002), 1–37)

## SYMBOL OF MEMBERSHIP

*Why is the temple a great symbol of your membership?*

“I also invite the Latter-day Saints to look to the temple of the Lord as the great symbol of your membership. The things that we must do and not do to be worthy of a temple recommend are the very things that ensure we will be happy as individuals and as families” (Howard W. Hunter, Ensign, Nov. 1994, 8).

## PREPARE TO MEET GOD

*How does the temple help you prepare to return to God?*

“Let me give you a definition in brief. Your endowment is, to receive all those ordinances in the house of the Lord, which are necessary for you, after you have departed this life, to enable you to walk back to the presence of the Father, passing the angels who stand as sentinels, being enabled to give them the key words, the signs and tokens, pertaining to the holy Priesthood, and gain your eternal exaltation in spite of earth and hell” (Discourses of Brigham Young, comp. John A. Widtsoe,

Salt Lake City: Deseret Book Co., 1941, p. 416).

## PROTECTION

*What protection do you receive from temple attendance?*

“If we realize what we are doing, then the endowment will be a protection to us all our lives—a protection which a man who does not go to the temple does not have. I have heard my father say that in the hour of trial, in the hour of temptation, he would think of the promises, the covenants that he made in the House of the Lord, and they were a protection to him. ... This protection is what these ceremonies are for, in part. They save us now and exalt us hereafter, if we will honor them” (Joseph Fielding Smith, Utah Genealogical and Historical Magazine, July 1930, p. 103).

## GARMENT BLESSINGS

*How are the garments a blessing in your life?*

“Endowed members of the Church wear the garment as a reminder of the sacred covenants they have made with the Lord and also as a protection against temptation and evil. How it is worn is an outward expression of an inward commitment to follow the Savior” (First Presidency letter, 10 Oct. 1988).

## MORE SPIRITUAL

*How does temple worship make you more spiritual?*

“If there were more temple work done in the Church, there would be less of selfishness, less of contention, less of demeaning others. The whole Church would increasingly be lifted to greater heights of spirituality, love for one another, and obedience to the commandments of God” (Teachings of Gordon B. Hinckley [1997], 622).

## YOU RECEIVE POWER BY GOING TO THE TEMPLE

*What kind of power do you personally receive from the temple?*

*How does this power apply to you as a missionary?*

D&C 109:22 And we ask thee, Holy Father, that thy servants may go forth from this house armed with thy power, and that thy name may be upon them, and thy glory be round about them, and thine angels have charge over them;



## TAUGHT PERFECT LESSONS

*What do you learn in the temple about your duties to God?*

D&C 105:10 That they themselves may be prepared, and that my people may be taught more perfectly, and have experience, and know more perfectly concerning their duty, and the things which I require at their hands. 11 And this cannot be brought to pass until mine elders are endowed with power from on high. 12 For behold, I have prepared a great endowment and blessing to be poured out upon them, inasmuch as they are faithful and continue in humility before me.

## SEE GOD

*How do you see God in the temple?*

D&C 97:15 And inasmuch as my people build a house unto me in the name of the Lord, and do not suffer any unclean thing to come into it, that it be not defiled, my glory shall rest upon it; 16 Yea, and my presence shall be there, for I will come into it, and all the pure in heart that shall come into it shall see God. 17 But if it be defiled I will not come into it, and my glory shall not be there; for I will not come into unholy temples.

## ULTIMATE IN YOUR WORSHIP

*How can you make the temple the “ultimate” in your worship?*

“They represent the ultimate in our worship and the ultimate in blessings offered” (Gordon B. Hinckley, Ensign, Nov. 1999, 6)

## LEAVE THE TEMPLE A BETTER PERSON

*What happens in the temple to make you a better person?*

“These unique and wonderful buildings, and the ordinances administered therein, represent the ultimate in our worship. These ordinances become the most profound expressions of our theology. I am satisfied that every man or woman who goes to the temple in a spirit of sincerity and faith leaves the house of the Lord a better man or woman.” (Gordon B. Hinckley, Ensign, Nov. 1995, 53).

