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Heavenly Father's Plan of Happiness

God's plan of salvation and happiness helps you understand the purpose of life and your relationship with Him. Centered on Jesus Christ, God's plan teaches where you came from, the purpose of life, and what happens when you die.



[Why I Am Here \(2:30\)](#)

God's plan of salvation answers life's great questions, such as: "Where did I come from?" "What is my purpose in life?" "What happens when I die?"

Where did I come from? Your life did not begin at birth, nor will it end at death. You are made up of a spirit body (sometimes called the soul) and a physical body. Heavenly Father created your spirit body, and you lived with Him before you were born on earth. You knew and loved Him, and He knew and loved you.

What is my purpose in life? Your purpose in leaving God's presence to come to earth includes obtaining a physical body, gaining experience, and learning to make right choices. God influences you to do good and to follow Him, while Satan tempts you to ignore God and commit sin. When you commit sin, you separate yourself to some degree from God. You cannot overcome sin and its effects without Jesus Christ. He voluntarily suffered for your sins, pains, sicknesses, and sorrows. This payment is called the Atonement. Christ's atoning sacrifice makes it possible to be forgiven, which brings inner peace and happiness.

What happens when I die? Physical death is a step forward in Heavenly Father's plan. At death, your spirit will leave your body and go to the spirit world, which is a place of learning and preparation. One of God's gifts is the Resurrection, the reuniting of the physical body and spirit, made possible by the Resurrection of Jesus Christ. After you are resurrected, you will go before God to be judged according to your works and the intents of your heart. If you have believed in Jesus Christ, repented of your sins, and followed [His commandments](#), you will be able to enjoy eternal life in our Heavenly Father's presence.

A greater knowledge of the plan of salvation has come because of the Restoration of the gospel of Jesus Christ through the Prophet Joseph Smith. You can know for yourself that these things are true by asking Heavenly Father in prayer.

Learn More

- [God has a plan for your life](#) People have often pondered questions such as “Where did I come from?” “What is my purpose in life?” and “Where will I go after this life?” God has a plan for the happiness of His children.
- [You Lived with God](#) Your life did not begin at birth, Heavenly Father created your spirit and you lived with Him as a spirit before you were born on earth.
- [The Creation](#) God is your Heavenly Father and you are created in His image. Under the direction of the Father, Jesus Christ created the earth as a place for you to live and gain experience.
- [Agency and the Fall of Adam and Eve](#) Heavenly Father has blessed all of His children with the freedom to choose. Adam and Eve were separated from God’s presence. This event is referred to as the Fall.
- [Your Life on Earth](#) You came to earth to receive a body and to gain knowledge and experience to help you become more like your Heavenly Father.
- [The Atonement of Jesus Christ](#) Heavenly Father sent His Son, Jesus Christ, to voluntarily pay for your sins so that you can return to live with Him.
- [Life after Death](#) At the time of physical death, your spirit will leave your body and go to the spirit world, where you will continue to learn and progress while you await the resurrection.
- [Resurrection and Judgment](#) After your body and spirit are reunited through the Resurrection, you will be brought into God’s presence to be judged.
- [Heaven and Eternal Reward](#) Those who are judged worthy to return to God’s presence become “heirs of God, and joint-heirs with Christ” (Romans 8:17) of all that the Father has.
- [How can I know this is true?](#) You can know if the gospel of Jesus Christ has truly been restored to the earth. Ask your Heavenly Father in prayer and you will receive an answer from Him through the Holy Ghost.

- [The Restoration of Truth](#)
- [Heavenly Father's Plan of Happiness](#)
 - [God has a plan for your life](#)
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 - [How can I know this is true?](#)
- [Jesus Christ: Our Savior](#)
- [The Commandments](#)
- [Membership in Christ's Church](#)
- [Free Media](#)

[Ask Your Questions: Chat Now](#)

- [Jesus Christ](#)
- [Truth Restored](#)
- [Our Stories](#)
- [Know for Yourself](#)
- [Free Media](#)



An Apostle's Easter Thoughts of Jesus Christ

Elder Jeffrey R. Holland testifies how one of the great consolations of this Easter season is that because Jesus walked such a long, lonely path, utterly alone, we do not have to.

[View Video](#)



Mormons Worship Jesus Christ

Jesus Christ is the Son of God. His gospel is the only path whereby we can return to our Heavenly Father.

[Learn More](#)



Book of Mormon

A second witness of Jesus Christ and a companion volume of scripture to the Bible that records God's dealings with the ancient inhabitants of the Americas.

[Request a Copy](#)



Finding Faith in Christ DVD

A powerful biblical depiction of the life and ministry of the Savior, Jesus Christ (29:10).

[View Video](#)

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Mormons Are Christians

Mormons are Christians because they believe in, and testify of, Jesus Christ (2:27).

[View Video](#)



Jesus Christ Is Real

A recent convert to the Mormon Church expresses his beliefs in Jesus Christ (1:20).

[View Video](#)



Why Mormons Build Temples

Temples are sacred structures built and dedicated to the Lord. The primary purpose of temples is to "seal" or unite families together for eternity (3:14).

[View Video](#)



God Speaks Today

Throughout time, God has consistently reached out to His children in love, and given them His gospel (1:32).

[View Video](#)



Answers to Life's Great Questions

Life's questions no longer have to go unanswered.

[Learn More](#)



The Restoration DVD

How God restored the fulness of His gospel to the earth through Joseph Smith, a modern-day prophet (19:15).

[View Video](#)

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God's Words Never Cease

Elder Jeffrey R. Holland, an Apostle of the Lord, Jesus Christ, testifies that the heavens are open and God continues to speak His word and reveal His truth (2:57).

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Book of Mormon

A second witness of Jesus Christ and a companion volume of scripture to the Bible that records God's dealings with the ancient inhabitants of the Americas.

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I Learned Answers to My Questions

Jan learned answers to questions he had about Christianity (2:02).

[View Video](#)



You May Have to Take a Leap of Faith

Kiran talks about his leap of faith in learning about the Mormon Church (1:53).

[View Video](#)



Why Would Heavenly Father Stop Choosing Prophets?

Noelle always wondered why God no longer had prophets on the earth (2:01).

[View Video](#)



What's the Point of Having a Family If It All Ends at Death?

I wanted to have a family but wondered what would be the point of having one, if it all ended at death (0:58).

[View Video](#)



There Has to Be More to Life Than This

Isaiah talks about questions he had regarding the purpose of his life and the answers he found through the Mormon Church (1:39).

[View Video](#)



View More of Our Stories

Many have questions about their life, its purpose, and what happens when we die. These questions do have answers. View more member stories.

[Learn More](#)



Ask Your Questions Now

Chat live with a Mormon.

[Learn More](#)



Simple Steps to Prayer

View the four simple steps for praying to your Heavenly Father.

[Learn More](#)



Worship with Us

Locate a Mormon meetinghouse and worship service times near you, and come worship with us. All visitors are welcome.

[Learn More](#)



God Will Tell You Truth

How I received a witness of God's restored truths (1:30).

[View Video](#)



Request a Visit with Mormon Missionaries

Ask for Mormon missionaries to visit you and answer your questions.

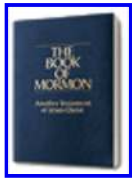
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Together Forever DVD

Tells how several families discovered God's love for them, and His eternal plan for their peace and happiness.

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Finding Happiness DVD

Amid the wonder of life and the beauties of nature, we seek to know whether our individual lives have meaning.

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