

LESSON 03

ENDOWMENT

ONE THING TO REMEMBER

Obedience

TODAY'S CHALLENGE:

Will you live the law of obedience and strive to keep Heavenly Father's commandments?

“Therefore God gave unto them [Adam and Eve] commandments, after having made known unto them the plan of redemption. . .” (Alma 12:32).



Homework

1) Do the study guide (next page)

Look up the scriptures on the study guide located on the next page.

2) Do the self-assessment

On the self-assessment, record your answers in your personal study journal.

3) Attend an endowment session

As you attend the endowment session, consider pondering these questions: Why is the Law of Obedience the first covenant in the endowment? How am I living the law of obedience as I strive to keep Heavenly Father's commandments? How does the Law of Obedience relate to all of the five endowment covenants? How can I better live the Law of Obedience?

QUOTE OF THE DAY



“When you make choices, I invite you to take the long view—an eternal view. Put Jesus Christ first because your eternal life is dependent upon your faith in Him and in His Atonement. It is also dependent upon your obedience to His laws. **Obedience paves the way for a joyful life for you today and a grand, eternal reward tomorrow.**”

When you are confronted with a dilemma, think celestial! When tested by temptation, think celestial! When life or loved ones let you down, think celestial! When someone dies prematurely, think celestial. When someone lingers with a devastating illness, think celestial. When the pressures of life crowd in upon you, think celestial! As you recover from an accident or injury, as I am doing now, think celestial!” (Russel M. Nelson, Oct. 2023)



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STUDY GUIDE



Our Covenant to Be Willing to Take upon Us the Name of Jesus Christ

When we are baptized, we covenant to follow Jesus Christ “with full purpose of heart.” We also witness that we “are willing to take upon [us] the name of Christ” (2 Nephi 31:13; see also D&C 20:37).

Taking upon ourselves the name of Jesus Christ means that we remember Him and strive to live as His lifelong disciples. We let His light shine through us to others. We see ourselves as His and put Him first in our lives.

PRAY OFTEN

Will you pray daily to Heavenly Father?

- 2 Nephi 32:8–9
- Enos 1:1–12
- Alma 6:6; 13:28; 34:17–28; 37:36–37
- 3 Nephi 18:20
- Moroni 10:3–5
- D&C 6:22–23; 8:2–3; 9:7–9; 10:5; 19:28

STUDY THE SCRIPTURES

Will you read the scriptures daily?

- 1 Nephi 19:22–23
- 2 Nephi 9:50–51; 25:26; 29:1–13; 31:19–20; 32:3
- Alma 32:28–30
- D&C 1:37–38; 18:34–36
- John 20:31
- 2 Timothy 3:14–17
- 2 Peter 1:20–21



Our Covenant to Keep the Commandments of God

THE TWO GREAT COMMANDMENTS

Will you love God and others?

- Matthew 22:36–39
- Mark 12:31
- John 14:15, 21

WORD OF WISDOM

Will you obey the Word of Wisdom?

- D&C 59:15–20; 88:124; 89
- 1 Corinthians 6:19–20

LAW OF CHASTITY

Will you strive for moral cleanliness in your thoughts and behavior? Will you live the law of chastity?

- 3 Nephi 12:27–30
- D&C 42:22; 59:6; 63:16
- Matthew 5:27–28
- Ephesians 5:3–5

SABBATH DAY

Will you keep the Sabbath day holy and attend Church weekly? Will you strive to faithfully partake of the sacrament?

- 3 Nephi 18:1–12
- D&C 59:9–19
- Moses 3:1–3
- Matthew 12:10–13
- Exodus 20:8–11; 31:12–13, 16–17
- Isaiah 58:13–14

FOLLOW THE PROPHET

Will you follow the counsel of the living prophet?

- Mosiah 15:11–12
- 3 Nephi 12:1–2
- D&C 1:4, 37–38; 21:1–7; 136:37–38
- Acts 10:34–43
- Ephesians 2:19–20; 4:11–14
- Amos 3:7

TEN COMMANDMENTS

Will you keep the Ten Commandments?

- Mosiah 13:11–24
- D&C 35:24; 59:5–6
- Exodus 20:1–17
- Deuteronomy 5:6–21

TITHING

Will you obey the law of tithing?

