

## Promises for doing Temple and Family History Work

"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*

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"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*

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**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*

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**"...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*

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“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*

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“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*

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“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*

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“...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)*

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**“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*

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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.

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**"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*

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"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"*

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"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*

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“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)*

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"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*

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“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*

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“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.*

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“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.*

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## 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*

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## 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*

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## 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*

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## 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*

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“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*

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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*

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## Family History Brings Power to the Living

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](#)*

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[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*

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