

A Sacred Power by Boyd K. Packer (Teach Ye Diligently)

“There was provided in our physical bodies, and this is sacred, a power of creation... Through the exercise of this power of creation, a mortal body may be conceived, a spirit enter into it, and a new soul born into this life.

This power is good. It can create and sustain family life, and it is in family life that we find the fountains of happiness... It is a sacred and significant power, and I repeat... that this power is good...

The power of creation, or may we say procreation, is not just an incidental part of the plan—it is essential to it. Without it the plan could not proceed. The misuse of it may disrupt the plan.

Much of the happiness that may come to you in this life will depend on how you use this sacred power of creation...

This creative power carries with it strong desires and urges... It is necessary that this power of creation have at least two dimensions: One, it must be strong, and two, it must be more or less constant. This power must be strong, for most men by nature seek adventure. Except for the compelling persuasion of these feelings, men would be reluctant to accept the responsibility of sustaining a home and family. This power must be constant too, for it becomes a binding tie in family life.

It is through this power that life continues. A world full of trials and fears and disappointments can be changed into a kingdom of hope and joy and happiness. Each time a child is born, the world somehow is renewed in innocence.

Again, I want to tell you... that this power within you is good. It is a gift from God our Father. In the righteous exercise of it, as in nothing else, we may come close to Him. We can have, in a small way, much that our Father in heaven has as He governs us, His children. No greater school or testing place can be imagined.

The Teachings of Spencer W. Kimball

Sex is for procreation and expression of love. It is the destiny of men and women to join together to make eternal family units. In the context of lawful marriage, the intimacy of sexual relations is right and divinely approved. There is nothing unholy or degrading about sexuality in itself, for by that means men and women join in a process of creation and in an expression of love.

The union of the sexes, husband and wife (and only husband and wife), was for the principal purpose of bringing children into the world. Sex experiences were never intended by the Lord to be a mere plaything or merely to satisfy passions or lusts. We know of no directive from the Lord that proper sex experience between husbands and wives need be limited totally to the procreation effort, but we find much evidence from Adam until now that no provision was ever made by the Lord for indiscriminate sex.

Sexual relations in marriage are not unrestrained. Even though sex can be an important and satisfactory part of married life, we must remember that life is not designed just for sex. Even marriage does not make proper certain extremes in sexual indulgence. To the Ephesian saints Paul begged for propriety in marriage: “So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.” (Eph.5:28.) And perhaps the Lord’s condemnation included secret sexual sins in marriage, when he said: “And those who are not pure, and have said they were pure, shall be destroyed, saith the Lord God.” (D&C 132:52.)

If it is unnatural, you just don’t do it. That is all, and all the family life should be kept clean and worthy and on a very high plane. There are some people who have said that behind the bedroom doors anything goes. That is not true and the Lord would not condone it.