- D&C 119; 120
- Matthew 6:33
- Hebrews 7:1–2
- Genesis 14:18–20
- Leviticus 27:30–33
- Malachi 3:7–12

OBEY AND HONOR THE LAW

Will you obey the laws of the country in which you live?

- D&C 58:21; D&C 134
- Articles of Faith 1:12



Our Covenant to Serve God and Others

SERVICE

Will you accept a calling or an assignment including ministering?

- Mosiah 2:17; 4:15–16, 26; 18:8–10; 23:18
- D&C 42:38
- Matthew 25:31–46
- Luke 10:25–37
- James 1:27; 2:17

SHARING THE GOSPEL

Will you pray for the missionaries and for opportunities to share the gospel? Will you seek to practice the principles of lov-

ing, sharing, and inviting with your friends, relatives, and others?

- D&C 88:81
- Matthew 28:19–20

FASTING AND FAST OFFERINGS

Will you fast and pray on the next fast Sunday for a specific need? Will you donate a fast offering?

- Alma 4:12–13; 5:45–46; 6:6; 17:2–3
- Moroni 6:5
- D&C 59:12–16; 88:76
- Isaiah 58:6–11
- Mosiah 4:16–27



Our Covenant to Endure to the End

PRIESTHOOD AND CHURCH ORGANIZATIONS

Will you participate actively in the appropriate Church organizations?

- Mosiah 18:17
- Alma 13:1–19
- D&C 20:38–65; 84:19–20; 107; 121:34–46
- Luke 9:1–6
- John 15:16
- James 5:14–15

MARRIAGE AND FAMILIES

Will you hold weekly home evening, daily family prayer, and daily family scripture study? Will you worship on the Sabbath as a family?

- Mosiah 4:14–15
- Alma 56:47; 57:21
- 3 Nephi 18:21
- D&C 68:25–28
- Ephesians 6:4
- Proverbs 22:6

TEMPLE AND FAMILY HISTORY WORK FOR DECEASED ANCESTORS

Will you prepare to receive temple ordinances for deceased ancestors? Will you participate in family history work and submit the names of deceased ancestors to receive temple ordinances?

- D&C 128; D&C 138
- 1 Corinthians 15:29
- 1 Peter 3:18–21; 4:6

TEMPLES, THE ENDOWMENT, ETERNAL MARRIAGE, AND ETERNAL FAMILIES

Will you prepare to attend the temple and receive temple ordinances?

- D&C 43:16; 95:8–9; 97:10–16
- D&C 109; 131:1–4

SELF-ASSESSMENT

How can you better live the law of obedience and strive to keep Heavenly Father’s commandments?



Our Covenant to Be Willing to Take upon Us the Name of Jesus Christ

TAKING HIS NAME

We covenant to follow Jesus Christ “with full purpose of heart.” We also witness that we “are willing to take upon [us] the name of Christ” (2 Nephi 31:13). ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in your life as you take upon the name of Christ?

PRAY OFTEN

Prayer comes from the heart. We express love for Him and gratitude for our blessings. We also ask for help, protection, and direction. Jesus set the example for us to follow as we pray. ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in your prayers?

STUDY THE SCRIPTURES

Nephi taught, “Feast upon the words of Christ; for [they] will tell you all things what ye should do” (2 Nephi 32:3). ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in your scripture study?

Our Covenant to Keep the Commandments of God

LOVE GOD

When Jesus was asked, “Which is the great commandment?” He answered, “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.” ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in your demonstration for your love of God?

LOVE OTHERS

Jesus then said the second great commandment is like unto the first: “Thou shalt love thy neighbour as thyself” (Matthew 22:36–39). “There is none other commandment greater than these” (Mark 12:31). ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in your demonstration for your love of others?

FOLLOW THE PROPHET

God calls prophets to be His representatives on earth. Through His prophets, He reveals truth and provides guidance and warnings. ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in following the prophet?

KEEP THE TEN COMMANDMENTS

God revealed the Ten Commandments to Moses. These commandments apply just as much in our day. ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in obeying the Ten Commandments?

LIVE THE LAW OF CHASTITY

Sexual intimacy between husband and wife is ordained of God for the creation of children and for the expression of love within marriage. ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference in obeying the law of chastity?

