

# WORD OF WISDOM

By Barbara Hobbs  
Class 1

*Feast upon the words of Christ, for behold, the words of Christ will tell you all things what ye should do. 2Nephi14:4*

Word of Wisdom

Doctrine and Covenants  
Section 86

Class #1

Give Me Thy Heart

## **Give Me Thy heart**

*Give Me thy heart* says the Father above, no gift so precious to Him as our love; Softly He whispers wherever thou art, *gratefully trust Me and give Me thy heart.*

Chorus

*Give Me thy heart* says the Savior of men, calling in mercy again and again; *turn now from sin and from evil depart, have I not died for thee, give me thy heart.*

Chorus

*Give Me thy heart* says the Spirit divine, *all that thou has to My keeping resign; grace more abounding is Mine to impart, make full surrender, and give me thy heart.*

Chorus:

*Give me thy heart, give me thy heart* hear the soft whisper wherever thou art; from this dark world he would draw thee apart, speaking so tenderly, *Give me thy heart.*

## **Class One**

### **Intro**

- I am not an expert
- nor am I all knowing,
- I am still learning
- My testimony on the WoW

**Class one**  
**WoW Classes Will Cover**

First class - Preface WoW and Promises

#2 - Evil designs of men, foods mentioned

#3 - Other scriptures supporting the WoW regarding physical health and current understandings about healthcare issues – the Lord was RIGHT ON!.

**Today we will cover:**

- What is health
- Attributes of Children of Christ
- How important it is to pray about the WoW?
- Preface of the WoW
- Is the WoW a commandment?
- Some history regarding the WoW
- Definitions of words in WoW
- Promises given in the WoW

All definitions are from Noah Webster's 1828 Dictionary.

## **Class One**

### **What is Health?**

- Health encompasses more than the physical body, it's emotional stability and spiritual soundness.
- It's a sound body with all parts working efficiently.
- A mind that is present, alert, and calm.
- A spirit that responds positively to God.

The Lords' definition of physical health found in the WoW, DC 86:3c-d

- *health in their navel*
- *marrow to their bones,*
- *run and not be weary,*
- *and walk and not faint...*

The primary significance to the achievement of excellent health spoken of by the Lord is the **proper use of food**. Without food there is no life. To have abundant good health we must make intelligent use of food resources available.

## Class One

### Some of the Attributes of the Children of Christ

(Mosiah 1:39-91, 2:12, 1N5:232-234 and 2Nephi 14:3)

- They don't **trifle** with the words of Christ  
(to trifle is to act without seriousness, treating something as being of small value or of no importance).

*For the things which some men esteem to be of great worth, both to the body and soul, others **set at naught and trample under their feet**;...I say trample under their feet, but I would speak in other words, they do **set Him at naught and hearken not to the voice of His counsels.***

- They **hearken** to the words of Christ, to hearken is to **listen**.
- They **open their ears** to hear aka listen.
- They **open their hearts** to understand.
- They **open their minds** to obtain the mysteries of God.

**They don't put  
God in a box.**

# **Class One**

## **Pray about the WoW**

We read in scripture to **experiment upon the word**, exercising faith and to **ask, seek** and **knock**. It's important that we have our own testimony.

From A. Oakman's Endowment Series pg.134 Published by Paul Ludy; (Oakman was speaking to a gathering of priesthood at the Stone church) we read:

*I want to mention the WoW ... So many of us so much of the time have looked upon the WoW as a negative commandment – and it isn't.*

*It is a positive commandment. Brethren ... God is concerned that we function at our maximum capacity.*

*So many times, years and years of service are lost to our Heavenly Father because we ... are careless about keeping the WoW.*

*If you apply the stewardship principle to your body, you must take notice of the WoW.*

*It is said that we need to have it interpreted. All right; let's go to Him who gave it, ask for His interpretation of it, and abide by it. Each man can do this for himself...*

*Stewardship is the response of My people to the ministry of My Son...(D&C 147:5a).*

## Class One

### Pray about the WoW

-- continued

Richard Rupe in God's Plan of Salvation pg. 248-249, writes about Mi.10:4-5 --*And when ye shall receive these things, I would exhort you that ye would ask God the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, and He will manifest the truth of it unto you by the power of the Holy Ghost; and by the power of the Holy Ghost, ye may know the truth of all things.*

Richard writes:

- *This petition frees God to enter our lives without violating our personhood.*
- *What God requires of us is to **have an open mind, a sincere desire to know the truth,***
- *...in Gods economy faith does not follow understanding but understanding follows faith*
- *... when we reject God's word, we reject Him.*
- *This places a very great responsibility on us to **rightly divide the word of truth.***

**Pray about the Word of Wisdom**

**Pray about what is presented in these classes.**

**Class One**  
**Preface, History, and Definitions**

**DC 86 WoW Preface**

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 Feb.27, 1833.

