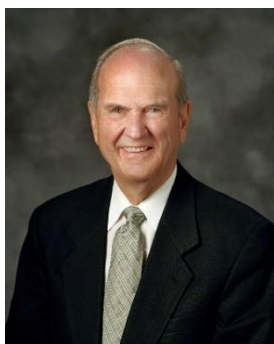


# The Promised Blessings of Family History

<https://www.churchofjesuschrist.org/family-history/video/the-promised-blessing-of-family-history?lang=eng>



**(President Russell M. Nelson)** While temple and family history work has the power to bless those beyond the veil, it has an equal power to bless the living. It has a refining influence on those who are engaged in it.

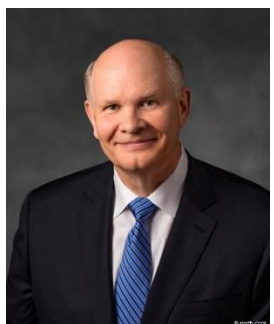


**(Elder Neil L. Andersen)** This is how you and I become saviors on Mount Zion. There is a joy and satisfaction that is only understood through spiritual feelings. We are linked to them forever.



**(Elder Quentin L. Cook)** As an Apostle of the Lord Jesus Christ, I leave my blessing upon you with a promise that if you look beyond the bonds of time and mortality and help those who cannot help themselves, you will be blessed with more closeness and joy in your family and with the divine protections afforded those who are faithful in His service.

**(Elder David A. Bednar)** As you respond in faith to this invitation, your heart shall turn to the Father's. The promises made to Abraham, Isaac, and Jacob will be implanted in your hearts. Your patriarchal blessing with its declaration of lineage will link you to these fathers and be more meaningful to you. Your love and gratitude for your ancestors will increase. Your testimony of and conversion to the Savior will become deep and abiding.



**(Elder Dale G. Renlund)** You'll find not only protection from the temptation and ills of this world, but you'll also find personal power: power to change, power to repent, power to learn, power to be sanctified, and power to turn the hearts of your family together and heal that which needs healing.

**(Elder Neil L. Andersen)** Your own knowledge and faith in the Savior will increase, and you will receive a more certain witness that life continues beyond the veil. I know that life continues beyond the veil. I know it.

**(Elder Quentin L. Cook)** I invoke a special blessing on you parents, you youth, and you children that each of you will find joy and be blessed in every other aspect of your life as you fulfill the obligation that has been sent from Heaven.

**(Elder David A. Bednar)** I promise you will be protected against the intensifying influence of the adversary. As you participate and love this holy work, you will be safeguarded in your youth and throughout your lives.

**(President Henry B. Eyring)** I testify that God the Father wants His children home again, in families and in glory. And I promise you the inspired help that you seek and need.



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