## GET REVELATIONS IN THE TEMPLE

*How can the temple help you make important decisions?*

“Everything that occurs in those temples is concerned with the eternities, with everlasting life” (“Messages of Inspiration from President Hinckley,” Church News, 6 Feb. 1999, 2).

## THE LORD MANIFESTS HIMSELF TO YOU

*How does Jesus Christ manifest himself to you in the temple?*

D&C 109:5 For thou knowest that we have done this work through great tribulation; and out of our poverty we have given of our substance to build a house to thy name, that the Son of Man might have a place to manifest himself to his people.

## INSTRUCTED IN THE TEMPLE

*How is the temple a house of prayer, fasting, faith, learning, a glory, order, and a house of God for you personally?*

D&C 109:8 Organize yourselves; prepare every needful thing, and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God; 9 That your incomings may be in the name of the Lord, that your outgoings may be in the name of the Lord, that all your salutations may be in the name of the Lord, with uplifted hands unto the Most High—

## SECURE PROMISES IN THE TEMPLE

*What blessings are yours when you keep temple covenants?*

D&C 109:10 And now, Holy Father, we ask thee to assist us, thy people, with thy grace, in calling our solemn assembly, that it may be done to thine honor and to thy divine acceptance; 11 And in a manner that we may be found worthy, in thy sight, to secure a fulfilment of the promises which thou hast made unto us, thy people, in the revelations given unto us; 12 That thy glory may rest down upon thy people, and upon this thy house, which we now dedicate to thee, that it may be sanctified and consecrated to be holy, and that thy holy presence may be continually in this house;

## THE LORD’S GLORY RESTS ON YOU

*What kind of glory do you feel in the temple?*

D&C 109:12 That thy glory may rest down upon thy people, and upon this thy house, which we now dedicate to thee, that it may be sanctified and consecrated to be holy, and that thy holy presence may be continually in this house;

## TAUGHT WISDOM

*What words of wisdom are you taught in the temple?*

D&C 109:14 And do thou grant, Holy Father, that all those who shall worship in this house may be taught words of wisdom out of the best books, and that they may seek learning even by study, and also by faith, as thou hast said;

## RECEIVE A FULLNESS OF THE HOLY GHOST

*How do you receive a fullness of the Holy Ghost in the temple?*

D&C 109:15 And that they may grow up in thee, and receive a fulness of the Holy Ghost, and be organized according to thy laws, and be prepared to obtain every needful thing;

## SHOW GOD YOUR WORTHINESS

*Why must you be clean to enter the House of the Lord?*

D&C 109:20 And that no unclean thing shall be permitted to come into thy house to pollute it; 21 And when thy people transgress, any of them, they may speedily repent and return unto thee, and find favor in thy sight, and be restored to the blessings which thou hast ordained to be poured out upon those who shall reverence thee in thy house.

## YOU TEACH ABOUT THE TEMPLE ON YOUR MISSION

*What do missionaries teach about the temple? See PMG, 85–86*

D&C 109:23 And from this place they may bear exceedingly great and glorious tidings, in truth, unto the ends of the earth, that they may know that this is thy work, and that thou hast put forth thy hand, to fulfil that which thou hast spoken by the mouths of the prophets, concerning the last days.

## HEARTS ARE TURNED TOWARDS ANCESTORS

*How is your heart turned towards your ancestors in the temple?*

Malachi 4:5-6 Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: 6 And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

## ANCESTORS ARE SAVED

*Why are baptisms for the dead performed? See D&C 128:1*

“Through His loving grace and mercy the Lord makes salvation possible for everyone who did not have the opportunity to receive, understand, and obey the gospel during their mortal lives. The gospel is preached to these deceased people in the spirit world” (PMG, 86).

## SEALED TO YOUR LOVED ONES

*What are some of the sealing blessings? See D&C 132:19–24*

“The divine plan of happiness enables family relationships to endure beyond the grave. Marriage, however, can be eternal only when authorized priesthood holders perform the sealing ordinance in sacred temples and when husbands and wives who have been sealed together keep the covenants they have made. Through priesthood ordinances and righteous living, we can live as families in God’s presence eternally” (PMG, 85).

