

Lesson 14: The Word of Wisdom



Purpose

- To help each child understand that the Lord blesses us when we follow the commandments given in the Word of Wisdom.

***Our Opening
Prayer will be
given by***



- **(Enter Name Here)**

Attention Activity

- Please close your eyes and imagine that you each have a pet, such as a puppy.
- You love your pets very much and have a lot of fun with them.
- One day the pets seem tired and sick and will not eat their favorite food.
- What could be wrong with your imaginary pet?

Attention Activity

- Why might the pet not want to eat?
- Your pet could have eaten something that was bad for it.
- How can you help your pet?

Attention Activity

- Why might the pet not want to eat?
- Your pet could have eaten something that was bad for it.
- How can you help your pet?
 - **By not letting it eat food that is bad for it**
- What can happen to your body if you eat things that are not good for it?

Attention Activity

- Why might the pet not want to eat?
- Your pet could have eaten something that was bad for it.
- How can you help your pet?
 - **By not letting it eat food that is bad for it**
- What can happen to your body if you eat things that are not good for it?
 - **We can harm our bodies by eating things that are not healthy.**

Attention Activity

- Because Heavenly Father and Jesus Christ knew this could happen, they gave us some commandments to help us grow up strong and happy.

Attention Activity

- This is what our lesson is about today.
-

Lesson 14: The Word of Wisdom



Discussion



The Prophet Joseph Smith.

Discussion

- Jesus Christ told the Prophet Joseph Smith about some of the foods we should eat and some that we should not eat.



- Joseph Smith wrote these things down to guide us.

Discussion

- These instructions are called the Word of Wisdom, found in section 89 of the Doctrine and Covenants.
- This is a copy of the Doctrine and Covenants.



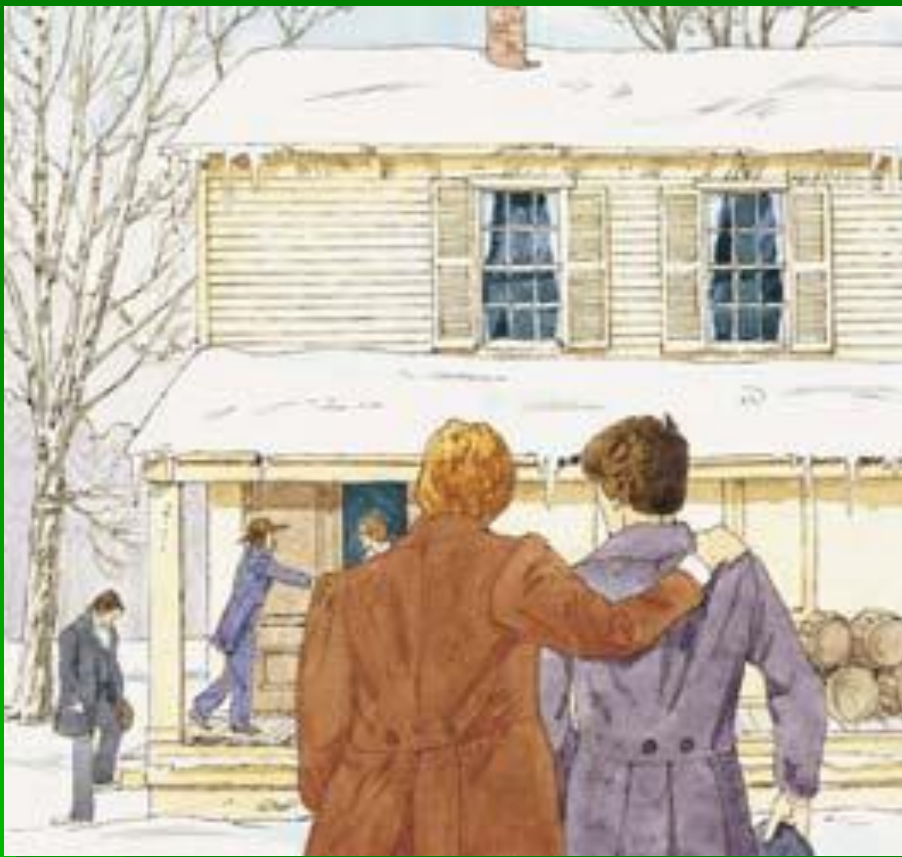
The foods we should eat include vegetables, beans, a little meat, fruits, and grains such as wheat (bread and noodles) and rice.



