

# The Light of Christ

## Define the Light of Christ

Read Doctrine and Covenants 88:12–13, looking for descriptions of the Light of Christ.

Read the following definition of the Light of Christ:

[The Light of Christ is] divine energy, power, or influence that proceeds from God through Christ and gives life and light to all things. It is the law by which all things are governed in heaven and on earth (Doctrine and Covenants 88:6–13). It also helps people understand gospel truths and helps to put them on the gospel path that leads to salvation. (Guide to the Scriptures; Light of Christ)

- How would you summarize what you understand the Light of Christ to be?
- How do you think you are personally influenced by the Light of Christ?

## The Light of Christ as our conscience

One manifestation of the Light of Christ is our conscience. Write a definition that a primary child would understand of what you understand conscience to be.

Read the following definition and see what you might add to your definition.

The inner sense of right and wrong, coming from the Light of Christ in all men (Moroni 7:16). We are born with a natural capacity to distinguish between right and wrong because of the Light of Christ that is given to every person (Doctrine and Covenants 84:46). This faculty is called conscience. The possession of it makes us responsible beings. Like other faculties, our consciences may be deadened through sin or misuse. (Guide to the Scriptures; Conscience)

Read Doctrine and Covenants 84:45–46 and Moroni 7:16, looking for words or phrases that describe how the Light of Christ acts as our conscience. Consider creating a cross-reference for the two verses.

- What is a phrase from these verses that helps you understand what a conscience is?
- Why do you think Heavenly Father and Jesus Christ gave you a conscience?
- How could listening to or ignoring your conscience influence the choices you make and your eternal destination?

## The Light of Christ is in everyone

Imagine you are asked to share a brief thought in Sunday School about how to view and treat all people better, particularly those who are different than you. You can use the following resources and any others you find helpful.

D&C 88:11

D&C 93:2

President Boyd K. Packer (1924–2015) of the Quorum of the Twelve Apostles taught:



The more we know about the Light of Christ, the more we will understand about life and the more we will have a deep love for all mankind. We will be better teachers and missionaries and parents, and better men and women and children. We will have deeper regard for our brothers and sisters in the Church and for those who do not believe.

The Light of Christ is as universal as sunlight itself. Wherever there is human life, there is the Spirit of Christ. Every living soul is possessed of it.

If we understand the reality of the Light of Christ in everyone we see . . . and within ourselves . . . we will have courage and inspiration beyond that which we have known heretofore. And it must be so! And it will be so! All of this is a dimension of gospel truth that too few understand. (Boyd K. Packer, "The Light of Christ," April 2005, 8, 13–14)

Write a 2–3 sentence thought about how understanding the Light of Christ can influence how you see others.

## The Light of Christ in the universe

Have you ever been touched by the beauty or majesty of this earth and the universe? What feelings do these things bring out in you?

Read Doctrine and Covenants 88:7–10, 45–47 and look for what you learn about the Light of Christ, the earth, and the universe.

- What can we learn about the Lord from his creations?
- How might seeing God's influence in the universe help us recognize His influence in our lives?