

# *A Promise and a Blessing*

BOYD K. PACKER

I take as my model a missionary I called upon in a district conference in Halifax, Nova Scotia. He was frightened. He came to the pulpit, stood trembling for a few minutes, and then said, “This here’s likely to not be a very long talk, was it.” And then he returned to his seat.

Following that example, I do just two things. One, I make you a promise. Then, two, I give you a blessing. The promise spoken by the Lord in D&C 89:18–21—referring there specifically to those revelations that have to do with our physical health, yet having likewise to do with those revelations that outline the restored gospel of Jesus Christ—says:

*All saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones. . . .*

*And I, the Lord, give unto them a promise, that the destroying angel shall pass by them . . . and not slay them.*

The blessing conferred upon you in company with your degree is simply this: I bless you through the authority of the priesthood as a servant of the Lord that you will live the gospel and that in consequence of that you will be happy. I bless you in your homes and those who have brought you here as you move forward in life to find a life’s companion, to establish a home, and to serve mankind. I bless you that you will be safe and happy and that the Light of Christ that is in every one of us and the gift of the Holy Ghost that can be called upon by all of us will shine brightly in your lives. I invoke this blessing upon you in the name of Jesus Christ, amen.

---

*Boyd K. Packer, acting president of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, delivered this BYU commencement address on August 16, 2001.*