Go to Video

Go to Slides

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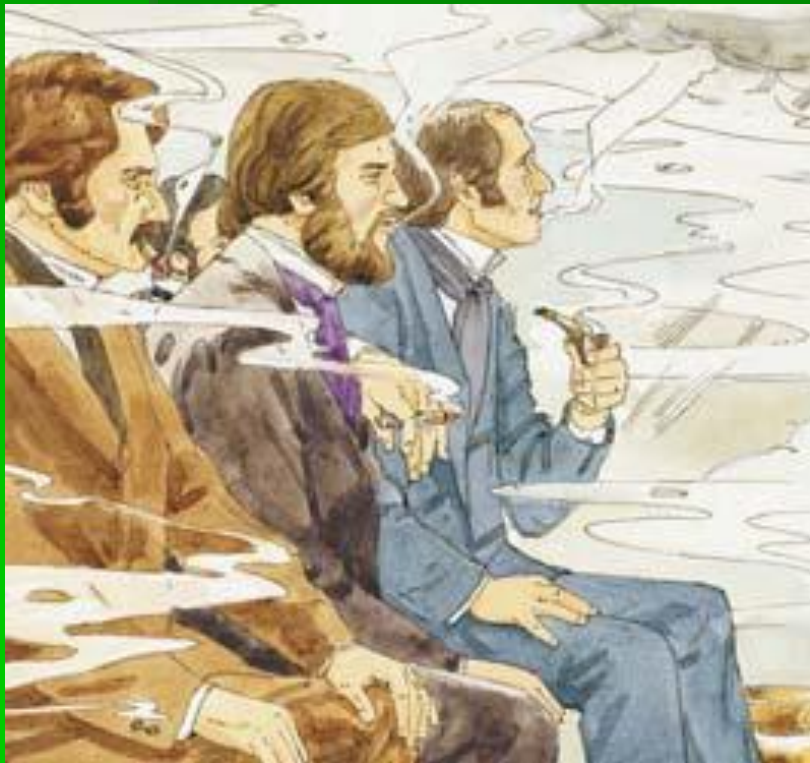
- Joseph Smith started a school for men in the Church.

It was called the School of the Prophets.

- The school was held in a room in Newel Whitney's store in Kirtland, Ohio.
- In this school, Joseph and other Church leaders taught each other about the priesthood, the scriptures, and other things.
- The school was to help the men prepare for Church leadership and missionary service.



- Many of the men smoked pipes or cigars, which filled the room with smoke.



- Some of the men chewed tobacco and spit on the floor, making it very dirty.

- Emma Smith, Joseph's wife, cleaned the room after each meeting.



- She and Joseph became concerned about the brethren's use of tobacco.
- Joseph wondered if people should smoke or chew tobacco.



- Joseph prayed to know what was right.
- Jesus gave him a revelation called the Word of Wisdom.
- Jesus said that some people want others to do things that are bad for their bodies.



- In the Word of Wisdom, Jesus told the Saints about things that are bad for their bodies.
- He also told them about things that are good for their bodies.

Jesus said alcohol is not good for people.

They should not have drinks with alcohol in them.

Alcohol should be used only on the outside of the body.





- Jesus said tobacco is not good for people.

- They should not smoke cigarettes, cigars, or pipes.
- They should not chew tobacco.

- Jesus said the Saints should not drink hot drinks such as tea and coffee.

- These drinks are not good for the body.



- Jesus said many plants and animals are good for people to eat.



- People should thank Heavenly Father for good food.



- Jesus said people should not eat too much meat.

The Lord said grains are good for the body.
Some grains are wheat, rice, corn, and oats.
Fruits and vegetables are also good for the
body.





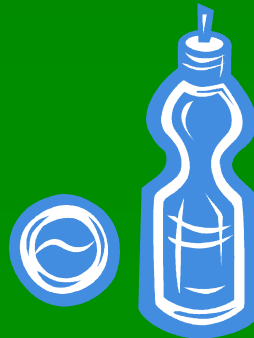
- Jesus promised great blessings to those who obey the Word of Wisdom.
- Their bodies will be stronger and healthier than if they did not obey it.
- Their minds will also be healthier, and they will receive wisdom and treasures of knowledge.

