APRIL 20–26

Mosiah 4–6

# What Does It Mean to Have the Name of Christ Written in Our Hearts?

In the Book of Mormon, people are called by many names—Nephites, Lamanites, and Anti-Nephi-Lehies are just a few. But King Benjamin desired his people to be called by a higher, holier name—the name of Jesus Christ.

Here is how we can keep the Savior's name "written always in [our] hearts" (Mosiah 5:12):

### COVENANT THROUGH BAPTISM

At baptism, we covenant with God to take upon ourselves the name of Christ. What do you think that means? (See Mosiah 18:8–9.)

### PARTAKE OF THE SACRAMENT

We are commanded to partake of the sacrament worthily each week. During the sacrament, we recommit to our covenant to take upon ourselves the name of Jesus Christ (see Moroni 4:3).

### ACT AS A DISCIPLE OF CHRIST

Our covenants require us to keep the commandments. Our actions should reflect our desire to follow Christ and become like Him. In doing so, we can continue to be called by His name. This is how we *retain* Christ's name written in our hearts (see Mosiah 5:12).

### DISCUSSION

What do you do each day to ensure that you retain the name of Christ written in your heart?

ILLUSTRATIONS BY BRYAN BEACH

WEEK 4