To be sent greeting, not by way of commandment or constraint, but 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.

# **Class One**

## **Preface, History, and Definitions**

**Benefit:** *an advantage, to promote personal happiness, to advance in health, to make improvement.*

Jeremiah 29:11 God says: *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.*

**All Saints** – Believers, no one is exempt, not a prophet, priesthood nor member.

**Constraint** – to compel, urge so strongly as to produce an effect.

**Commandment** – a mandate, an order or injunction given by authority.

**Temporal Salvation** -

- Pertaining to this life, this world, the body. But, is that all?
- *Wherefore, verily I say unto you, that **all things unto me are spiritual...*** (DC28:9)
- It would appear it's not just physical health involved.

**Revelation** – communication of the truth and will of God by God Himself or His agent.

AKA "**...order and will of God**"

# **Class One**

## **Preface, History, and Definitions**

### **Promise**

- A declaration from one person to another which binds the person who makes it either in honor, conscience, or law to do a certain act specified; a declaration which gives to the person to whom it is made a right to expect or claim the performance of the act.

### **Adapted to the weak/weakest**

#### **Weak =**

- Infirm, not healthy, weak constitution;
- not having full conviction or confidence.
- Not all have faith (DC85:36a). The Lord knows that there are those without sufficient faith or understanding in these matters.
- He gave us the WoW in plain and simple language. It's not ambiguous.
- Even those of us with old habits, no willpower, lack of knowledge, addictions, and/or enslaved by our own bodily appetites – aka besetting sins (Heb. 12:1).

### **Principle –**

- A concept we should understand.
- If we understand the will of God given through revelation we would desire to do His will without being compelled.
- Again, the reminder Jeremiah 29 – God has only good thoughts toward us – for our good.

# **Class One**

## **Preface, History, and Definitions**

**Compliance** – There have been attempts to make compliance to the WoW a test of fellowship in the church. A major reason for not doing this is an unwillingness to rank compliance to the WoW ahead of other principles of the gospel which may be of even greater significance.

**Agency:** in Gen. 2:21 Adam was given freedom of choice but he also had to live by the consequences of those choices.  
DC 58:6c-d says we are agents unto ourselves.

## **Class One Preface, History, and Definitions**

*"A word of wisdom ...To be sent greeting, not by commandment or constraint,..."*

This phrase has been an issue for many.

In Research Notes on Doctrine and Covenants – Church History – Thelona Stevens points out:

- Vol.#1 Church History we find that most of the church membership of that period was located in the main areas of Kirtland and Missouri. There are indications of difficulties among the membership in Missouri pertaining to their support of Joseph Smith as president of the high priesthood.
- Joseph Smith, Sidney Rigdon, and Newel Whitney made a trip from Kirtland to Missouri specifically to make right these difficulties.

## **Class One Preface, History, and Definitions**

From The Students Guide to the D&C by F. Henry Edwards, 1980, HH pub. Pg.128:

*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.***

From A Commentary on the D&C by F. Henry Edwards, HH pub.1946 pg. 282:

*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.*

## Class One

**So the question becomes - Is the WoW a commandment?**

*...I give unto you a commandment... give diligent heed to the words of eternal life; for you shall live **by every word that proceedeth forth from the mouth of God.** (DC83:7a-d) see DC98:3c, 95:3a, 100:2a-b.*

*...and **by every word which proceeded forth out of the mouth of God,** men began to exercise faith in Christ, (Mi. 7:24)*

*...man shall not live by bread alone, but **by every word that proceedeth out of the mouth of God.** (Matt. 4:4)*

- Speaking to the Nephites at His coming, Jesus said: *So great faith have I never seen among all the Jews. Wherefore I could not show unto them so great miracles because of their unbelief, verily I say unto you there are none of them that have seen so great things as ye have seen neither have they heard so great things as ye have heard (3N9: 35).*

Their faith was exemplified because of their obedience to the words of God (aka absolute surrender).

