

Activity 3: The Temple

- What do you think or feel about temples?

Read 2 Nephi 5:16 and see what you learn about the Nephite temple.

- Why do you think that Nephi and his people made such great efforts to build the temple?
- Why do you think the Lord has asked and continues to ask His people to sacrifice to build temples?

President Russell M. Nelson said the following about the purpose and blessings of temples. You may want to watch the video “The Temple and Your Spiritual Foundation” from time code 4:27 to 5:55 or read the statement below:



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.

We have been promised that “if [we] are prepared [we] shall not fear.” This assurance has profound implications today. The Lord has declared that despite today’s unprecedented challenges, those who build their foundations upon Jesus Christ, and have learned how to draw upon His power, need not succumb to the unique anxieties of this era. (Russell M. Nelson, “The Temple and Your Spiritual Foundation,” *Liahona*, Nov. 2021, 93–94)

- What impresses you from President Nelson’s statement?
- How can attending the temple help you better build your foundation on Jesus Christ? You might share an experience if you can think of one.
- How has the temple brought greater happiness to you or someone you know?