



# DOCTRINE & COVENANTS

## & CHURCH HISTORY GOSPEL DOCTRINE CLASS

\* GREEN MOUNTAIN 1<sup>ST</sup> WARD \* LAKEWOOD, COLORADO \* 22 NOVEMBER 2009 \* PAGE 1 \*

### Lesson #43: "Take upon you My Whole Armor," (See Study Guide)

#### Introduction



*"Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."*  
Ephesians 6:11

The scriptures sometimes refer to temptations as "the fiery darts of the adversary" (D&C 3:8; see also Ephesians 6:16; 1 Nephi 15:24; D&C 27:17). This lesson is about some of these temptations and the "armor" we can wear to protect ourselves from them.

#### Put on the whole armor of God.

**D&C 76:25-28** and **Moses 4:3**. Leaders of two forces involved in the War in Heaven had conflicting objectives. On earth, the battle continues between Satan and the Savior.

The Lord has not left us unprotected in the battle against evil. **D&C 27:15-18** describe the whole armor of God:

- Loins girt about with truth
- Breastplate of righteousness
- Feet shod with the preparation of the gospel of peace
- Shield of faith
- Helmet of salvation
- Sword of God's Spirit and His word through revelation

We put on this armor through sincerely and regularly praying, studying the word of God, keeping the Sabbath holy, attending the temple, and honoring the priesthood.

**Elder Joseph B. Wirthlin** of the Quorum of the Twelve warned that Satan "*seeks to find any chink in the armor of each person. He knows our weaknesses and knows how to exploit them if we allow him to do so. We can defend ourselves against his attacks and deceptions only by understanding the commandments and by fortifying ourselves each day through praying, studying the scriptures, and following the counsel of the Lord's anointed*" (Ensign, Nov. 1988, 35).

The rest of this lesson will focus on three areas in which Satan is trying to exploit weaknesses in our armor today: chastity, honesty, and language.

#### Lesson Highlights

- Put on the whole armor of God.
- Live the law of chastity.
- Be honest.
- Use language that reverences God and is edifying.

**A study of this lesson will help us put on the full armor of God to protect us in the battle against evil.**

#### Next Week

**#44 Being Good Citizens** (D&C 58:21-22, 26-28; 98:4-10; 134; Articles of Faith 1:12; Our Heritage, pp. 133-34)

## Live the law of chastity.

**D&C 42:22-24; 59:6; 63:16.** The Lord's law of chastity prohibits lustful thoughts or actions and adultery.

**The First Presidency** stated: "*The Lord's law of moral conduct is abstinence outside of lawful marriage and fidelity within marriage. Sexual relations are proper only between husband and wife appropriately expressed within the bonds of marriage. Any other sexual contact, including fornication, adultery, and homosexual and lesbian behavior, is sinful*" (First Presidency letter, 14 Nov. 1991).

**Elder Richard G. Scott** of the Quorum of the Twelve taught: "*Any sexual intimacy outside of the bonds of marriage—I mean any intentional contact with the sacred, private parts of another's body, with or without clothing—is a sin and is forbidden by God. It is also a transgression to intentionally stimulate these emotions within your own body*" (Ensign, Nov. 1994, 38).

Consequences of violating the law of chastity are spiritual and physical, immediate and long-term. It affects the individual and others.

**Elder Joseph B. Wirthlin** taught: "One of the most pervasive deceptions in recent years is the notion that immorality is normal and acceptable and has no negative consequences. In truth, immorality is the underlying cause of much suffering and many other problems that are prevalent today, including rampant disease, abortion, broken families, families without fathers, and mothers who themselves are children" (Ensign, Nov. 1994, 76).

## Be honest.

**Elder James E. Faust** taught: "*Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving*" (Ensign, Nov. 1996, 41).

**D&C 42:21, 51:9, 97:8** teach us to avoid lying, deal honestly with everyone, and to be acceptable to the Lord through being honest.

## Use language that reverences God and is edifying.

**D&C 63:60-62; 136:21** concern taking the name of the Lord in vain by using it disrespectfully, using it in a common or casual way, or using it in association with coarse thoughts or evil acts.

In addition to taking the Lord's name in vain, we should avoid vulgar, obscene, crude, or degrading speech. **President Hinckley** said: "*Don't swear. Don't profane. Avoid so-called dirty jokes. Stay away from conversation that is sprinkled with foul and filthy words. You will be happier if you do so, and your example will give strength to others*" (Ensign, Nov. 1997, 48).

**D&C 121:45-46.** We are blessed as we live the law of chastity. We feel increased peace and joy, love for our spouse and other family members, self-respect, and respect for others. Living the law of chastity is also necessary for us to have the companionship of the Holy Ghost, receive priesthood ordinances, and partake of the sacrament worthily.

**President Gordon B. Hinckley** warned: "*You must not fool around with the Internet to find pornographic material. You must not dial a long-distance telephone number to listen to filth. You must not rent videos with pornography of any kind. This salacious stuff simply is not for you. Stay away from pornography as you would avoid a serious disease. It is destructive. It can become habitual, and those who indulge in it get so they cannot leave it alone. It is addictive*" (Ensign, May 1998, 49).

**D&C 63:16.** Keep in mind that the Lord expects and requires purity of thought as well as purity of action. Impure thoughts cause us to lose the Spirit and break our covenants with the Savior. **Elder Boyd K. Packer** counseled that avoiding evil thoughts is achieved by putting "*something edifying in their place*" (Ensign, Nov. 1977, 60). Something edifying could be a favorite scripture, a sacred hymn, or thinking of our love for our family.

To be honest with the Lord, we should keep our covenants and other promises we have made to Him, fulfill our callings as received from Him, renew our covenants of the sacrament worthily, and pay an honest tithing and generous offerings.

If we fail to follow the Prophet's counsel, we may offend God, offend associates, degrade ourselves, and lose the companionship of the Holy Ghost.

Learning to control our language and speech is essential to our spiritual growth. As we develop the habit of controlling our language, we will find that we can avoid other temptations more easily. In addition to controlling our own language, we should, whenever possible, leave situations in which foul or inappropriate language is being used and we can raise objections to its use in our presence.

When we follow our Heavenly Father's counsel to put on his whole armor, we gain protection from temptations. Our lives are truly better when we obey the law of chastity, exemplify honesty in all things, and use language that is edifying.

## Gospel Doctrine Notebook

Record your thoughts on the teachings discussed in this lesson.

- How does putting on the full armor of God strengthen you against the challenges of the world?
- Are there areas in which you need to repent?

