

Promises for doing Temple and Family History Work



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Increased Personal Revelation

"By virtue of the sacred priesthood in me vested,...I promise you that, with increased attendance in the temples of our God, you shall receive increased personal revelation to bless your life as you bless those who have died."

[President Ezra Taft Benson – Gen. Conf. April 1987](#)

Blessed Beyond Measure

"I promise you that all who faithfully attend to temple work will be blessed beyond measure. Your families will draw closer to the Lord, unseen angels will watch over your loved ones when Satanic forces tempt them, the veil will be thin and great spiritual experiences will distill upon this people."

[Vaughn J. Featherstone - Mount Vernon Washington Stake Conference - June 1985](#)

Pure Intelligence Will Be Poured on Your Mind

Pure intelligence will be poured into our mind, a pouring in of intelligence and learning.

Cleansing and clarifying effect.

"See" things we were not able to see before and find a way through our troubles that we had not previously known.

"No work is more of a protection to this Church than temple work and the genealogical research which supports it. No work is more spiritually refining. No work we do gives us more power. No work requires a higher standard of righteousness. Our labors in the temple cover us with a shield and a protection, both individually and as a people."

Boyd K. Packer's book: The Holy Temple

You Will Be a Better Person

"...we will be a better people, we will be better fathers and husbands, we will be better wives and mothers.

I make you a promise that if you will go to the house of the Lord, you will be blessed, life will be better for you."

President Gordon B. Hinckley "Ensign," July 1997, 73

Calming and Settling Influence

"Temple attendance has a calming, settling, consoling influence that distills peace and contentment.

"The accompanying family history work to identify ancestors to receive those ordinances yields similar blessings."

Richard G. Scott - BYU Education Week, 19 August 1997

Love Your Family With a Deeper Love

"When you attend the temple and perform the ordinances that pertain to the house of the Lord, certain blessings will come to you: You will receive the spirit of Elijah, which will turn your hearts to your spouse, to your children, and to your forebears. You will love your family with a deeper love than you

have loved before. You will be endowed with power from on high as the Lord has promised."

Teachings of Ezra Taft Benson, p. 254

Find a Way

"I promise you the Lord will bless you in your efforts, for this is His work, and He will guide your prayerful efforts to bring the ordinances and covenants to your ancestors. ...you can make a powerful contribution. Begin now. I promise you that the Lord will help you find a way. And it will make you feel wonderful."

Richard G. Scott, Gen. Conf., Oct. 1990, "Redemption, the Harvest of Love

Family History Brings Power to the Living

"...we may receive a glorious welcome from those whose eyes are turned toward us, who will be full of blessings upon our heads. If you want to have a glorious...life, to robe immortality about you, and to lie down to sweet rest with a hope, with joy in your heart, do something for your kindred dead, and I promise you that you will take the sting of death out of your hearts. You will fill the ...days of your life with joy and happiness, and you will be building for your eternal joy and happiness."

Sermons and Missionary Services of Melvin J. Ballard (by Bryant S. Hinckley)

You'll Leave the Temple Better Than You Arrived

"You'll leave the temple better than you arrived. I promise."

"...But something will happen to you when you do that (Temple work). I make you a promise that every time you go to the temple, you will leave a better man or woman than you were when you went inside the doors of the temple."

President Gordon B. Hinckley - From regional conference, St. George, Utah, Nov. 24, 2002

Conversion to the Savior Will Become Deeper

Elder Scott and Elder Bednar have promised the following blessings:

Your conversion to the Savior will become deeper.

You will receive light and knowledge through the Holy Ghost.

Your testimony will be strengthened.

Your patriarchal blessing will become more meaningful.

Your love and gratitude for your ancestors will grow.

Blessed in All of Our Affairs

"Blessings there will not be limited to our temple service. We will be blessed in all of our affairs"

"When members of the Church are troubled or when crucial decisions weigh heavily upon their minds, it is a common thing for them to go to the temple. It is a good place to take our cares. In the temple we can receive spiritual perspective."