KEEP THE LAW OF TITHING

The word tithe literally means one-tenth. As we tithe, we donate one-tenth of our

income to the Church (D&C 119:3–4).

↳ What is the one thing—if done regularly and consistently—that would make the biggest difference obeying the law of tithing?

OBEY THE WORD OF WISDOM

Our bodies are sacred gifts from God. We need a physical body to become more like Him. Our bodies are so important that the scriptures compare them to temples (1 Corinthians 6:19–20).

↳ What is the one thing—if done regularly and consistently—that would make the biggest difference obeying the Word of Wisdom?

KEEP THE SABBATH DAY HOLY

The Sabbath is a holy day that God has set apart for us each week to rest from our daily labors and worship Him. Doing good on the Sabbath day is at least as important as what we refrain from doing to keep it holy. ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference keeping the Sabbath Day holy?

OBEY AND HONOR THE LAW

We believe in obeying the law and in being good citizens. We are encouraged to render service to improve our communities and nations and be an influence for sound moral values in society and government. ↳ What is the one thing—if done regularly and consistently—that would make the biggest difference keeping obeying and honoring the law?



Our Covenant to Serve God and Others

SERVICE

Serving others is one of the primary ways we serve God (see Mosiah 2:17). We should be “willing to bear one another’s burdens, ... mourn with those that mourn ... , and comfort those that stand in need of comfort” (Mosiah 18:8–9). ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in you serving others?

SHARING THE GOSPEL

We promise to “stand as witnesses of God” (Mosiah 18:9). One way we stand as witnesses is by sharing the gospel of Jesus Christ. Helping others receive the gospel is one of the most joyful kinds of service we can give (see D&C 18:15–16). ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in you sharing the gospel with others?

FASTING AND FAST OFFERINGS

Fasting can help us become humble, draw closer to God, and feel spiritually renewed. When we fast, we donate money to the Church to help care for people in need. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference when fasting and paying fast offerings?



Our Covenant to Endure to the End

CHURCH CALLING

When men and women are called and set apart to serve in the Church, they are given authority from God to act in that calling. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference when serving in your church calling?

QUORUMS AND CHURCH ORGANIZATIONS

A quorum is an organized group of priesthood holders. Each ward has an elders quorum for adult men. Deacons, teachers, and priests quorums are for young men. The Relief Society includes women ages 18 and over. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference when participating in your quorum or Relief Society?

MARRIAGE

Marriage between a man and a woman is ordained of God. It is central to His plan for the eternal progress of His children. The union of a husband and wife in marriage should be their most cherished earthly relationship. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in improving your marriage?

FAMILY

Like marriage, the family is ordained of God and is central to His plan for our eternal happiness. Our families are most likely to be happy when we live by the teachings of Jesus Christ. Parents should make their family their highest priority. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in improving your family?

TEMPLE AND FAMILY HISTORY WORK FOR DECEASED ANCESTORS

Heavenly Father loves all His children and desires their salva-



tion and exaltation. Yet billions of people have died without hearing the gospel of Jesus Christ or receiving the saving ordinances of the gospel. These ordinances include baptism, confirmation, priesthood ordination for men, the temple endowment, and eternal marriage. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in doing temple and family history work for your ancestors?

TEMPLES

The temple is the house of the Lord. It is a holy place where we can make covenants with God as we receive His sacred ordinances. As we keep these covenants, we will have the power of godliness manifest in our lives (see D&C 84:19–22; 109:22–23). ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in your temple worship?

ENDOWMENT

One of the ordinances we receive in the temple is called the endowment. The word endowment means “a gift.” This gift of knowledge and power comes from God. During the endowment, we make covenants with God that bind us to Him and His Son, Jesus Christ. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in your endowment experience?