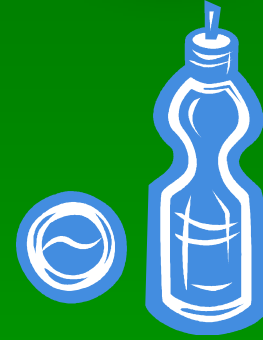


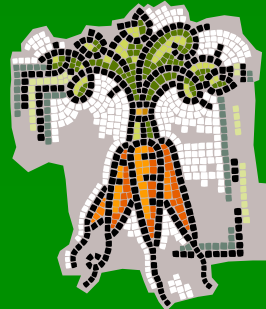
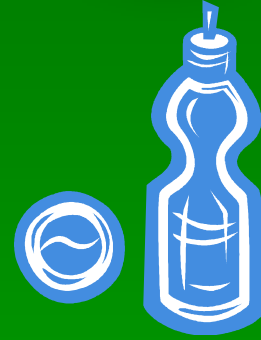
The Word of Wisdom is given to help us keep our bodies healthy and strong and that we are happier when we obey its guidelines.

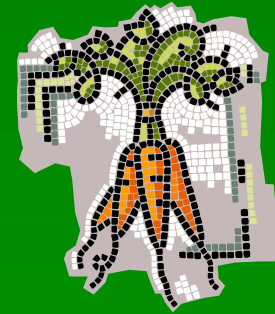
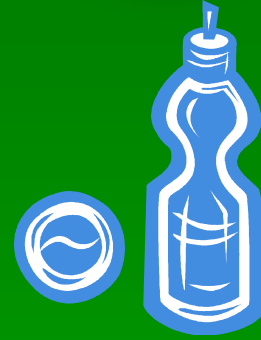


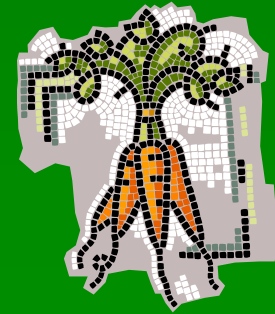
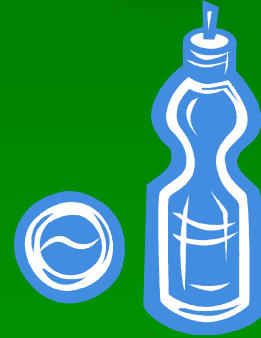


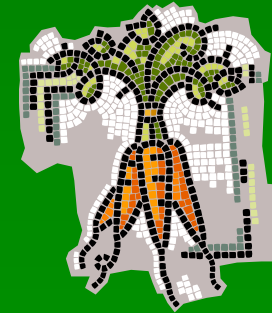
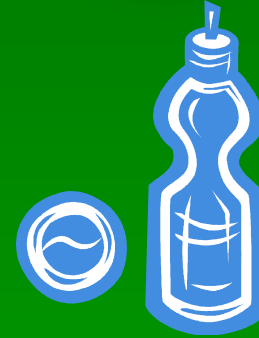


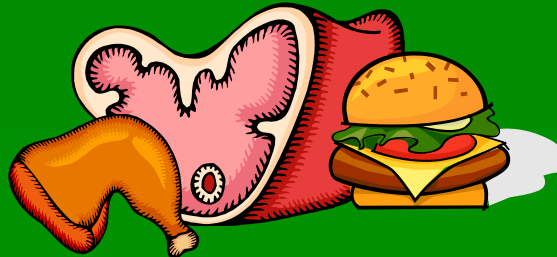
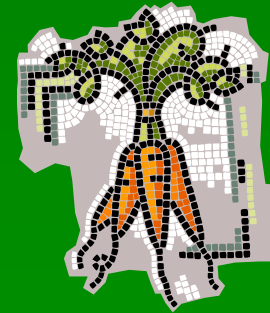
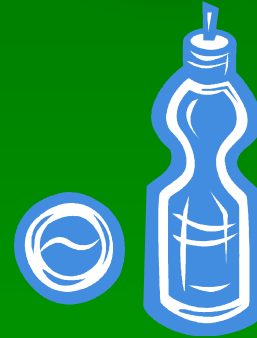