Elder Boyd K. Packer - "The Holy Temple," Ensign, Feb. 1995

Receive Blessings

"I think there is no place in the world where I feel closer to the Lord than in one of His holy temples.

...we can continue to receive blessings even after we have returned to our everyday lives. Attending the temple gives us a clearer perspective and a sense of purpose and peace.

...we will be able to bear every trial and overcome each temptation."

President Thomas S. Monson - "Blessings of the Temple"

Armed with Thy Power

"That thy servants may go forth from this house armed with thy power, and that thy name may be upon them, and thy glory be round about them, and thine angels have charge over them"

D&C 109:22

Your Children Safeguarded

"As a consequence of this temple coming to this area, faith will increase, and this area will be blessed. Our families will be protected, and our children safeguarded as we live the gospel, visit the temple, and live close to the Lord."

President Benson (when taking 1st shovel full of sod at San Diego Temple site)

Healing Within our Families

"Promised blessings include healing within our families, protection from temptation, power to overcome life's challenges...more love, joy, self-mastery, peace, and meaningful moments."

Roots Tech Conference - February 2017

Protected Against the Adversary

"Your love and gratitude for your ancestors will increase.

"Your testimony of and conversion to the Savior will become deep and abiding.

"And I promise you will be protected against the intensifying influence of the

adversary.

"As you participate in and love this holy work, you will be safeguarded in your youth and throughout your lives.

Elder David A. Bednar – Oct. 2011 General Conference

Greater Protection From the Adversary

"Do you young people want a sure way to eliminate the influence of the adversary in your life? Immerse yourself in searching for your ancestors, prepare their names for the sacred vicarious ordinances available in the temple, and then go to the temple and stand as proxy for them to receive the ordinances of baptism and the gift of the Holy Ghost. As you grow older, you will be able to participate in receiving the other ordinances as well. I can think of no greater protection from the influence of the adversary in your life."

Richard G. Scott, "The Joy of Redeeming the Dead," Oct. 2012 Gen. Conf.

Help Is Given In Both Directions

"This work is a spiritual work, a monumental effort of cooperation on both sides of the veil, where help is given in both directions. Anywhere you are in the world, with prayer, faith, determination, diligence, and some sacrifice, you can make a powerful contribution. Begin now. I promise you that the Lord will help you find a way. And it will make you feel wonderful."

Richard G. Scott, "The Joy of Redeeming the Dead," Oct. 2012 Gen. Conf.

A Promise of Protection

ELDER RENLUND: "I extend the promise of protection that has been offered in the past. Brothers and sisters, I promise protection for you and your family as you take this challenge to find as many names to take to the temple as ordinances you perform in the temple and to teach others to do

the same.

If you accept this challenge, blessings will begin to flow to you and your family like the power of the river spoken of by Ezekiel. And the river will grow as you continue to perform this work and teach others to do the same. You will find not only protection from the temptation and ills of the world, but you will also find personal power—power to change, power to repent, power to learn, power to be sanctified, and power to turn the hearts of your family members to each other and heal that which needs healing.

Roots Tech 2016

Power to the Living

“While temple and family history work has the power to bless those beyond the veil, it has an equal power to bless the living. It has a refining influence on those who are engaged in it. They are literally helping to exalt their families”

Russell M. Nelson, “Generations Linked in Love,” Apr. 2010 general conference

Help from the Other Side

“Brother Widtsoe reaffirmed that ‘those who give themselves with all their might and mind to this [family history] work receive help from the other side. Whoever seeks to help those in the other side receives help in return in all the affairs of life.”

Boyd K. Packer, The Holy Temple, 252

Enhanced Temple Experience

“Any work you do in the temple is time well spent, but receiving ordinances vicariously for one of your own ancestors will make the time in the temple more sacred, and even greater blessings will be received”

Richard G. Scott, “The Joy of Redeeming the Dead,” October 2012 general conference

Greatly Enriched Temple Experience

"When members of the Church find the names of their ancestors and take those names to the temple for ordinance work, the temple experience can be greatly enriched."

First Presidency Letter, Oct. 8, 2012

Family History Brings Power to the Living

President Boyd K. Packer of the Quorum of the Twelve Apostles has taught that "family history work has the power to do something *for* the dead. It has an equal power to do something *to* the living. Family history work ... has a refining, spiritualizing, tempering influence on those who are engaged in it."

Boyd K. Packer, "Your Family History: Getting Started," Ensign, Aug. 2003, p. 17

You And Your Family Can Be Blessed Now

The blessings of family history aren't reserved for after death. You and your family can be blessed now.

Participating in family history can strengthen families much like regular prayer, scripture study, and service do. And it brings with it its own unique promises of assistance from beyond the veil.

Topics: LDS.org

Temple Work Is What We Have Been Prepared to Do

[Sister Elaine Dalton](#), former Young Women General President, sums up the youth's call to action nicely:

"This is our day, and temple work is the work that we have been prepared to do. It is a work for every generation. . . .

"[The youth] have been reserved for these latter days, and they have a

great work to do. And not only do they have a great work to do there, but the temples will also be a refuge for them that will protect them from worldly pressures and influences."

[Oct. 2004 General Conference](#)

Closeness and Joy

Elder Quentin L. Cook promised that we can be "Blessed with more closeness and joy in our family"

[The Joy of Family History Work - February 2016 Ensign](#)

Protection from the Adversary

Elder David A. Bednar said, "I promise you will be protected against the intensifying influence of the adversary. As you participate in and love this holy work, you will be safeguarded in your youth and throughout your lives"

[The Hearts of the Children Shall Turn - David A. Bednar - November 2011 Ensign](#)

Faith in the Savior will Increase

Elder Neil L. Andersen assured, "As you contribute to this sacred work, your knowledge and faith in the Savior will increase and you will receive a more certain witness that life continues beyond the veil. You will receive protection against the temptations that surround you, and you will prepare yourself and the world you live in for the Second Coming of the Savior"

[My Days of Temples and Technology - Neil L. Anderson - February 2015 Ensign](#)

Lay Claim to Healing Blessings

Elder Dale G. Renlund: As we participate in family history and temple work today, we also lay claim to “healing” blessings promised by prophets and apostles. These blessings are also breathtakingly amazing because of their scope, specificity, and consequence in mortality. This long list includes these blessings:

Increased understanding of the Savior and His atoning sacrifice;

Increased influence of the Holy Ghost to feel strength and direction for our own lives;

Increased faith, so that conversion to the Savior becomes deep and abiding;

Increased ability and motivation to learn and repent because of an understanding of who we are, where we come from, and a clearer vision of where we are going;

Increased refining, sanctifying, and moderating influences in our hearts;

Increased joy through an increased ability to feel the love of the Lord;

Increased family blessings, no matter our current, past, or future family situation or how imperfect our family tree may be;

Increased love and appreciation for ancestors and living relatives, so we no longer feel alone;

Increased power to discern that which needs healing and thus, with the Lord’s help, serve others;

Increased protection from temptations and the intensifying influence of the adversary; and

Increased assistance to mend troubled, broken, or anxious hearts and make the wounded whole.

If you have prayed for any of these blessings, participate in family history and temple work. As you do so, your prayers will be answered. When ordinances are performed on behalf of the deceased, God’s children on earth are healed. No wonder President Russell M. Nelson, in his first message as President of the Church, declared, “Your worship in the temple and your service there for your ancestors will bless you with increased personal revelation and peace and will fortify your commitment to stay on the

covenant path.”