## Class One

**Is the WoW a commandment?** continued

*Blessed are those who hearken unto my precepts,  
and **lend an ear unto my counsel** (2Ne 12:37).*

The Word sustains our existence

The Word is our very life

The Word is engrafted in us

*Be ye **doers of the Word** not hearers only...*

*I have decreed a decree which my people shall realize  
...and **by hearkening to observe all the words  
which I, the Lord their God shall speak** unto  
them, they shall never cease to prevail until the  
kingdoms of the world are subdued under my feet;  
and the earth is given unto the saints, to possess it  
forever and ever (DC100:2).*

There are promises for those who keep all His words.

**The WoW is God's counsel,  
you decide.**

**Class One**  
**Promises**

DC 86:3c-d

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,
- and shall find wisdom and great treasures of knowledge, even hidden treasures;
  
- And shall run and not be weary,
- and shall walk and not faint,
- 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.

## **Class One Promises**

Every promise has a requirement to achieve that promise.

DC 81:3b tells us *I the Lord, am bound when **ye do what I say**, but when ye do not what I say, ye have no promise.*

### **Requirement to the Promises in WoW**

86:3c ... **walking in obedience to the commandments**

If our motive as obedient children of Christ is purely to do the will of God:

- Would we not submit to that will when it is made known?
- Would we not want to set a good example for the coming generation?

*All saints who remember to keep and do these sayings, walking in obedience to the commandments ... **All commandments having to do with:***

- moral conduct,
- temperance,
- church attendance,
- learning/teaching to spread the gospel,
- prayer,...
- all that the Lord has given.

## **Class One Promises**

Whether or not we abide by the WoW doesn't affect our eternal salvation. Not following the WoW will not send us to hell, but it will --

- Leave us without the marvelous blessings God has promised to those who do take seriously this counsel.
- It will deprive us of spiritual blessings not by punishing us but it deprives us of mental acuity (intelligence, ability to perceive, infer, retain or apply information)
- and we are deprived of physical stamina.
- It will affect others – God's work through us to others.
- *So many times, **years and years of service are lost** to our heavenly Father because we...are careless about keeping the WoW (A. Oakman).*

### **Promises given in the WoW**

*3c) Health in their navel ...marrow to their bones...wisdom and great treasurers of knowledge ...hidden treasurers;*

*3d)...run and not be weary...walk and not faint;...destroying angel shall pass by...and not slay them.*

### **Said another way --**

#### **There are 4 promises given, maybe a fifth one**

1. Protection against disease
2. Knowledge and wisdom, hidden treasures of knowledge.
3. Strength and vigor of body.
4. The destroying angel shall pass by them,...not slay them.
5. Promise implied - may include economic welfare over our stewardship.

## **Class One**

### **Promises given in the WoW**

#### **1. Protection against disease**

#### **Qualities of Healthy People**

1. They have bright eyes, shiny hair, clear skin, know the real joy of living, stand erect and walk with graceful stride, can work and play hard, awaken rested and filled with anticipation.
2. They meet the challenges of each day happily.
3. They have clean, clear minds.
4. They sleep peacefully without artificial aids.
5. They are likely successful and make a good impression on others.
6. They learn well, make good use of their time, and are dependable and good stewards.

The scriptures do not tell us if Jesus was ever ill. But, we can tell that He had an amazing capacity for going without food, enduring strenuous activity and withstanding pain.

## **Class One**

### **Promises given in the WoW**

#### **1. Protection against disease**

*Receive health in their navel:*

In the center of our body (located between L3-L4) lies the navel, the remains of the umbilical cord which was our life source while in the womb. The skin in this area is supplied by T10, directly behind the navel is a thick fibrous cord formed from the umbilical cord which originates from the bladder

In this same area of our vital organs of life: heart, liver, lung, pancreas, and digestive system. **To have health in this area is to be able to digest, assimilate and utilize what we take into our bodies for nourishment which feeds these necessary organs.**

There is a relationship between the navel and disorders of the bodies. Examples: Endometriosis, menstrual or fecal disorders.

