



Bodies Filled With Light

Scripture Guide

EDUCATION IN ZION

GALLERY IN THE JOSEPH F. SMITH BUILDING

The standard works of The Church of Jesus Christ of Latter-day Saints contain 41,994 verses with over 9,000 references to body parts. Presented below are selected verses for several body parts and their associated meanings, you may view the entire PDF of all the references at

bodiesfilledwithlight.byu.edu

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WHOLE BODY

D&C 88:67 And if your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you; and that body which is filled with light comprehendeth all things.

MIND

Judgment, Executive Function, Thinking, Reasoning

Prov 29:11 A fool uttereth all his mind.
2 Tim 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
D&C 9:8 You must study it out in your mind.
Moses 7:18 And the Lord called his people Zion, because they were of one heart and one mind.

HEAD HAIR FACE CHEEK

Humility, Worship, Accountability, Receiving Blessings

Job 4:15 Then a spirit passed before my face; the hair of my flesh stood up.
Luke 6:29 And unto him that smiteth thee on the one cheek offer also the other.
1 Cor 13:12 For now we see through a glass, darkly; but then face to face.
Mosiah 7:19 Therefore, lift up your heads, and rejoice.
Alma 40:23 Yea, even a hair of the head shall not be lost.

EYES EARS VOICE

Conduits of Information

Mark 8:18 Having eyes, see ye not? and having ears, hear ye not?
1 Cor 2:9 Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared.
3 Ne 13:22 The light of the body is the eye; if, therefore, thine eye be single, thy whole body shall be full of light.
D&C 4:5 An eye single to the glory of God.
D&C 110:1 The veil was taken from our minds, and the eyes of our understanding were opened.

MOUTH LIPS

TONGUE JAW CHEEK

Communication, Testimony, Prophecy, Obedience, Sin

Ps 126:2 Then was our mouth filled with laughter, and our tongue with singing.
Prov 16:23 The heart of the wise teacheth his mouth, and addeth learning to his lips.
Matt 4:4 Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.
D&C 6:28 In the mouth of two or three witnesses shall every word be established.

NECK

Compassion, Pride, Ego, Bondage

Gen 33:4 And Esau . . . fell on his neck, and kissed him.
Ps 18:40 Thou hast also given me the necks of mine enemies.
Matt 18:6 But who shall offend one of these . . . it were better for him that a millstone were hanged about his neck.
2 Ne 26:22 Yea, and he leadeth them by the neck with a flaxen cord.
D&C 112:13 And if they harden not their hearts, and stiffen not their necks against me, they shall be converted, and I will heal them.

SHOULDER BACK

Carry, Cover, Work, Burdens

1 Chr 15:15 The Levites bare the ark of God upon their shoulders.
Matt 23:4 For they bind heavy burdens and grievous to be borne, and lay them on men's shoulders.
Mosiah 24:14 I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs.
D&C 31:5 Laden with sheaves upon your back, for the laborer is worthy of his hire.

HEART

Love, Soul, Emotion, Desire, Allegiance, Understanding

Isa 66:14 your heart shall rejoice, and your bones shall flourish.
Matt 5:8 Blessed are the pure in heart: for they shall see God.
Col 2:2 That their hearts might be comforted, being knit together remission of sins bringeth meekness, and lowliness of heart.
Moro 8:26 Serve him with all your heart, might, mind and strength.
D&C 4:2 turning the hearts of the fathers to the children, and the hearts of the children to the fathers.
D&C 27:9

WOMB BOWELS BELLY

Fertility, Intermost Parts, Mercy, Compassion

Gen 43:30 for his bowels did yearn upon his brother: and he sought where to weep.
Jer 1:5 Before I formed thee in the belly I knew thee.
John 3:4 can he enter the second time into his mother's womb, and be born?
D&C 89:7 And, again, strong drinks are not for the belly.

ARM

Protection, Mercy, Strength, Defense, War

Isa 59:16 His arm brought salvation unto him.
Luke 1:51 He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts.
Jacob 6:5 His arm of mercy is extended towards you.
3 Nephi 16:20 The Lord hath made bare his holy arm.
D&C 6:20 I will encircle thee in the arms of my love.

BREAST BOSOM

Nursing, Emotion, Soul

Isa 40:11 He shall gather the lambs with his arm, and carry them in his bosom.
Jon 1:18 JST The Only Begotten Son, who is in the bosom of the Father.
Alma 32:28 It will begin to swell within your breasts.
D&C 9:8 And if it is right I will cause that your bosom shall burn within you.

HAND

Works, Labor, Protection, Blessing, Possession, Creation

Dan 2:34 A stone was cut out without hands.
Matt 6:3 Let not thy left hand know what thy right hand doeth.
John 20:25 I shall see in his hands the print of the nails, and put my finger into the print of the nails.
Alma 26:3 Instruments in the hands of God.
D&C 61:6 All flesh is in mine hand.

LEGS THIGHS KNEES

Strength, Bowing, Praying, Gratitude

Gen 32:25 He touched the hollow of his thigh.
Judg 7:6 The people bowed down upon their knees to drink water.
Alma 19:14 He fell upon his knees, and began to pour out his soul.
D&C 76:110 All shall bow the knee, and every tongue shall confess to him.
D&C 88:131 Let him offer himself in prayer upon his knees before God,

LOINS

Genealogy, Strength

Eph 6:14 Stand therefore, having your loins girt about with truth.
1 Pet 1:13 Wherefore gird up the loins of your mind, be sober.
2 Nep 3:11 But a seer will I raise up out of the fruit of thy loins.
D&C 75:22 Gird up your loins and be faithful, and ye shall overcome.

FEET

Stand, Service, Strength, Destruction

Ps 18:36 My feet did not slip.
Acts 3:7 Immediately his feet and ankle bones received strength.
Romans 10:15 How beautiful are the feet of them that preach the gospel.
1 Ne 19:7 The very God of Israel do men trample under their feet.

CHRIST'S BODY

The Perfect Body

Dan 10:6 His body also was like the beryl, and his face as the appearance of lightning, and his eyes as lamps of fire, and his arms and his feet like in colour to polished brass, and the voice of his words like the voice of a multitude.
D&C 110:3 His eyes were as a flame of fire; the hair of his head was white like the pure snow; his countenance shone above the brightness of the sun; and his voice was as the sound of the rushing of great waters, even the voice of Jehovah.
John 19:30 He said, It is finished: and he bowed his head, and gave up the ghost.
JS-H 1:31 His head and neck were also bare.
Moses 4:30 My words cannot return void, for as they go forth out of my mouth they must be fulfilled.
Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder.
Moses 7:36 Wherefore, I can stretch forth mine hands and hold all the creations which I have made.
Ex 31:18 Two tables of testimony, tables of stone, written with the finger of God.
Ether 12:20 So great was his faith in God, that when God put forth his finger he could not hide it.
3 Ne 9:20 And ye shall offer for a sacrifice unto me a broken heart and a contrite spirit.
3 Ne 17:6 And he said unto them: Behold, my bowels are filled with compassion towards you.
John 19:33 But when they came to Jesus, and saw that he was dead already, they brake not his legs.
John 12:3 Mary . . . anointed the feet of Jesus, and wiped his feet with her hair.
JS-H 1:31 So, also, were his feet naked, as were his legs, a little above the ankles.
3 Ne 11:14 Feel the prints of the nails in my hands and in my feet, that ye may know that I am the God of Israel . . . and have been slain for the sins of the world.

Why do scriptures reference the body so frequently?

How do you feel about your body now?