



## Pre-mortal life

The plan of salvation can be divided into three parts: pre-mortal life, mortal life, and life after death.

One significant blessing of the Restoration is our increased knowledge of our pre-mortal life. This knowledge helps us understand life's purpose and our part in God's plan of salvation.

- **D&C 76:24; 93:29.** We are daughters and sons of God who lived with Him before we came to earth in mortality. Our knowledge of this special relationship should influence our behavior and attitudes here on earth.
- Before the earth was created, Heavenly Father called a council in heaven and presented the plan of salvation to all His spirit children. **2 Nephi 2:24-26, Alma 34:8-9, and Abraham 3:24-25** detail elements of the plan that was presented and approved.

Those elements include the Atonement and mission of Christ, the creation of this earth, the Fall of man, the plan for receiving bodies and being tested, and free moral agency—the ability and opportunity to choose good or evil.

- **Moses 4:2.** Jehovah's responded by accepting the Father's will, giving Him all glory. D&C 19:16-19 and 76:40-42 demonstrate how the Savior obeyed the Father's will.

## Mortal life

When we accepted Heavenly Father's plan in our pre-mortal life, we kept our "first estate." Because of our faithfulness, we were given the opportunity to come to earth, which is our "second estate" (Abraham 3:26).

**D&C 29:40.** Because of the Fall of Adam and Eve, we are in a fallen state in mortality.

**D&C 29:41-42; Alma 42:9, 14.** We are subject to physical death and also to spiritual death or separation from the presence of God.

From latter-day revelation we learn that the Fall is a necessary step in our eternal progress.



- **Moses 4:1, 3; D&C 29:36.** Rebelling against the plan of salvation, Lucifer sought to withhold free moral agency, compel our behavior, and gain the Father's power for himself. Becoming Satan, he and his followers were cast out of Father's presence, losing their opportunity for mortality and salvation. (D&C 29:36-38; 76:25-27; Moses 4:4; Abraham 3:26). It is important that we understand the literal existence of Satan just as we accept the existence of Our Heavenly Father.
- When the plan of salvation was accepted, we were joyful. According to latter-day prophets, Job 38:4-7, especially verse 7, indicates the way we felt on that occasion.

In the pre-mortal world, Heavenly Father chose and foreordained noble spirits to carry forth His work on the earth (D&C 138:55-56; Abraham 3:22-23; see also *Teachings of the Prophet Joseph Smith*, 365).

Knowledge of our pre-mortal acceptance should help us as we face the trials and tribulations of life.

**Moses 5:11.** Eve spoke of the blessings of the Fall: "Were it not for our transgression we never should have had seed, and never should have known good and evil, and the joy of our redemption, and the eternal life which God giveth unto all the obedient".

Purposes of this mortal life include:

- To receive a physical body. The **Prophet Joseph Smith** said, "We came to this earth that we might have a body and present it pure before God in the celestial kingdom" (TPJS, 181).
- To prove our faithfulness through obedience to God's commandments (Abraham 3:25-26). This includes repenting of our sins and receiving the ordinances of salvation (Alma 12:24; D&C 29:42-43; Articles of Faith 1:3).

## Boyd K. Packer:

*"The Fall came by transgression of a law, but there was no sin connected with it. There is a difference between transgression and sin. Both always bring consequences. While it may not be a sin to step off a roof, in doing so one becomes subject to the law of gravity, and consequences will follow.*

*"The fall of man was made from the presence of God to this mortal life, where, now in the presence of both good and evil, we face the test.*

*"The plan provides that we experience all that is good in life. It is intended that we be happy."*

(The Things of the Soul, 1996 Deseret Book Company)



- To live in families and to seal children to their parents through temple ordinances (Moses 2:28; D&C 93:40; 131:1-4; 138:48).  
The First Presidency and Quorum of the Twelve Apostles proclaimed that *"marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children. ... The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally"* ("The Family: A Proclamation to the World," *Ensign*, Nov. 1995, 102).

### Life after death

Our life does not end at physical death.

- When we die, our spirits will enter the spirit world (see *Teachings of the Prophet Joseph Smith*, 309-10.) Our mortal record will heavily influence our conditions in the post-mortal spirit world. (Alma 34:34; 40:11-14).
- **D&C 137:7-9; 138:30-34.** People who do not receive the gospel on earth will have that opportunity in the spirit world. If they accept the gospel and qualify themselves, they can inherit all that they merit by their works and desires.
- **D&C 128:6-8, 15** indicate that we can help our ancestors receive all the blessings of the gospel by acting as proxies for them where necessary and appropriate and that for *us* to be perfect, we need to help them [the dead] become perfected.

The Fall brought physical and spiritual death into the world.

### Conclusion

**President Boyd K. Packer:**

*"There are three parts to the plan. You are in the second or the middle part, the one in which you will be tested by temptation, by trials, perhaps by tragedy. ..."*

*"Remember this! The line 'And they all lived happily ever after' is never written into the second act [of a play]. That line belongs in the third act, when the mysteries are solved and everything is put right. ..."*

*"Until you have a broad perspective of the eternal nature of [the plan], you won't make much sense out of the inequities in life. Some are born with so little and others with so much. Some are born in poverty, with handicaps, with pain, with suffering. Some experience premature death, even innocent children. There are the brutal, unforgiving forces of nature and the brutality of man to man. We have seen a lot of that recently."*

*"Do not suppose that God willfully causes that which, for His own purposes, he permits. When you know the plan and the purpose of it all, even these things will manifest a loving Father in Heaven"* (*The Play and the Plan* [satellite broadcast, 7 May 1995], 1-2).

Temptation from Satan is a part of mortal life (D&C 29:39) for a wise purpose—to allow us to choose good over evil and learn by our experiences to make wise choices with desirable consequences. Agency is an important part of mortality as taught in D&C 58:27-28; 101:78; and 2 Nephi 2:25-27.



- **D&C 88:14-16** and **93:33** teach that we will be redeemed from the grave [temporal death] through the Atonement of Christ with the potential for a *"fullness of joy"*. **Alma 42:11-13, 15** teach deliverance from spiritual death through the mercy of the Savior if we choose to repent of our sins and sincerely seek forgiveness.

**D&C 76:111** teaches that we will be returned to the presence of God to be judged according to our works; inheriting the place we deserve in the celestial, terrestrial, or telestial degree of glory based on the way in which we have *"received the testimony of Jesus."* (D&C 76:51)



Knowledge of the plan of salvation can help us make righteous decisions, find joy in mortality, and prepare for eternal life. We praise and honor our Heavenly Father as we follow our Lord Jesus Christ in his central role at the center of the plan of happiness.

### Gospel Doctrine Notebook

Record your thoughts on the teachings discussed in this lesson.

- In what ways has your knowledge of pre-mortal life influenced your daily decisions?
- How does your understanding of the purposes of mortality make a difference in your life?