# **Class One Promises given in the WoW**

## **1. Protection against disease**

*Marrow to their bones:*

Bone marrow is a very significant property in our bones,

- A semi-solid tissue found in spongy portions of bones -primary source of new blood cell production. It produces about 500 billion blood cells per day, 85% of our bodies blood cells in total.
- In adults – it's located in the ribs, vertebra, sternum and bones of the pelvis.
- Comprises about 5% of the total body mass in a healthy adult.
- Protects and boosts the immune system
- Is a key element of the lymphatic system - network of vessels, nodes, organs, tissues which run throughout the body releasing toxins, bacteria and cell debris from the body. The L.S. includes the spleen, thymus, and tonsils.
- Healthy marrow is needed to counter effects of foods we eat and our environment.
- It is significant considering the diseases that have become so prevalent now, such as cancer and our exposure to radiation. The most common form of radiation we are exposed to is X-ray. But, we are surrounded by radiation -- sun, ground, foods we consume, airplane travel etc. When the WoW was given the dangers of radiation were unheard of.

**Class One Promises given in the WoW**  
**2. Knowledge and wisdom, even hidden treasures of knowledge.**

*DC 76 tells us we may--*

- *Teach the word of wisdom;*
- *To another he may teach the word of knowledge*
- *Knowledge and skill in all learning and wisdom;*
- *Daniel had understanding in all visions and dreams.*
- *The Lord will reveal all mysteries;*
- *All the hidden mysteries*
- *Wonders of eternity*
- *Things to come*
- *Things of many generations;*
- *Wisdom shall be great*
- *Understanding reach to heaven;*
- *The secrets of My will;*
- *Things which eye has not seen, nor ear heard, nor yet entered into the heart of man.*

## Class One

### Promises given in the WoW

#### 3. Strength and vigor of body

- *Run and not be weary and walk and not faint*
- *And any man that shall go and preach this gospel of the kingdom, and **fail not to continue faithful in all things, shall not be weary in mind, neither darkened, neither in body, limb or joint;** and an hair of his head shall not fall to the ground unnoticed. And they shall not go hungry, neither athirst.*  
(DC83:13)
- *Hast thou not known?...He giveth power to the faint; and to them that have no might He increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall; **but they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk, and not faint.*** (Isa. 40:28-31)

## **Class One**

### **Promises given in the WoW**

#### **4. The destroying angel shall pass by them ... and not slay them.**

*As the children of Israel and not slay them (86:3d)*

- Typhoid, influenza, TB, cancer, diabetes mellitus, heart disease, appendicitis, cirrhosis of the liver, suicide, diseases of circulatory or nervous or digestive or genital-urinary systems.
- Cognitive decline
- Death will be to glorify God
- Children fortunate to be born of parents who have responded to the Lord's counsel will have these promises if they continue this same response. An example is not consuming tobacco products they will avoid the many known and unknown ill effects caused by them.

## **Class One**

### **Promises given in the WoW**

#### **#5 Promise implied --**

#### **Economic welfare over our stewardship:**

- We spend \$ on health care, insurance, medical bills when we get sick. Preventative measures such as diet and exercise can be a wiser use of our stewardship both financially and over our bodies.
- *Wherefore do ye spend money for that which is not bread? And your labor for that which satisfieth not? Hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.(Isa. 55)*
- We could take the money spent on both the above and use it for Zioniac endeavors.
- Financial cost of non-foods consumed, no nutritional value foods, as well as, the stewardship over the resources God has given us and being temperate in all things. (DC6:8, 119:3)

# Summary for class #1

- **What is health** – sound body, mind that is present, spirit responds to God.
- **Attributes of Children of Christ**- they hearken, open their ears, hearts and minds.
- **How important it is to pray about the WoW** - we allow God to enter our lives without violating our personhood.
- **The Preface of the WoW** - WoW given to all the church.
- **Is the WOW a commandment?** - not following the WoW will not affect our eternal salvation but it will deprive us of our physical service for God and to His kingdom.  
Also every word that God speaks to us IS IMPORTANT.
- **Some history regarding the WoW** - compliance to the WoW is an individual issue not church mandated.
- **Definitions of important words in WoW** - Revelation, benefit, weak and weakest of all saints.
- **Promises given in the WoW** – protection against disease, knowledge and wisdom, strength and vigor, destroying angel pass by, economic welfare.