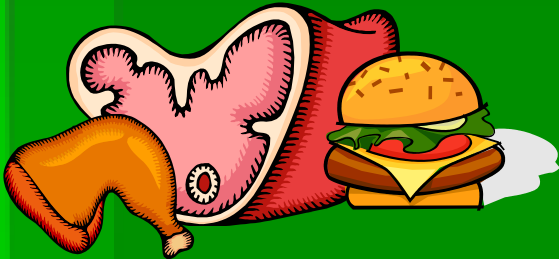
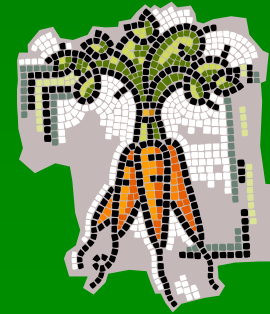
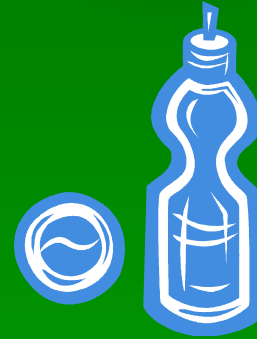


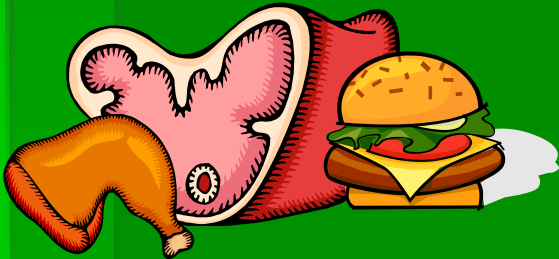
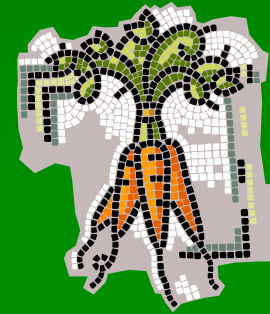
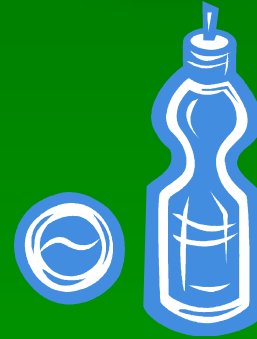


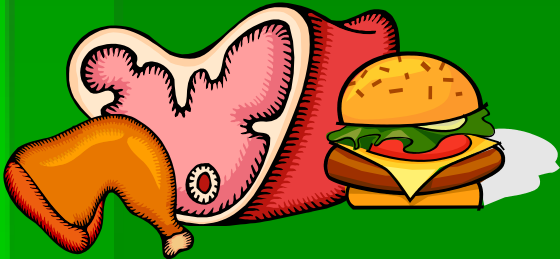
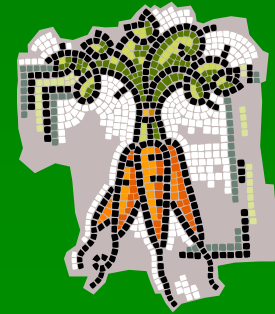
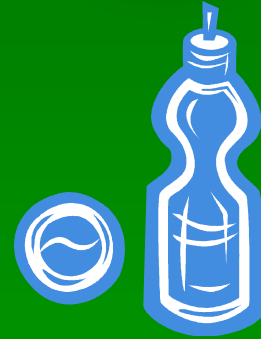










