

# Heavenly Father's Plan of Salvation

*Question:* Where did we come from?

*Study Resources:* Jeremiah 1:5; Hebrews 12:9; Doctrine and Covenants 38:1–3; 93:29; 138:56; Abraham 3:22–28

Elder Dieter F. Uchtdorf, previously of the First Presidency, explained:



We do not know many details about life in that premortal sphere, but we do know some. ...

Back in that first estate, you knew with absolute certainty that God existed because you saw and heard Him. You knew Jesus Christ, who would become the Lamb of God. You had faith in Him. ...

You had participated in the great heavenly councils and knew that your Savior and Redeemer, Jesus Christ, would provide a way for you to be cleansed from sin and rescued from physical death. ("Your Wonderful Journey Home," *Ensign* or *Liahona*, May 2013, 126, 127)

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*Question:* What is the purpose of our mortal life?

*Study Resources:* Moses 1:39; 2 Nephi 2:25; Alma 34:32; 3 Nephi 9:21–22; Abraham 3:25

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles explained:



As a child of God, you came to earth to receive a physical body. With your body, you can choose to faithfully follow Jesus Christ. You can choose to obey God's commandments, receive holy ordinances, and make and keep gospel covenants. Doing these things will prepare you to fulfill your divine destiny.

With this purpose clearly in mind, you can see the importance of taking the sacrament each week, studying the scriptures, praying daily, setting worthwhile goals, and serving others. These things help remind you of why you are really here, and they will help you to be worthy to receive the personal revelation that you need to be happy and remain on the covenant path. ("God's Plan of Happiness and Your Divine Destiny," *For the Strength of Youth*, Jan. 2022, 4)

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*Question:* What happens after we die?

*Study Resources:*

Spirit world—Alma 40:11–14

Resurrection and judgment—Moses 6:57; Alma 11:42–45; 3 Nephi 27:16

Kingdoms of glory—1 Corinthians 15:40–52; Doctrine and Covenants 76:69–71, 81: