

## How Will You Remember the Savior This Week?

President Eyring encourages us to “choose to remember [the Savior] in the way that best draws your heart to Him.”

How do you “always remember Him” throughout the week (see D&C 20:77, 79)?

Do you have favorite scriptures about the Savior? You could mark a different scripture each day this week and share it with someone.

Do you sing a hymn or another uplifting song in your mind when you’re feeling down? Maybe choose one that is specifically about the Savior this week.

Do you ponder the Savior’s life and atoning sacrifice during the sacrament every week? You could prepare for the sacrament by recalling your choices throughout the week to always remember the Savior and repenting of the times when you struggled to.



Do you pray for chances to share the gospel each day? Try to have a gospel discussion this week that focuses on the Savior. You could bear your testimony of the Savior during family home evening or talk to a friend at school about an experience you had at church.

Make a goal to remember the Savior in a special way this week. Tell a parent, a sibling, a leader, or a friend about your goal. At the end of the week, tell them what happened. You will both feel the peace and happiness that President Eyring talked about.

## CHILDREN

### Come unto Christ

The Savior has promised us peace when we “come unto [Him]” (Matthew 11:28). This means following His example and trying to stay close to Him. Cut out this card and hang it where you’ll see it often. What are other ways you can come unto Christ?

- Be reverent during the sacrament.
- Choose to be kind and not judge others.
- Read about the Savior in the scriptures.

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