The [sacrament] prayers introduce the covenants with the phrase “that they are willing.” . . . This phrase has so much potential power for us. Are we willing to serve and participate? Are we willing to change? Are we willing to address our weaknesses? Are we willing to reach out and bless others? Are we willing to trust the Savior?

Elder Peter F. Meurs of the Seventy

The Sabbath is . . . a perfect time to remember the covenant we made at the waters of baptism to love and serve Heavenly Father’s children. Fulfilling that promise on the Sabbath will include participating in a class or quorum with full purpose of heart to build faith and love among our brothers and sisters who are there with us.

President Henry B. Eyring, First Counselor in the First Presidency

INSTEAD OF making EXCUSES, let us CHOOSE REPENTANCE.

Elder Dale G. Renlund of the Quorum of the Twelve Apostles

Worshipping God is such an essential element in the life of a disciple of Jesus Christ that if we fail to receive Him in our hearts, we will seek for Him in vain in our councils, churches, and temples.

Bishop Dean M. Davies, First Counselor in the Presiding Bishopric

Never FORGET, QUESTION, OR IGNORE PERSONAL, SACRED SPIRITUAL EXPERIENCES.

Elder Ronald A. Rasband of the Quorum of the Twelve Apostles

Repentance ... is His gift to us, purchased at a very dear price.

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles