

Excerpt from President Russell M. Nelson (October 2021 Conference):

My dear brothers and sisters, these *are* the latter days. If you and I are to **withstand the forthcoming perils and pressures**, it is imperative that we each have a ***firm* spiritual foundation** built upon the rock of our Redeemer, Jesus Christ.<sup>2</sup>

So I ask each of you, how firm is *your* foundation? And **what reinforcements to your testimony** and understanding of the gospel are needed?

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.**<sup>3</sup> 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.**”<sup>4</sup> 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.**

Temple ordinances and covenants are ancient. The Lord instructed Adam and Eve to pray, make covenants, and offer sacrifices.<sup>5</sup> Indeed, “whenever the Lord has had a people on the earth who will obey His word, they have been **commanded to build temples.**”<sup>6</sup> The standard works are replete with references to temple teachings, clothing, language, and more.<sup>7</sup> *Everything* we believe and ***every* promise God has made to His covenant people come together in the temple.** In *every* age, the temple has underscored the precious truth that those who make covenants with God and keep them are children of the covenant.

Thus, in the house of the Lord, we can make the **same covenants** with God that Abraham, Isaac, and Jacob made. And we can receive the same blessings! ...

If you don't yet **love to attend the temple**, go more often—not less. **Let the Lord, through His Spirit, teach and inspire you there.** I promise you that over time, **the temple will become a place of safety, solace, and revelation.**

... Please believe me when I say that when your spiritual foundation is built solidly upon Jesus Christ, you have *no need to fear*. **As you are true to your covenants made in the temple, you will be strengthened by His power.** Then, when spiritual earthquakes occur, you will be able to stand *strong* because **your spiritual foundation is solid and immovable.**

I love you, dear brothers and sisters. These truths I know: God, our Heavenly Father, wants *you* to **choose to come home to Him.** His plan of eternal progression is not complicated, and **it honors your agency.** You are **free to choose who you will be—and with whom you will be—in the world to come!**

God lives! Jesus is the Christ! **This is His Church, restored to help you fulfill your divine destiny.** I so testify in the sacred name of Jesus Christ, amen.