

DOCTRINE & COVENANTS 2021

# Come, Follow Me

with  
*Living Scriptures*  
STREAMING

## Word of Wisdom

Doctrine and Covenants 89-92

### Objectives:

- Discuss the Word of Wisdom and how we can use it to keep our bodies healthy.

### Reinforces Principles of:

- Word of Wisdom

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## Reverence Time

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### Song:

“The Lord Gave Me a Temple” Children’s Songbook, page 153  
<https://www.churchofjesuschrist.org/music/library/childrens-songbook/>

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### Scripture: Doctrine & Covenants 89:18

“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;”

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### Video:

Watch this week’s clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-wow>

### Lesson

#### Summary:

Concerned with the mess left behind by chewing tobacco and smoking pipes, Joseph Smith asked the Lord about the problem. He was given the revelation found in Doctrine & Covenants 89, which we now call the Word of Wisdom. In it, the Lord warns against drinking strong drinks (alcohol), drinking hot drinks (like coffee and tea), and using tobacco. The Lord encourages us to use and eat wholesome herbs, fruits, and grains and to eat meat sparingly. If we keep these commandments, we are promised blessings, including health, energy, wisdom, and knowledge.

In Doctrine & Covenants 90-92, the Lord gives specific instructions to several Church members to set the Church in order and walk uprightly before the Lord, avoiding pride, slothfulness, and uncleanness.

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#### Quote:

*"May we care for our bodies and our minds by observing the principles set forth in the Word of Wisdom, a divinely provided plan. With all my heart and soul, I testify of the glorious blessings which await us as we do." Thomas S. Monson*

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#### Questions:

What are we told to avoid using in the Word of Wisdom?

What are we told to use and eat in the Word of Wisdom?

Why do you think the Lord gave this guidance?

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## Activity Time

## Word of Wisdom Matching Game

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**Description:** Learn more about the guidance given in the Word of Wisdom to keep our bodies healthy with this fun matching game.

**What you need:**

- A copy of “Word of Wisdom Matching Game”, scissors, heavy or colored paper, glue.

**Preparation:**

1. Print the “Word of Wisdom Matching Game” cards.
2. If they are easily seen through, glue a sheet of heavy or colored paper to the back before cutting.
3. Cut apart cards.

**Activity:** Lay out all of the cards face down. Take turns choosing two cards. If the cards don't match, that person's turn is over and the next person takes a turn to choose two cards. If the cards do match, read the scripture on the card and talk about what you learn. Remove the cards from the playing area. The turn then ends and another person takes a turn to choose two cards.

Continue playing until all of the matches are found.





D&C 89:11, 16



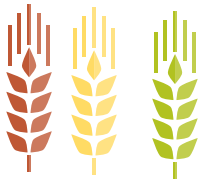
D&C 89:11, 16



D&C 89:12



D&C 89:12



D&C 89:14, 16



D&C 89:14, 16



D&C 89:5, 7



D&C 89:9



D&C 89:8



D&C 89:5, 7



D&C 89:9



D&C 89:8

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## Treat Time

## Wheat Bread and Fresh Fruit Jam

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**Prep Time:** 20 minutes  
**Rise Time:** 2 hours  
**Bake Time:** 30 minutes



**Ingredients:**

|  |                                  |
|--|----------------------------------|
| <b>Bread:</b>                                    | <b>Freezer Jam:</b>              |
| 2 cups scalded milk<br>(cooled to 110 degrees F) | 2 1/2 lbs of strawberries, diced |
| 2 cups whole wheat flour                         | 1 tablespoon lemon zest          |
| 1 package dry yeast                              | 1/4 cup lemon juice              |
| 1 teaspoon salt                                  | 3 1/2 teaspoons gelatin          |
| 1/3 cup honey                                    | 1/4 cup honey                    |
| 1/3 cup melted butter or oil                     |                                  |
| 5 cups all-purpose flour                         |                                  |

**Instructions:** Dissolve yeast in warm water. Add honey and stir well. Mix in whole wheat flour, salt, and melted butter. Add all-purpose flour gradually. Knead dough for 10 minutes. When dough is smooth and elastic, place it in a well oiled bowl. Turn the dough several times to coat the surface. Cover with a damp cloth and let rise in a warm place until doubled in bulk, about 45 minutes.

Meanwhile, make jam. Place 1 cup of diced strawberries in a blender and puree until mostly smooth. Pour lemon juice into a medium stock pot. Sprinkle gelatin on top of the lemon juice. Let sit for 2 minutes.

Pour pureed strawberries into the pot and heat on medium-low to dissolve gelatin. Warm for 5 minutes, stirring often until gelatin is completely dissolved. Remove from heat and add remaining strawberries to the pot and mash with a potato masher or spatula. Add lemon zest and honey and stir well to combine. Place jam into jars or plastic containers and chill in refrigerator. (Store in the freezer for long-term storage.)

After dough has risen, punch down the dough. Shape into loaves and place into well greased loaf pans (makes two large or six small loaves). Rise until dough is 1 to 1 1/2 inches above pans. Bake at 375 degrees F for 20 to 30 minutes.

Treat time: Slice warm bread and serve with fresh jam.