## BETTER PEOPLE

*How are you a better person after leaving the temple?*

If every man in this church who has been ordained to the Melchizedek Priesthood were to qualify himself to hold a temple recommend and then were to go to the house of the Lord and renew his covenants in solemnity before God and witnesses, we would be a better people.

There would be little or no infidelity among us. Divorce would almost entirely disappear. So much of heartache and heart-break would be avoided. There would be a greater measure of peace and love and happiness in our homes. There would be fewer weeping wives and weeping children. There would be a greater measure of appreciation and of mutual respect among us. And I am confident the Lord would smile with greater favor upon us. (Gordon B. Hinckley, Ensign, Nov. 1995, 53)

## BUILDS SPIRITUALITY

*How does temple attendance build your spirituality?*

The building of these temples must be accompanied by an ever stronger emphasis on genealogical research on the part of all the members of the Church. Furthermore, implicit in the building of temples is the principle of regular temple attendance by the Saints. Nothing builds spirituality and our understanding of the priesthood principles more than regular temple attendance. (Spencer W. Kimball, Ensign, May 1982, 4–5)

## SAVIOR AT CENTER

*How does the temple put the Savior at the center of your life?*

We must do all in our power to ensure that no member of the Church departs this earth without having received the necessary ordinances and covenants of the temple.... As we keep our temple covenants, we place the Savior at the center of our lives, develop greater love for others, receive protection from evil influences, and obtain spiritual strength, happiness, peace of mind, and eternal life (James E. Faust, address at Regional Representatives’ seminar, 1 April 1988; quoted in Church News, 9 April 1998, page 5).

## SPIRIT TEACHES

*What does the Spirit teach in the temple?*

The Spirit of the Holy Ghost is the teacher in the temple. He teaches principles of eternal significance. It is during these instructions that we see the relationship between the earthly and the eternal. We must remember that the Spirit teaches only those who are teachable. If we enter the temple seeking added light and knowledge, we can learn and understand something new during the temple experience. The Savior



promised: “That which is of God is light; and he that . . . continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day” (D&C 50:24). (Elder L. Lionel Kendrick, Ensign, May 2001, page 78)

## SOLVE PROBLEMS

*Why take your cares to the temple?*

“When members of the Church are troubled or when crucial decisions weigh heavily upon their minds, it is a common thing for them to go to the temple. It is a good place to take our cares. In the temple we can receive spiritual perspective. There, during the time of the temple service, we are ‘out of the world.’

“Sometimes our minds are so beset with problems, and there are so many things clamoring for attention at once that we just cannot think clearly and see clearly. At the temple the dust of distraction seems to settle out, the fog and the haze seem to lift, and we can ‘see’ things that we were not able to see before and find a way through our troubles that we had not previously known.

“The Lord will bless us as we attend to the sacred ordinance work of the temples. Blessings there will not be limited to our temple service. We will be blessed in all of our affairs” (Boyd K. Packer, “The Holy Temple,” Ensign, Feb. 1995).

## LESSENS SATAN’S POWER

*How is Satan’s power decreased?*

“Every foundation stone that is laid for a temple and every temple completed, lessens the power of Satan on the earth, and increases the power of God and Godliness, moves the heavens in mighty power in our behalf, invokes and calls down upon us the blessings of eternal Gods and those who reside in their presence” (George Q. Cannon, Millennial Star, November 12, 1877, p. 743).

## SPIRITUAL STRENGTH

*What spiritual strength do you receive?*

As the pioneers had the larger vision in their daily challenge for survival, so also we need to have a greater vision and understanding of our eternal destiny. Our challenges are more subtle but equally hard. Maintaining our spiritual strength is also a daily challenge. The greatest source of that spiritual strength comes, as it did in their time, from our temples (James E. Faust, Eternity Lies before Us, Ensign, May 1997)



- You will be endowed with power from on high as the Lord has promised.
- You will receive the key of the knowledge of God. (See D&C 84:19.) You will learn how you can be like Him. Even the power of godliness will be manifest to you. (See D&C 84:20.)
- You will be doing a great service to those who have passed to the other side of the veil in order that they might be “judged according to men in the flesh, but live according to God in the spirit.” (D&C 138:34.) (Ezra Taft Benson, Ensign, August 1985, “What I Hope You Will Teach Your Children about the Temple.” From an address given at the Logan Temple Centennial, 17 May 1984.)