Family History and Temple Work: Sealing and Healing - April 2018 General Conference

Greater Harmony and Love in Your Homes

I bless you with greater harmony and love in your homes and a deeper desire to care for your eternal family relationships. I bless you with increased faith in the Lord Jesus Christ, and a greater ability to follow Him as His true disciples. Family history offers a healing influence and an assurance that each person is precious in the eyes of our Heavenly Father. We learn better who we are, where we come from, and are blessed with a clearer vision of where we are going.

When individuals and families search out their ancestors, inspiring actions, and words, they will receive strength and direction for their own lives. As we do the work of salvation on the other side of the veil through temple and family history work, we will be blessed in that participation. I would add a promise, brothers and sisters, to you, that as you participate in this divine work that it will come back to you, that it will fortify your home, that it will become a defense and a refuge for you.

As President Russell M. Nelson has said, while temple and family history work has the power to bless those beyond the veil, it has an equal power to bless the living. It has a refining influence on those who are engaged in it. I promise that lovingly performing ordinances for ancestors will strengthen and protect our youth and families in a world that is becoming increasingly evil.

The Promised Blessings of Temple Work - Compilation of Apostles

Mend Troubled and Broken Hearts

Here is a list compiled by Elder Dale G. Renlund of the Quorum of the Twelve Apostles of some of the individual blessings available for participants to receive as they engage in the saving work for their ancestors.

These blessings include:

Assistance to mend troubled, broken or anxious hearts

The ability to no longer feel alone

Increased love for others, especially your family members living and dead

Power to discern

Greater influence of the Holy Ghost to feel direction in life

Increased ability to repent and protection from temptation

Refinement and sanctification of one's heart

Increased family blessings, no matter one's current, past, or future family situation or how imperfect one's family tree may be

Deep and abiding conversion to the Savior through increased faith in Him and a better understanding of His atonement

And, increased joy through an increased ability to feel the love of the Lord

[*The Church News - Ten Blessings Promised to Latter Day Saints if they Participate in Temple Work*](#)

Family For Eternity

One year later I had the opportunity to greet the Nield family in the Salt Lake Temple. In a peaceful sealing room I had the privilege to unite for eternity, as well as for time, Brother and Sister Nield. The doors were then opened, and those beautiful daughters, each of them dressed in spotless white, entered the room. They embraced mother, then father. Tears were in their eyes, and gratitude was in their hearts. We were next to heaven. Well could each one say, "Now we are a family for eternity."

This is the marvelous blessing that awaits those who come to the temple. May each of us live worthy lives, with clean hands and pure hearts, so that the temple may touch our lives and our families.

How far is heaven? I testify that in the holy temples it is not far at all—for it is in these sacred places that heaven and earth meet and our Heavenly Father gives His children His greatest blessings.

[*Blessings of The Temple - Thomas S. Monson - October 2010*](#)

The Temple Points Us Toward Celestial Glory

"In the temple, the precious plan of God is taught. It is in the temple that eternal covenants are made. The temple lifts us, exalts us, stands as a beacon for all to see, and points us toward celestial glory. It is the house of God. All that occurs within the walls of the temple is uplifting and ennobling"

[President Thomas S. Monson, "Blessings of the Temple," Ensign, Oct. 2010](#)

Strengthened Resolve to Keep the Commandments

"I would admonish you to go [to the temple] often. The temple is a place where you can find peace. There we receive a renewed dedication to the gospel and a strengthened resolve to keep the commandments...experience the sanctifying influence of the Spirit of the Lord"

[President Monson, "Until We Meet Again," Ensign, May 2009](#)

Increased Virtues

"In the temple, through the power of the Holy Spirit, knowledge is transformed into virtues. A person who attends the temple regularly grows more patient, more long-suffering, and charitable. He becomes more diligent, more committed, and more dedicated. He develops a greater capacity to love his wife and children and to respect the good qualities and the rights of others. He develops a greater sense of values, becoming more honorable and upright in his dealings and less critical of others. In the temple knowledge is transformed into feelings of the heart, resulting in actions that build character. Thus, the family is strengthened and the community is uplifted to the extent of his influence"

[Royden G. Derrick, Temples in the Last Days, p. 53](#)

Spiritual Revelation

"Prayers are answered, revelation occurs, and instruction by the Spirit takes place in the holy temples of the Lord"

[President Ezra Taft Benson, Ensign, May 1988](#)

Help in All the Affairs of Life

"Elder Widtsoe pointed out that 'whoever seeks to help those on the other side [through temple work] receives help in return in all the affairs of life.'"

