

# The Plan of Happiness

Today I wanted to teach several principles from the talk given by President Boyd K. Packer at the most recent General Conference. His talk was called, "The Plan of Happiness." In this talk he taught several things regarding our purpose in life, and how we can find happiness. Today I would like to expound on several of the things that he taught. So what exactly does bring us happiness?

Today I would like to focus on several principles that bring us happiness, and how we can better our lives through them.

I will be speaking on the importance of the family and the atonement in our search for happiness; and how we can use the temple to bring us nearer to God.

What brings us happiness?

## **Family**

**The end of all activity in the Church is to see that a man and a woman with their children are happy at home, sealed together for time and for all eternity. – Packer**

**The commandment to multiply and replenish the earth has never been rescinded. It is essential to the plan of redemption and is the source of human happiness. Through the righteous exercise of this power, we may come close to our Father in Heaven and experience a fullness of joy, even godhood. The power of procreation is not an incidental part of the plan; it is the plan of happiness; it is the key to happiness.**

**The desire to mate in humankind is constant and very strong. Our happiness in mortal life, our joy and exaltation are dependent upon how we respond to these persistent, compelling physical desires. As the procreative power matures in early manhood and womanhood, very personal feelings occur, in a natural way, unlike any other physical experience.**

Our Heavenly Father has blessed each of us with divine gifts. Each of us have been foreordained to become parents and to partake in the beautiful blessings of the eternities. As President Packer taught, the way we treat these powers and passions within us will ultimately determine our eternal destiny and happiness. Our loving Heavenly Father is anxious to help us with any struggles we may have. I have learned for myself that our Heavenly Father loves each of His children and is merciful to all who call on His name....STOP As we all know, the opposition is very great. President Packer taught,

**"Temptations are ever present. Because the adversary cannot beget life, he is jealous toward all who have that supernal power. He and those who followed him were cast out and forfeited the right to a mortal body. "He seeketh that all men might be miserable like unto himself" (2 Nephi 2:27). He will tempt, if he can, to degrade, to corrupt, and, if possible, to destroy this gift by which we may, if we are worthy, have eternal increase (see D&C 132:28–31)." – Packer**

He continued,

**"If we pollute our fountains of life or lead others to transgress, there will be penalties more "exquisite" and "hard to bear" (D&C 19:15) than all the physical pleasure could ever be worth." – Packer**

**"The only legitimate, authorized expression of the powers of procreation is between husband and wife, a man and a woman, who have been legally and lawfully married. Anything other than this violates the commandments of God. Do not yield to the awful temptations of the adversary, for every**

**debt of transgression must be paid “till thou hast paid the uttermost farthing” (Matthew 5:26).” - Packer**

It is interesting to me that the thing that enables us to experience the greatest joy in this life and through the eternities is also the thing that causes so many to stumble and fall. **In 3 Nephi 18:18 we read, “Behold, verily, verily, I say unto you, ye must watch and pray always lest ye enter into temptation; for Satan desireth to have you, that he may sift you as wheat.”** He knows what is at stake, and where our Heavenly Father wants us to be. And I know, that his fight will only make us stronger if we gain a testimony of the atonement of Jesus Christ, and learn to use it in our daily lives. During this life, we will always make mistakes...but they need not define who we are or restrict our growth. Rather, they should refine who we are and stimulate our growth. There is hope, my brothers and sisters...for each one of us. We all fall short of the glory of God. We all stand in need of the Lord’s goodness, mercy, and grace. The atonement of Jesus Christ makes our repentance possible. Several years ago, President Packer taught,

**“There is no habit, no addiction, no rebellion, no transgression, no apostasy, no crime exempted from the promise of complete forgiveness. That is the promise of the atonement of Christ.” – Packer**

## **Atonement**

The atonement of Jesus Christ is key to our happiness in this perfect plan of our Heavenly Father. We have been blessed with the power to create life, and nurture one another. We have been blessed with the opportunity to have family and to learn and grow with one another. Through the atonement, and only through the atonement we can return to live in the presence of our Heavenly Father with our eternal families forever, and ever. I would like to share with you counsel and teachings given by servants of God in regard to the atonement of Jesus Christ. **Elder Tad R. Callister** taught how one can use the atonement to purify their life. He said,

“If we have made moral mistakes in our lives, we can repent because of the Atonement of Jesus Christ. The first and foundational step to living a morally clean life for the future is to repent of past transgressions, to exchange a foundation of sand for a foundation of rock. Often that commences with confession.”

**Elder Holland** taught how we can make the atonement an integral part of our lives. He taught,

“Seek the counsel of those who hold keys for your spiritual well-being. Ask for and cherish priesthood blessings. Take the sacrament every week, and hold fast to the perfecting promises of the Atonement of Jesus Christ.”

**Elder Bednar** taught how we can use the atonement not only to overcome sin, but to prepare us to return to God:

“Not only does the Atonement of Jesus Christ overcome the effects of the Fall of Adam and make possible the remission of our individual sins and transgressions, but His Atonement also enables us to do good and become better in ways that stretch far beyond our mortal capacities.” – Bednar

How do we find happiness in this life? We find happiness through learning about Jesus Christ, and His atonement...then learning how to use His atonement in our daily lives to purify and eventually perfect us. **As we repent and draw nearer to God, He will pour down blessings on us that we could never have even imagined.**

Sincere repentance prepares us for the greatest blessings of God. Repentance prepares us to enter the house of the Lord, and worship in the temple.

## **Temple**

The temple is a manifestation of the Lord’s love for us. Through it we can receive strength and direction in our daily lives and draw nearer to God. When I attend the temple, I feel a special spirit there that is unlike anything else in this world.

**Just yesterday, my wife and I went there with our beautiful daughter just to be in the waiting room together to study the scriptures.** Hannah is growing up fast but isn't quite ready for an official temple recommend. Anyways, we drove up to the temple...parked the car and started to walk across the parking lot to the temple. Before we even entered the gates, I could already feel a special spirit....witnessing to me that the temple is indeed the house of the Lord and was exactly where the Lord wanted us to be.

The Lord stands ready and desirous to bless us...we just need to come unto Him. Understanding the Plan of Happiness, and accessing the power of the atonement allows us to stand before Him without guilt and with joy. True happiness is found as we come unto the Lord through faithful obedience to all of His commandments. **President Monson** testified,

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

As he continued, he said,

“As we go to the holy house, as we remember the covenants we make therein, we will be able to bear every trial and overcome each temptation. The temple provides purpose for our lives. It brings peace to our souls—not the peace provided by men but the peace promised by the Son of God when He said, ‘Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.’” – Monson

What a promise that is. To know that by attending the temple and remembering the covenants made there, we will be able to bear every trial and overcome each temptation. The Lord stands ready to offer us His strength and guidance. It is through the temple that we can receive all of the blessings made possible by the atonement. It is through the temple that we can receive the greatest blessings of God that will prepare us for eternal life in His presence. **President Packer** also taught of the importance of the temple when he said,

“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.

The Lord will bless us as we attend to the sacred ordinance work of the temples. Blessings there will not be limited to our temple service. We will be blessed in all of our affairs” – Packer