## GO BACK TO GOD

*How does the temple prepare you?*

“Your endowment is, to receive all those ordinances in the house of the Lord, which are necessary for you, after you have departed this life, to enable you to walk back to the presence of the Father, passing the angels who stand as sentinels, being enabled to give them the key words, the signs and tokens, pertaining to the holy Priesthood, and gain your eternal exaltation in spite of earth and hell” (Discourses of Brigham Young, sel. John A. Widtsoe [Salt Lake City: Deseret Book Co., 1941], p. 416).

## PROMISED BLESSINGS

*What blessing are given with each ordinance?*

“The ordinances of the endowment embody certain obligations on the part of the individual, such as covenant and promise to observe the law of strict virtue and chastity, to be charitable, benevolent, tolerant and pure; to devote both talent and material means to the spread of truth and the uplifting of the race; to maintain devotion to the cause of truth; and to seek in every way to contribute to the great preparation that the earth may be made ready to receive her King,—the Lord Jesus Christ. With the taking of each covenant and the assuming of each obligation a promised blessing is pronounced, contingent upon the faithful observance of the conditions” (James E. Talmage, *The House of the Lord*, rev. ed. [1976], 84).

## SACRED PROMISES

*What promises come to you?*

Because of its sacredness we are sometimes reluctant to say anything about the temple to our children and grandchildren. As a consequence, many do not develop a real desire to go to the temple, or when they go there, they do so without much background to prepare them for the obligations and covenants they enter into.

Now let me say something else to all who can worthily go to the House of the Lord. When you attend the temple and perform the ordinances that pertain to the House of the Lord, certain blessings will come to you:

- You will receive the spirit of Elijah, which will turn your hearts to your spouse, to your children, and to your forebears.
- You will love your family with a deeper love than you have loved before.
- Your hearts will be turned to your fathers and theirs to you.

## DEEPEST QUESTIONS

*What answers can you receive?*

It is because the deepest questions of our existence are answered in the temple. These answers tell us where we came from, why we are here, where we may go, and how we may cope with the matter of death. This life makes no logical sense unless we think in terms of the eternities. The transcendent blessings of life and eternity are received within the sacred walls of the temple James E. Faust, *Eternity Lies before Us*, Ensign, May 1997)

## PERSONAL BLESSINGS

*What personal blessings do you receive?*

Truly, the Lord desires that His people be a temple motivated people. It would be the deepest desire of my heart to have every member of the Church be temple worthy. I would hope that every adult member would be worthy of—and carry—a current temple recommend, even if proximity to a temple does not allow immediate or frequent use of it.

Let us be a temple attending and a temple loving people. Let us hasten to the temple as frequently as time and means and personal circumstances allow. Let us go not only for our kindred dead, but let us also go for the personal blessing of temple worship, for the sanctity and safety which is provided within those hallowed and consecrated walls. The temple is a place of beauty, it is a place of revelation, it is a place of peace. It is the house of the Lord. It is holy unto the Lord. It should be holy unto us. (Howard W. Hunter, *The Great Symbol of Our Membership*, Ensign, October 1994)

## PLACE OF INSTRUCTION

*What do you learn in the temple?*

“The temple is a place of instruction where profound truths pertaining to the Kingdom of God are unfolded. It is a place of peace where minds can be centered upon things of the spirit and the worries of the world can be laid aside. In the temple we take covenants to obey the laws of God, and promises are made to us, conditioned always on our faithfulness, which extend into eternity” (*The Priesthood and You*, Melchizedek Priesthood Lessons—1966, Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 1966, p. 293).

## PRESENCE OF THE LORD

*Do you feel God’s presence in His house?*

Temples have always symbolized being in the presence of the Lord. “Let them make me a sanctuary; that I may dwell among them,” said the Lord. “And there I will meet with thee, and I will commune with thee” (Ex. 25:8, 22). There is a closeness to God that comes through consistent worship in the house of the Lord. We can come to know Him and feel welcome, “at home,” in His house. (David E. Sorensen, *General Conference*, October 1998; See November 1998 Ensign)



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Jesus blesses me when I go to the temple