Can the temple's lively powers affect our daily life and even our livelihood?

"I can think of no better preparation for one's labor on the farm, in the office, wherever it may be, than to spend a few hours in the temple, to partake of its spirit and to give oneself unselfishly for the benefit of those who have gone beyond the veil.' The temple radiates. It sends blessings to both sides of the veil"

[Wayne E. Brickey, quoting John A. Widtsoe, in 101 Powerful Promises from Latter Day Prophets, p. 103](#)

Different Perspective of Life

"In modern revelation, the Lord likened his house to a tower (D&C 101:41-45). It is a perfect comparison. Many of us have gone to the temple perplexed by some problem or decision and while there received even more than a prompting or even an answer. We received a grander view. We saw we had not seen before. We understood the situation afresh because we could see so far. In the Lord's high tower, we are not distracted by the stresses and confusion below. We are presented only with those things that matter forever. The landscape stretches in every direction"

[Wayne E. Brickey, 101 Powerful Promises from Latter Day Prophets, p. 103](#)

Peace in Our Homes

The path from the temple to the home of man is divinely brilliant. Every home penetrated by the temple spirit enlightens, cheers, and comforts every member of the household. The peace we covet is found in such homes"

John A. Widtsoe, "The House of the Lord," Improvement Era, April 1936, 228

Endows Us With Power To Progress

"The house of the Lord...has a major part to play in our homes. It cleanses, soothes, and vitalizes with its own special oil. The temple of God invites us and appoints us to keep progressing until we become like him. And it endows us with power to do so (D&C 105: 11-12). There is a big difference between the home that is networked with the temple by service 'as often as person circumstances will allow' and the home that is orphaned by its mother home."

Wayne E. Brickey, 101 Powerful Promises from Latter Day Prophets, 102

Draw You To Your Family

"There exists a righteous unity between the temple and the home. Understanding the eternal nature of the temple will draw you to your family; understanding the eternal nature of the family will draw you to the temple"

Gary E. Stevenson, "Sacred Homes, Sacred Temples," Ensign, May 2009

Joy and Profound Happiness

"What is it that is more important than attending and participating in the ordinances of the temple? What activity could have a greater impact and provide more joy and profound happiness for a couple than worshipping together in the temple?"

Elder Richard G. Scott, "Temple Worship: The Source of Strength and Power in

Times of Need," Ensign, May 2009

We Become Saviors on Mount Zion

"[When we do temple work] for those who have gone beyond the veil...we expect no thanks, nor do we have the assurance that they will accept that which we offer. However, we serve, and in that process we attain that which comes of no other effort: we literally become Saviors on mount Zion. As our Savior gave His life as a vicarious sacrifice for us, so we, in some small measure do the same when we perform proxy work in the temple for those who have no means of moving forward unless something is done for them by those of us here on the earth"

President Monson, "Until We Meet Again," Ensign, May 2009

Light Comes Into the World

"Every time a temple is dedicated to the Lord, the darkness pushes further back, prison doors are opened and light comes into the world."

