

My Faith in
Jesus Christ
Grows When I
Make and Keep
Sacred Covenants

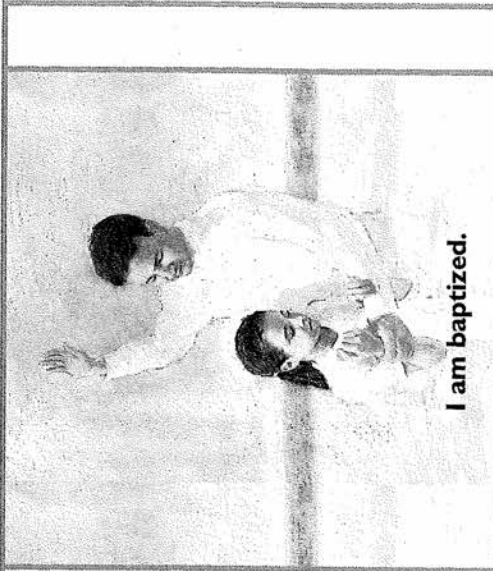


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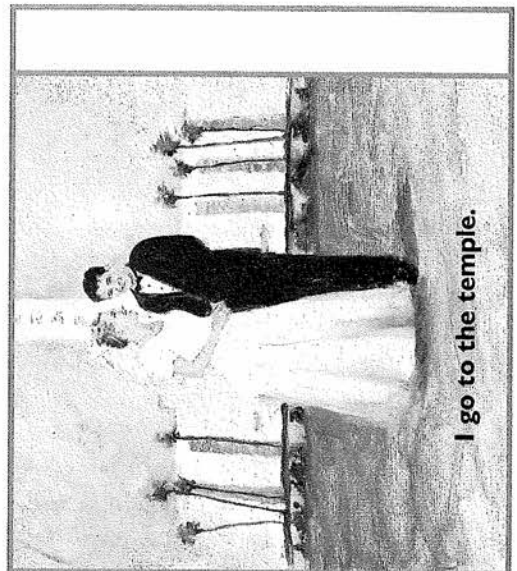
MAKE A MOVIE OF YOUR PERSONAL STORY.

I, _____,
(Write your name)

covenant with the
Lord when...



I am baptized.



I go to the temple.



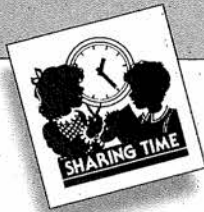
I take the sacrament.



I am baptized.

Picture A

Picture B



I Can Keep My Covenant

I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God (John 3:5).

By Sydney S. Reynolds

What is a covenant? In the Church, a covenant is a mutual promise that we make with Heavenly Father. *To covenant* means to “come together,” or to be bound together by promises. Sometimes it is a promise that we make in our hearts. Even when we make a covenant in our hearts with Heavenly Father, there are things we do to show that we have made those promises.

Baptism is the occasion for one of the first covenants we make with Him. Being baptized shows that we want to keep His commandments. Some of the promises *we* make when we are baptized are that we are willing to take upon ourselves the name of Jesus Christ, that we will always remember Him, and that we will keep His commandments. The *Lord* promises *us* that He will give us His Spirit to always be with us.

Think about just the first part of our baptismal covenant. What do you think it means to take His name upon us? Most of us already have two names. We have a given name, like Elizabeth, or Marco, or Mei-Li; and we have a family name, like Smith, or Garcia, or Chen. When we take the name of Jesus Christ upon ourselves, it means we are part of His family. We are ready to be known as Christians. We are willing to “stand as witnesses

of God at all times and in all things, and in all places” (Mosiah 18:9). We want to act like Christ and follow Him.

Jesus has given us guidelines to help us follow Him. He expects us to love each other, to bear one another’s burdens, to mourn with those who are sad, and to comfort those who need comfort. That’s what He did when He was on the earth. If we want to be called by His name, we will try to do these things, too. When you help your mother tend the baby so that she can fix dinner, you are bearing another’s burdens. When you put your arm around your little brother and tell him that you’re sorry that he hurt himself, you are giving comfort. When your heart is sad because your friend’s father is very ill, and you reach out to her in love, you are mourning along with her.

Each week when we take the sacrament, we renew the covenant we made at baptism. Each day as we choose the right and follow Jesus, we are keeping our covenant and growing in faith. As we keep the covenant we have made, the Lord’s Spirit will be with us, and one day we will be worthy to go to the temple and make other very important covenants with Heavenly Father.

Instructions: Make a “movie” of your life-to-be. Mount page 44 on heavy paper, fill in the blank, cut out the display frame and two picture strips, then tape Picture A over Picture B (if you’re a girl; vice versa, if you’re a boy). Cut the two dashed-line slots in the display frame. Insert the left side of the picture strip from behind into the right slot and then into the left slot. (Optional: You may now want to tape the left edge of the title picture to the right edge of the last picture to make a continuous reel.) Pull the strip or reel through the display frame to show your personal story.

SHARING TIME IDEAS

(Note: CS = *Children’s Songbook*)

1. Have a child hold up a piece of an athletic uniform. Ask: “What do you promise when you become part of a team?” (You will come to practice, you will come to games, you will do your best, you will be a good sport.) Have an older child come up; role-play inviting her [or him] to baby-sit. Then ask: “What can I expect from her when she agrees to baby-sit for me?” (Promptness; care of children; following your rules regarding phone calls, eating your food, etc.) “What do I promise her?” (To get her home on time, provide a safe place to work, pay her.) Role-play contracting a lawn-mowing job (or a paper-delivery job) with another child. Discuss the implicit promises. Ask 2 eight-year-old Scouts to recite the Cub

Scout promise. If you are in the United States, ask 3 older children to stand and repeat the Pledge of Allegiance. Ask the children to show you other things they do to show that they have made a promise. (Shake hands to confirm a deal, say “I promise,” sign a check, raise the right hand to sustain someone in a calling, take an oath in a court of law, etc.) Say: “We are going to talk about one of the most important promises, or covenants, you will ever make—the covenant of baptism.” Show Primary manual pictures 2–19 and 2–20. Write on the chalkboard and ask: “What do we promise the Lord?” Give one of the following wordstrips cut up into words to each of 3 helpers: 1. TAKE UPON US THE NAME OF HIS SON / 2. ALWAYS REMEMBER HIM / 3. KEEP HIS COMMANDMENTS WHICH HE HAS GIVEN US.