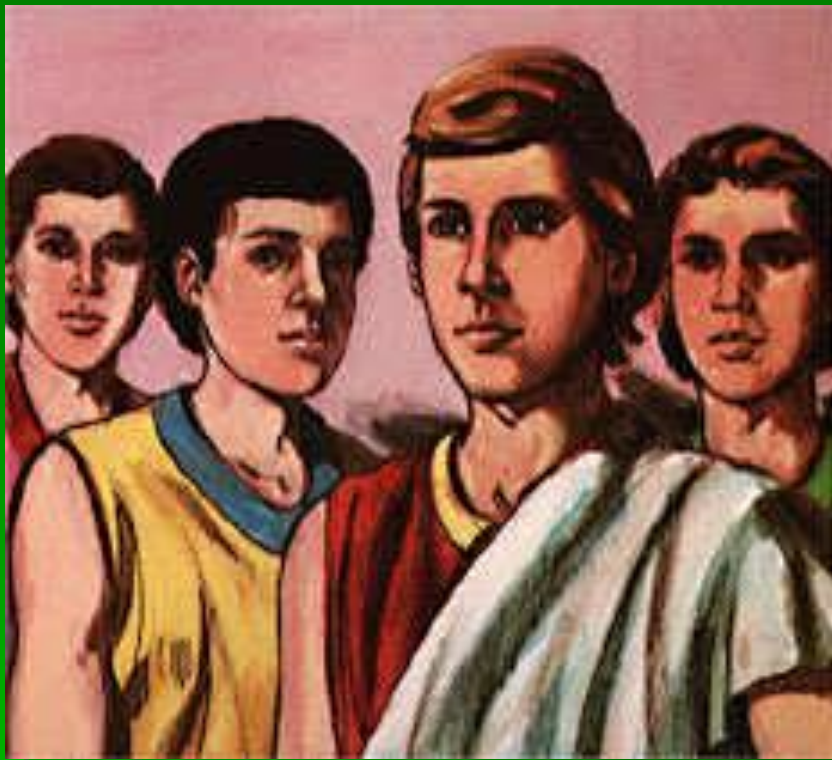


Let's listen to the story of Daniel and the wise decision he made not to eat the kings food.

[Go to the Video](#)

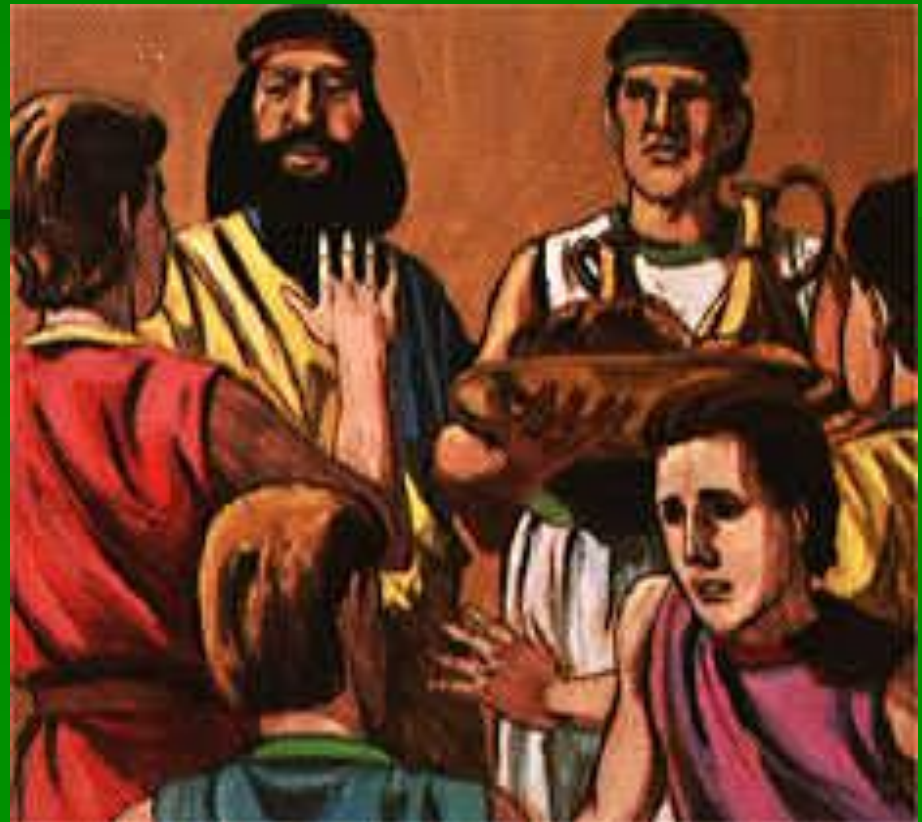
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- The king of Babylon took the Jews to his land.
- He took some of their children to live in his house.
- Four of them were Daniel, Shadrach, Meshach, and Abed-nego.
- They learned to speak the king's language.

- The king sent food and wine to Daniel and his friends.
- God said they should not eat this food.
- It was not good for them.
- They would not eat the food or drink the wine.
- They asked the king's servants to bring them good food.
- They asked for water, not wine.



The servant gave Daniel and his friends water to drink.