President Spencer W. Kimball, Church News, Jan. 27, 2001

Lessens the Power of Satan

"Every foundation stone that is laid for a temple, and every temple completed ... lessens the power of Satan on the earth, and increases the power of God and Godliness"

President George Q. Cannon, Logan Temple cornerstone ceremony, 19 Sept. 1877; quoted in Nolan Porter Olsen, Logan Temple: The First 100 Years [1978]

Revelation and Spiritual Gifts

Our days are not unexpected days, and the Lord has provided for our spiritual safety and for the safety of our students. As evil increases in the world, there is a compensatory power of revelation and spiritual gifts given to the righteous. The Lord gives us added power as we are willing to remain righteous in a wicked world. ...The blessings of the temple are one compensatory gift to this generation. ... There is spiritual power in tying our youth more completely to their fathers"

Elder Neil L. Andersen, "A Classroom of Faith, Hope, and Charity, CES Broadcast, Feb. 28, 2014

Relationships Will Be Strengthened

"...Attend the temple on a regular basis. Make sure in your planning that you include a visit to the temple as often as personal circumstances will allow. I promise you that your personal spirituality, relationship with your husband or wife and family relationships will be blessed and strengthened as you regularly attend the temple."

Howard W. Hunter, Church News, Sept. 24, 1994

Profound Change in Your Life

"When a temple is conveniently nearby, small things may interrupt your plans to go to the temple. Set specific goals, considering your circumstances, of when you can and will participate in the temple ordinances. Then do not allow anything to interfere with that plan. Fourteen years ago I decided to attend the temple and complete an ordinance at least once a week. When I am traveling I make up the missed visits in order to achieve that objective. I have kept that resolve, and it has changed my life profoundly."

Elder Richard G. Scott, Ensign, May 2009

Miracles Brought By The Lord

My dear brothers and sisters, the assaults of the adversary are increasing exponentially, in intensity and in variety. Our need to be in the temple on a regular basis has never been greater. I plead with you to take a prayerful look at how you spend your time. Invest time in your future and in that of your family. If you have reasonable access to a temple, I urge you to find a way to make an appointment regularly with the Lord—to be in His holy house—then keep that appointment with exactness and joy. I promise you that the Lord will bring the miracles He knows you need as you make sacrifices to serve and worship in His temples.

[*Pres. Russell M. Nelson, Becoming Exemplary Latter-day Saints, Oct. 2018*](#)

Spiritual Strengthening

“After we receive our own temple ordinances and make sacred covenants with God, each one of us needs the ongoing spiritual strengthening and tutoring that is only possible in the house of the Lord.”

[*Pres. Russell M. Nelson, Becoming Exemplary Latter-day Saints, Oct. 2018*](#)

Safety, Solace And Revelation

“If you don’t yet love to attend the temple, go more often — not less. Let the Lord, through His Spirit, teach and inspire you there. I promise you that over time, the temple will become a place of safety, solace and revelation.

[*“Pres. Russell M. Nelson - The Temple and Your Spiritual Foundation,” October 2021 general conference*](#)

The Power of Jesus Christ

"Each person who makes covenants in baptismal fonts and temples — and keeps them — has increased access to the power of Jesus Christ. Please ponder that stunning truth. The reward for keeping covenants with God is heavenly power — power that strengthens us to withstand our trials, temptations and heartaches better. This power eases our way."

["Russell M. Nelson - Overcome the World and Find Rest," October 2022 general conference](#)

Spiritual Doors Will Open

"I plead with you to seek — prayerfully and consistently — to understand temple covenants and ordinances. Spiritual doors will open. You will learn how to part the veil between heaven and earth, how to ask for God's angels to attend you, and how better to receive direction from heaven."

["Russell M. Nelson - The Temple and Your Spiritual Foundation," October 2021 general conference](#)

Knowledge of Priesthood Power

Establish a pattern of regular temple attendance. This may require a little more sacrifice in your life. More regular time in the temple will allow the Lord to teach you how to draw upon His priesthood power with which you have been endowed in His temple. For those of you who don't live near a temple, I invite you to study prayerfully about temples in the scriptures and in the words of living prophets. Seek to know more, to understand more, to feel more about temples than you ever have before.

