

Word of Wisdom - D&C 89

The Law

Introduction

Do Not Use Improperly

Use Properly

Promise

1 A **Word of Wisdom**, for the benefit of the council of high priests, assembled in Kirtland, and the church, and also the saints in Zion—
 2 To be sent greeting; **not by commandment or constraint**, but by revelation and the word of wisdom, showing forth the **order and will of God in the temporal salvation of all saints** in the last days—
 3 Given for a **principle with promise**, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints.
 4 Behold, verily, thus saith the Lord unto you: In consequence of **evils and designs** which do and will exist in the hearts of **conspiring men** in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation—

5 That inasmuch as any man drinketh **wine or strong drink** among you, behold it is not good, neither meet in the sight of your Father, only in assembling yourselves together to offer up your sacraments before him.
 6 And, behold, this should be wine, yea, pure wine of the grape of the vine, of your own make.
 7 And, again, **strong drinks** are not for the belly, but for the washing of your bodies.
 8 And again, **tobacco** is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill.
 9 And again, **hot drinks** are not for the body or belly.



2-9-03

10 And again, verily I say unto you, **all wholesome herbs** God hath ordained for the constitution, nature, and use of man—
 11 **Every herb** in the season thereof, and **every fruit** in the season thereof; all these to be used with prudence and thanksgiving.
 12 Yea, **flesh also of beasts and of the fowls of the air**, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly;
 13 And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine.
 14 **All grain** is ordained for the use of man and of beasts, to be the **staff of life**, not only for man but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth;
 15 And these hath God made for the use of man only in times of famine and excess of hunger.
 16 All grain is good for the food of man; as also the **fruit of the vine; that which yieldeth fruit**, whether in the ground or above the ground—
 17 Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

18 And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive **health in their navel and marrow to their bones**;
 19 And shall find **wisdom and great treasures of knowledge**, even **hidden treasures**;
 20 And shall **run and not be weary**, and shall **walk and not faint**.
 21 And I, the Lord, give unto them a promise, that the **destroying angel shall pass by them**, as the children of Israel, and not slay them. Amen.

God's People Always Receive Dietary Laws

- Adam & Eve (Gen 2:16-17)
- Israelites (Deuteronomy)
- Daniel (Read this!) (Daniel 1:5-20)
- Early Christian Church (Acts 15:29)
- Restored Church

The Principle

*When we take into us that which is good and meant for us, it takes us toward life.
 When we take into us that which is bad and not meant for us, it takes us toward death.
 This includes all things, not just food.*

Obedience

The Promise

- Health
- Wisdom
- Knowledge
- Hidden Knowledge
- Not Destroyed

Principle with a Promise

The principle of the word of wisdom is this: That which we put into our bodies takes us toward life or death. If it is good for our bodies we receive longer life. If bad, we draw closer to death. This principle is far more reaching than the physical body, however. The physical is supposed to help school us in the spiritual. That which is meant for the spirit, such as scriptures, beautiful art, knowledge, and all things good, takes us toward eternal life when we take it into ourselves. That which is bad and degrading drags the spirit toward death. It is not an issue of ingesting light or darkness or something else, it is ingesting light or rejecting light. Our spirits need light to exist in their organized form. If they do not receive it, they, like the physical body, will deteriorate and be broken up.

Decomposition of Wicked Spirits

Brigham Young said the following on 14 August 1853:

The people in this age, are like the old miser, whose latter end was drawing nigh; he had saved a good purse of gold, but he was blind and could not see it, so he requested the attendants to bring him the gold that he might put his hand on it; when he laid his hand upon it, he could go to sleep. He possessed the negative of true riches. Again, they are like the man who found a lump of gold which weighed 100 pounds, the last that was heard of him was, he was sitting upon it, offering a great price to the passers by for something to eat, and swearing that if he had to starve to death, he would stick by the gold, and die a rich man. If he had understood the principles of life—the principles of true riches, he could have commanded that gold in California, in England, or anywhere else; but he had no power over it, and died like a fool, no doubt. What good was his gold to him? He had not the power of endless life in him, and he will be decomposed, and the particles which compose his body and spirit will return to their native element. I told you some time ago what would become of such men. But I will quote the Scriptures on this point, and you can make what you please of it. Jesus says, he will DESTROY *death* and *him* that hath the power of it. What can you make of this but decomposition, the returning of the organized particles to their native element, after suffering the wrath of God until the time appointed. That appears a mystery, but the principle has been in existence from all eternity, only it is something you have not known or thought of. When the elements in an organized form do not fill the end of their creation, they are thrown back again, like brother Kimball's old pottery ware, to be ground up, and made over again. All I have to say about it is what Jesus says—I will *destroy* Death, and him that hath the power of it, which is the devil. And if he ever makes "*a full end* of the wicked," what else can he do than, and reduce them to their native element? Here are some of the mysteries of the kingdom. (Brigham Young, *Journal of Discourses*, Vol.1, p.275.)

Promise

People who fill themselves with things of light become one with the Spirit of God and receive the companionship of the Holy Ghost. How can they help but see and understand great knowledge. How can they help but be wiser in their approach to life. More and more falls within their grasp, until they come to know all things.

And therefore, he that will harden his heart, the same receiveth the lesser portion of the word; and he that will not harden his heart, to him is given the greater portion of the word, until it is given unto him to know the mysteries of God until he know them in full. (Alma 12:10)