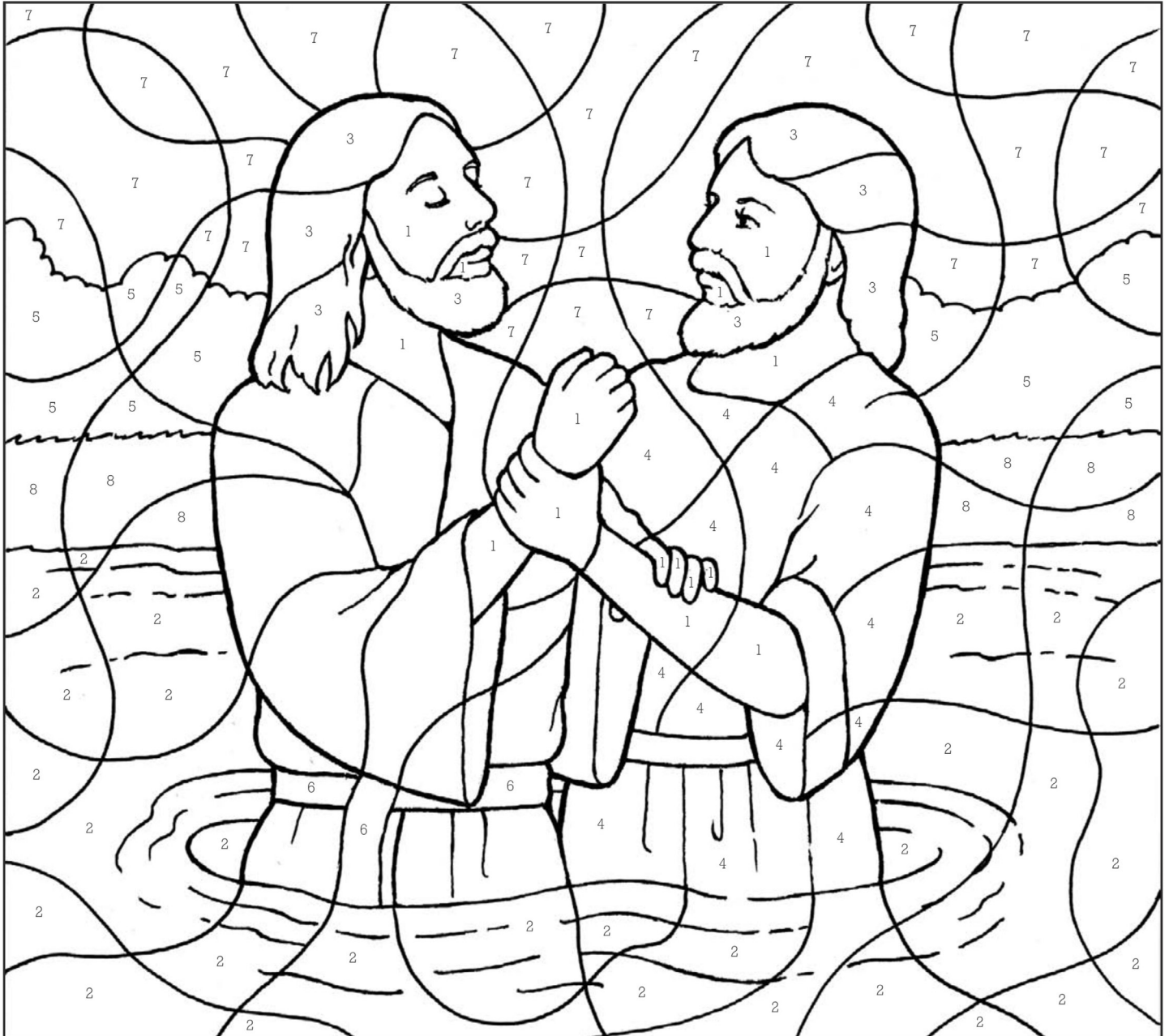
ETERNAL MARRIAGE AND ETERNAL FAMILIES

God’s plan of happiness enables family relationships to endure beyond the grave. In the temple we can be married for time and eternity. This makes it possible for families to be together forever. ↪ What is the one thing—if done regularly and consistently—that would make the biggest difference in making your marriage and family an eternal thing?

Color This Page!

Jesus obeyed His Father and got baptized

Use a different color for each number.



“Know ye not that he was holy? But notwithstanding he being holy, he showeth unto the children of men that, according to the flesh he humbleth himself before the Father, and witnesseth unto the Father that **he would be obedient** unto him in keeping his commandments.” (2 Nephi 31:7)