[Pres. Russell M. Nelson, Sisters' Participation in the Gathering of Israel, Oct. 2018](#)

Learn How to Rebuke the Adversary

We can also hear Him in the temple. The house of the Lord is a house of learning. There the Lord teaches in His own way. There each ordinance teaches about the Savior. There we learn how to part the veil and communicate more clearly with heaven. There we learn how to rebuke the adversary and draw upon the Lord's priesthood power to strengthen us and those we love. How eager each of us should be to seek refuge there.

President Nelson "Hear Him" April 2020

Blessings For Your Family

Please schedule regular time to worship and serve in the temple. Every minute of that time will bless you and your family in ways nothing else can. Take time to ponder what you hear and feel when you are there. Ask the Lord to teach you how to open the heavens to bless your life and the lives of those you love and serve.

President Nelson "Hear Him" April 2020

Improve Your Ability to Hear Him

While worshipping in the temple is presently not possible, I invite you to increase your participation in family history, including family history research and indexing. I promise that as you increase your time in temple and family history work, you will increase and improve your ability to hear Him.

President Nelson "Hear Him" April 2020

Endowed With His Healing Power

My dear brothers and sisters, these are the latter days. If you and I are to withstand the forthcoming perils and pressures, it is imperative that we each have a firm spiritual foundation built upon the rock of our Redeemer, Jesus

Christ.

The temple lies at the center of strengthening our faith and spiritual fortitude because the Savior and His doctrine are the very heart of the temple. Everything taught in the temple, through instruction and through the Spirit, increases our understanding of Jesus Christ. His essential ordinances bind us to Him through sacred priesthood covenants. Then, as we keep our covenants, He endows us with His healing, strengthening power. And oh, how we will need His power in the days ahead.

He is the One who wants you to experience fully His sacred ordinances. He wants you to comprehend your privileges, promises, and responsibilities. He wants you to have spiritual insights and awakenings you've never had before. Should distance, health challenges, or other constraints prohibit your temple attendance for a season, I invite you to set a regular time to rehearse in your mind the covenants you have made.

President Nelson, "The Temple and Your Spiritual Foundation," Oct. 2021

Eternal Blessings

Some degree of sacrifice has ever been associated with temple building and with temple attendance. Those who understand the eternal blessings which come from the temple know that no sacrifice is too great, no price too heavy, no struggle too difficult in order to receive those blessings. There are never too many miles to travel, too many obstacles to overcome, or too much discomfort to endure. If you have been to the temple for yourselves and if you live within relatively close proximity to a temple, your sacrifice could be setting aside the time in your busy lives to visit the temple regularly.

President Monson, "The Holy Temple—a Beacon to the World," April 2011

Rest for Our Souls

As we enter through the doors of the temple, we leave behind us the distractions and confusion of the world. Inside this sacred sanctuary, we find beauty and order. There is rest for our souls and a respite from the cares of

our lives.

[*Thomas S. Monson, "Blessings of the Temple," Apr. 2015 General Conference*](#)

Transcendent Feeling of Peace

As we attend the temple, there can come to us a dimension of spirituality and a feeling of peace which will transcend any other feeling which could come into the human heart.

My brothers and sisters, in our lives we will have temptations; we will have trials and challenges. As we go to the temple, as we remember the covenants we make there, we will be better able to overcome those temptations and to bear our trials. In the temple we can find peace.

[*Thomas S. Monson, "Blessings of the Temple," Apr. 2015 General Conference*](#)

Solutions To Life's Problems

John A. Widtsoe wrote: "I believe that the busy person who has his worries and troubles, can solve his problems better and more quickly in the house of the Lord than anywhere else. If he will ... [do] the temple work for himself and for his dead, he will confer a mighty blessing upon those who have gone before, and ... a blessing will come to him, for at the most unexpected moments, in or out of the temple will come to him, as a revelation, the solution of the problems that vex his life. That is the gift that comes to those who enter the temple properly."

[*David B. Haight, "Temples and Work Therein," Ensign, Nov 1990*](#)

Refuge From The Ills of Life

The moment we step into the house of the Lord, the atmosphere changes from the worldly to the heavenly, where respite from the normal activities of life is found, and where peace of mind and spirit is received. It is a refuge from the ills of life and a protection from the temptations that are contrary

to our spiritual well-being.