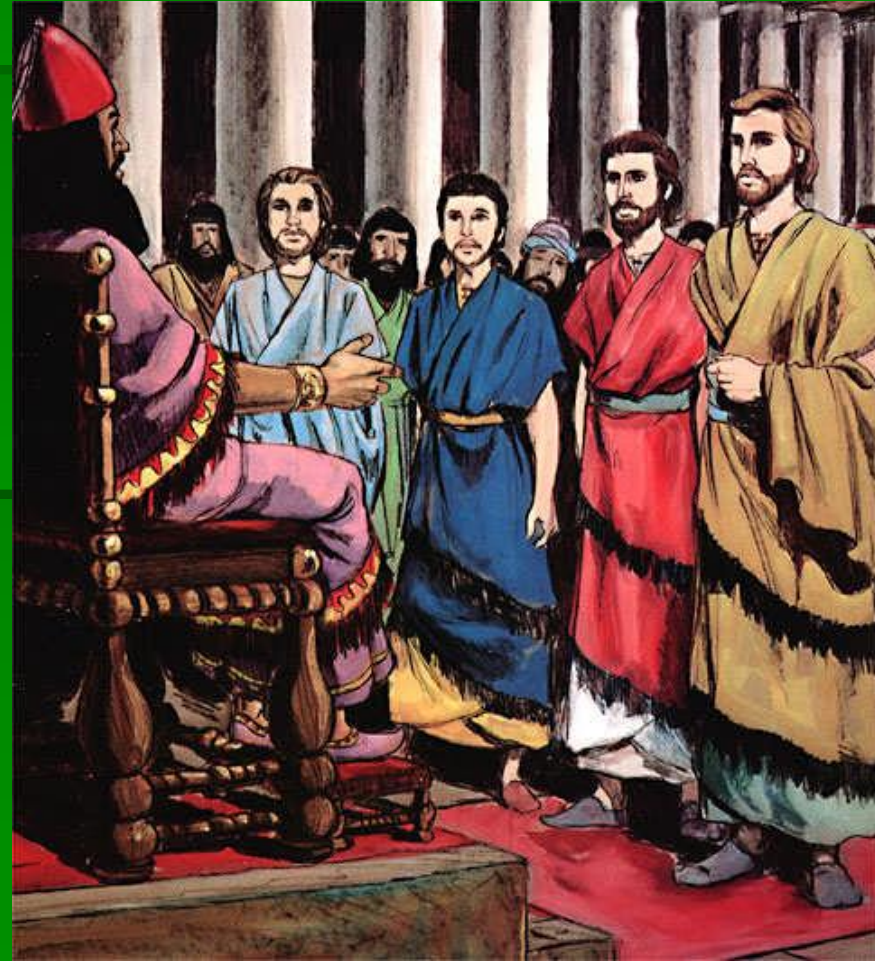
He gave them good food for ten days.



Daniel and his friends obeyed God.

Daniel and his friends looked better than the other children.

- After three years, Daniel, Shadrach, Meshach, and Abednego were taken to the king.
- He talked to them.
- The king said they were wiser than his wise men.
- God had blessed Daniel and his friends.
- God had made them strong and wise.



Let's read Daniel 1:17

17 ¶ As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

⑩ You should try to follow Daniel's example when you are offered something that would be unhealthy for your bodies.

⑩ What would you do if someone offered you something you know is not good for your body?

Let's sing "For Health and Strength" together.

For health and strength

- For health and strength
- and daily food
- we praise thy name,
- O Lord.

▪ Words and music: Anon.



- Jesus taught us how we should keep our bodies healthy and strong.
- Where can we read about this in the scriptures?



- Jesus taught us how we should keep our bodies healthy and strong.
- Where can we read about this in the scriptures?
 - Doctrine and Covenants 89



- We call this the _____ of _____.



- We call this the _____ of _____.
- **Word of Wisdom**
- Why do you think it is called the Word of Wisdom?
- What are some good things that we should eat and drink?



- What are some things that could be harmful to our bodies?
- How did Daniel show his courage?



- What are some things that could be harmful to our bodies?
- How did Daniel show his courage?
 - **By saying “no” to unhealthy foods**
- What can you do when someone offers you something unhealthy?

I have something for you to remind you that you will be happier when you choose healthy foods to eat.

When giving the closing prayer today, please remember to thank Heavenly Father for **Healthy Food and Strong Bodies.**

When giving the closing prayer today, please remember to thank Heavenly Father for Healthy Food and Strong Bodies.

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Our Closing Prayer will be given by

- (Enter Name Here)



The End

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