



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!



HIDDEN TREASURES OF KNOWLEDGE

(Ages ~10 and older)

PURPOSE

To help family members better understand the blessings that come from living the Word of Wisdom.

MATERIALS

- Scriptures

LESSON IDEAS

1. Explain that many people know the “don’ts” (the things we should not put in our bodies) of the Word of Wisdom. But many don’t know the “do’s” (the things we should).
 - a. See if your family can name the “don’ts”.
 - b. See if your family can name the “do’s”.
 - c. Read D&C 89:7-17 to see if they named them all.
2. Explain that there are also promises given to those who obey this counsel.
 - a. Read verses 18-21 and have your family look for the promises. You may want to have them highlight them in their scriptures.
3. Invite your family to watch the following video. Have them look for blessings that came to Daniel and his friends because they were careful with what they put into their bodies. (Note: It may be helpful to your family to know that certain kinds of food were in violation of God’s laws concerning unclean foods. See Leviticus 11).
 - a. Video: [God Gave Them Knowledge](#) (14 minutes)
4. You may also want to have a two-part lesson and share the following with your family:
 - a. Mormon Channel Broadcast: [Physical and Emotional Health](#) (22 minutes)
 - b. Video, [The Word of Wisdom](#)
 - c. Video, [Physical Health](#)
 - d. Elder Boyd K. Packer’s talk below
5. Share with your family the blessings that have come into your life because of the Word of Wisdom.

ACTIVITY IDEAS

- Your children may enjoy testing their knowledge with this Old Testament trivia quiz:
 - [Old Testament Quiz](#)

Excerpt from **“The Word of Wisdom: The Principle and the Promises”**

By Elder Boyd K. Packer



Three years after the organization of the Church, a revelation came which described our day in these prophetic words: “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” ([D&C 89:4](#)).

We know that young people generally don’t like restrictions. Believe it or not, we were young once and we remember.

Young people, you must understand that there is something of colossal importance to justify the restrictions imposed by the Word of Wisdom!

The Word of Wisdom was “given for a principle with promise” ([D&C 89:3](#)). That word *principle* in the revelation is a very important one. A principle is an enduring truth, a law, a rule you can adopt to guide you in making decisions. Generally principles are not spelled out in detail. That leaves you free to find your way with an enduring truth, a principle, as your anchor.

Members write in asking if this thing or that is against the Word of Wisdom. It’s well known that tea, coffee, liquor, and tobacco are against it. It has not been spelled out in more detail. Rather, we teach the principle together with the promised blessings. There are many habit-forming, addictive things that one can drink or chew or inhale or inject which injure both body and spirit which are not mentioned in the revelation.

Everything harmful is not specifically listed; arsenic, for instance—certainly bad, but not habit-forming! He who must be commanded in all things, the Lord said, “is a slothful and not a wise servant” ([D&C 58:26](#)).

Obedience to counsel will keep you on the safe side of life.

The story is told of a king who was choosing between two drivers for his coach. He ordered each of them to drive his coach down a steep, winding road cut into a high cliff.

The first driver came down slowly, hugging the wall of the cliff. The second driver demonstrated great talent and ability. He raced down the mountain, with the coach so close at times that half the wheel was off the edge of the cliff.

The king was very thoughtful, then wisely chose the first man to drive his coach. It is best to stay on the safe side of things.

Young people, learn to use moderation and common sense in matters of health and nutrition, and particularly in medication. Avoid being extreme or fanatical or becoming a faddist.

For example, the Word of Wisdom counsels us to eat meat sparingly (see [D&C 89:12](#)). Lest someone become extreme, we are told in another revelation that “whoso forbiddeth to [eat meat] is not ordained of God” ([D&C 49:18](#)). [1](#)

Another scripture counsels, “Cease to be idle; cease to be unclean; ... cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated” ([D&C 88:124](#)).

Honor the principle of the Word of Wisdom and you will receive the promised blessings. “All saints,” the revelation promises, “who remember to keep and do these sayings, walking in obedience to the commandments,” are promised that they “shall receive health in their navel and marrow to their bones” and “shall run and not be weary, and shall walk and not faint” ([D&C 89:18, 20](#)).

The Word of Wisdom does not promise you perfect health, but it teaches how to keep the body you were born with in the best condition and your mind alert to delicate spiritual promptings.

I remember a blessing I received when I was serving in the military. It included counsel that’s good for every young person: “You have been given a body of such physical proportions and fitness as to enable your spirit to function through it. ... You should cherish this as a great heritage. Guard [it] and protect it. Take nothing into it that shall harm the organs thereof because it is sacred. It is the instrument of your mind and [the] foundation of your character.” That counsel had great influence on me.

The promise of health for living the standard of the revelation is not limited to members of the Church. Tell your nonmember friends about the Word of Wisdom and urge them to live it.

And then there is a greater blessing promised in the Word of Wisdom. Those who obey it are promised that they “shall find wisdom and great treasures of knowledge, even hidden treasures” ([D&C 89:19](#)). This is the personal revelation through which you can detect invisible crocodiles or hidden mines or other dangers (*Ensign*, May 1996, 17).