[David B. Haight, "Temples and Work Therein," Ensign, Nov 1990](#)

The Dust of Distraction Settles Out

When members of the Church are troubled or when crucial decisions weigh heavily upon their minds, it is a common thing for them to go to the temple. It is a good place to take our cares. In the temple we can receive spiritual perspective. There, during the time of the temple service, we are 'out of the world.'

Sometimes our minds are so beset with problems, and there are so many things clamoring for attention at once that we just cannot think clearly and see clearly. At the temple the dust of distraction seems to settle out, the fog and the haze seem to lift, and we can 'see' things that we were not able to see before and find a way through our troubles that we had not previously known.

[President Boyd K. Packer, "The Holy Temple," Ensign, Feb. 1995](#)

Personal Blessing of Temple Worship

Let us be a temple-attending and a temple-loving people. Let us hasten to the temple as frequently as time and means and personal circumstances allow. Let us go not only for our kindred dead, but let us also go for the personal blessing of temple worship, for the sanctity and safety which are provided within those hallowed and consecrated walls. The temple is a place of beauty; it is a place of revelation; it is a place of peace. It is the house of the Lord.

[Howard W. Hunter, "A Temple-Motivated People," Ensign, Mar 2004](#)

Spiritual Power

Temples are the very center of the spiritual strength of the Church. We should expect that the adversary will try to interfere with us as a church and

with us individually as we seek to participate in this sacred and inspired work. Temple work brings so much resistance because it is the source of so much spiritual power to the Latter-day Saints and to the entire Church.

[*President Boyd K. Packer, "The Holy Temple," Ensign, Feb. 1995*](#)

The Blessings of the Eternal Gods

"Every foundation stone that is laid for a Temple, and every Temple completed according to the order the Lord has revealed for his holy Priesthood, lessens the power of Satan on the earth, and increases the power of God and Godliness, moves the heavens in mighty power in our behalf, invokes and calls down upon us the blessings of the Eternal Gods, and those who reside in their presence"

[*President George Q. Cannon, Logan Temple Cornerstone Dedication*](#)

Life Will Be Better

"I know your lives are busy. I know that you have much to do. But I make you a promise that if you will go to the house of the Lord, you will be blessed; life will be better for you."

[*Excerpts from Recent Addresses of President Gordon B. Hinckley, July 1997 Ensign*](#)

Feel The Savior's Infinite Love

"Building and maintaining temples may not change your life, but spending your time in the temple surely will. To those who have long been absent from the temple, I encourage you to prepare and return as soon as possible. Then I invite you to worship in the temple and pray to feel deeply the Savior's infinite love for you, that each of you may gain your own testimony that He directs this sacred and ageless work."

[*Russell M. Nelson, Becoming Exemplary Latter-day Saints, Oct 2018 Gen. Conf.*](#)

The Spirit Will Flood Our Hearts

As we follow the guidance of the prophets and learn how to do our family history and perform the temple ordinances for our ancestors, we will experience great joy to the point that we will not want to stop doing it. The Spirit will flood our hearts, awaken our faculties to do it, and guide us as we search for the names of our ancestors.

[*Benjamin De Hoyos, The Work of the Temple and Family History-One and the Same Work, Apr, 2023 Gen Conf*](#)

Bless Your Life in Ways Nothing Else Can

It is significant that the Savior chose to appear to the people at the temple. It is His house. It is filled with His power. Let us never lose sight of what the Lord is doing for us now. He is making His temples more accessible. He is accelerating the pace at which we are building temples. He is increasing our ability to help gather Israel. He is also making it easier for each of us to become spiritually refined. I promise that increased time in the temple will bless your life in ways nothing else can.

[*Russell M. Nelson, Focus on the Temple, Oct 2022 Gen Conf*](#)
