

7-2025 WOW LHRB

Class #1 Handout

• What is health?

- ⇒ A sound body with all parts working efficiently,
- ⇒ A mind that is present, alert, and calm.
- ⇒ A spirit that responds positively to God
- ⇒ DC 86:3c

• Some of the attributes of the children of Christ: Taken from Mos. 1:39-91; 2:12 and 2N14:3.

- ⇒ Don't trifle with the words of Christ. Trifle = act w/o seriousness, being of small value or of no importance.
- ⇒ They hearken to the words of Christ—DC98:3c, 95:3a, 100:2a-b, 83:7aa (celestial)
- ⇒ They open their ears to hear
- ⇒ They open their hearts to understand
- ⇒ They open their minds to obtain the mysteries of God.

• Preface to DC 86 and History Behind it

A word of wisdom for the **benefit** of the council of high priests assembled in Kirtland, and church; and also the saints in Zion, given 2-27-1833. 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. 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.**

Definitions

⇒ for the **benefit** - again we are reminded by Oakman: God is concerned that we function at our maximum capacity.

Jere. 29:11 = for I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call unto me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek Me, and find Me, when ye shall search for Me with all your heart. And I will be found of you, saith the Lord; ... (Jere. 29:11-14)

⇒ **No command nor constraint:**

Students Guide to the D&C by F. Henry Edwards, 1980, HH pub. pg. 128 which says: *Copies of the WoW were sent to the Saints in Missouri “not by commandment or constraint.” this was done to avoid, as far as possible, any appearance of dictation from Kirtland. This was necessary because there was already some strain between the two groups. The specific approach was not intended to lessen the importance of the teaching of the WoW.*

⇒ And quoting from A Commentary on the DC pg.282, by F. Henry Edwards, 1946: *The revelation familiarly known as the WoW was given to a council of 12 high priests at Kirtland on Wednesday, Feb. 27, 1833. this inspired instruction is addressed primarily to the council to whom it was given and to the remaining Saints in Kirtland, but it also is addressed to the Saints in Zion. Careful study of the available literature indicates quite clearly that the introduction is not intended to weaken the teaching of this revelation but to incline the Saints in Zion to give heed to it. They might not have done this without such an approach.*

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Definitions. continued

- **Revelation:** God's disclosure or manifestations to His creatures of Himself, His will. Every word God speaks is important: Mi. 7:24, DC98:3c, 95:3a, 100:2a-b, 83:7a (celestial)
- **Temporal Salvation:** DC 28:9
- **All saints:** 2Chr 19:17, Rm 2:11, Eph. 6:9, Col. 3:28
- **Principle with a promise:** every promise has a requirement to achieve that promise. DC81:3b
- **Adapted to the Weak/weakest**
 - ⇒ *infirm, not healthy, as a weak constitution; not having full conviction or confidence,*
 - ⇒ stewardship—just wants/needs. Let us lay aside every weight and the sin which doth so easily beset us (Heb. 12:1).

History:

- **Given for 3 groups:** H.P. council, the church and saints in Zion.
- **No command nor constraint:** According to our wills Gen. 2:4, 2:21.

Promises 3c ... *health in their navel, and marrow to their bones, ...find wisdom and great treasures of knowledge, even hidden treasures; 3d* ...*shall run and not be weary, ...walk and not faint; ...the destroying angel shall pass by them, ... and not slay them.*

⇒ **There are 4 promises given:**

1. Strength and vigor of body
2. Protection against disease
3. Knowledge and wisdom, even hidden treasures of knowledge.
4. the destroying angel shall pass by them, ... and not slay them.

A 5th promise is implied—temporal salvation—may include economic welfare/ stewardship.

⇒ **Qualities of Healthy People:** They have bright eyes, shiny hair, clear skin, know the real joy of living, stand erect and walk with graceful stride, can work hard and play, awaken rested and filled with anticipation. They meet the challenges of each day happily. They have clean, clear minds. Sleep peacefully without artificial aids. Likely successful and make a good impression on others. Learn well, make good use of their time, and are dependable and good stewards.

Resource Books

The Word of Wisdom, a Modern Interpretation by John and Leah Widtsoe. Deseret Book Co., 1950.

The Word of Wisdom, Principle With Promise, by Mildred Nelson Smith, Herald House 1977.

Thought for Food, Word of Wisdom Selections by Merva Bird and Karen Powell, Cumorah Books, Inc., unknown date.

The Key to Temporal Salvation Vol. one "First Steps" by Vernell Piepergerdes self published, 1979.

Food—Word of Wisdom Helps by Mildred Nelson Smith. Pub. Herald House 1979

Fit for the Kingdom by Kim Augenstein self published 2003, Paul Ludy may have copies.