



# SUNDAY LESSONS

This Month's Topic:  
**Ordinances and Covenants**

## YOUTH VOICES:

# WHAT DOES IT MEAN TO “REMEMBER”?

**E**very week when you take the sacrament, you promise to always remember the Savior. In the October 2013 general conference, Elder Terence M. Vinson of the Seventy shared this story: “Our son Ben, when he was 16 and speaking in stake conference, asked the question, ‘How would you feel if someone promised you something every week and never kept the promise?’ He continued, ‘Do we take seriously the promise we make when we partake of the sacrament and covenant to keep His commandments and always remember Him?’” (“Drawing Closer to God,” *Ensign*, Nov. 2013, 104).

“Remembering the Savior” doesn’t mean that you have to think about Him every minute of every day. What it *does* mean is that you think about His example and teachings in the choices you make and always try to do His will and keep His commandments—to live as He would. Here’s what some young men and young women do to try to remember the Savior each day.

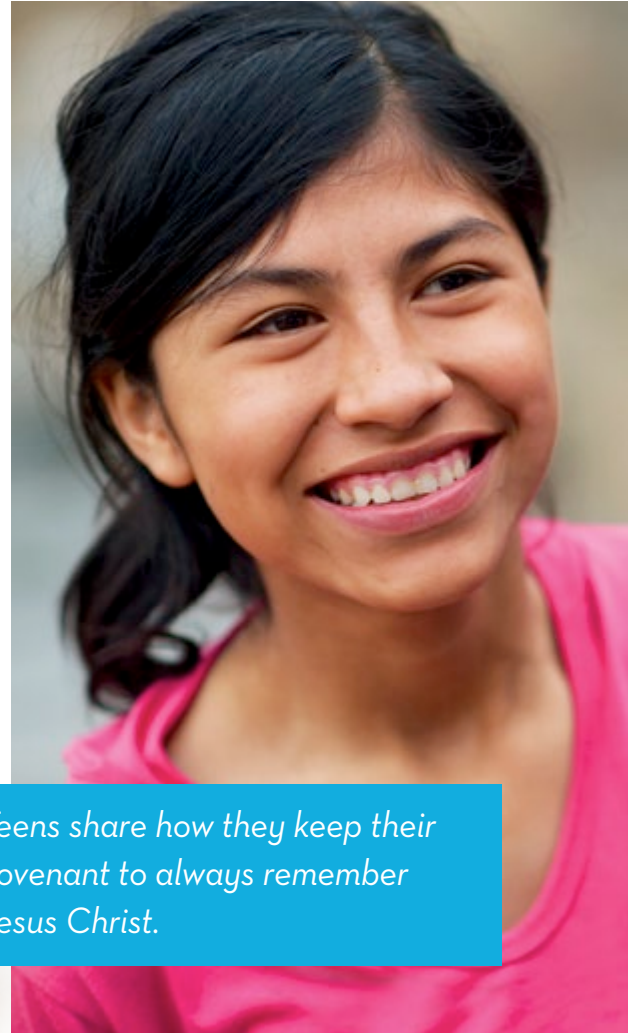


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Teens share how they keep their covenant to always remember Jesus Christ.



What I do to remember the Savior in my everyday life is just to stop and take a moment to remember that everything around us is from Him and that all our gifts and blessings are from Him. When you look around and think about everything He's given us, it's overwhelming, because nobody on earth can do that much for us.

Olivia A., 15, Arizona, USA



My mom reminds us almost every day to try to be like Jesus and to remember Him in all that we do. It makes you think about it as you're going through the day. For example, if you're tempted to do something you know is bad, then you know to stop or not even do it in the first place.

Riley Z., 15, California, USA



I try to remember the Lord by watching my thoughts as I go through the day and making sure I'm thinking of the right things. I also like to surround myself with people who are trying to think of the Lord and are trying to keep their standards.

Parker J., 15, Nevada, USA

I try to think about things the way Jesus would. If somebody is having a hard time with something, I try to notice it so I can help the person. It's also good to start out by reading the scriptures every day. When I do that I usually have a good day. Things can still go wrong, but I remember the bigger picture, and it makes it easier for me to get through them because I know what my ultimate goal is.

Claire L., 16, Utah, USA



A way that works for me to keep Jesus Christ and the gospel in my life is starting out my day with something that brings in the Spirit, such as reading scriptures and praying. If I start off with it, it will really affect my decisions throughout the day. It will guide what my thoughts are going to be.

Sam A., 15, Colorado, USA

## JOIN THE CONVERSATION

### Things to Ponder for Sunday

- What can I do to keep my covenant to remember the Savior?
- How can remembering Jesus Christ help me make good choices?
- How can lifting someone's burden help me remember the Savior?
- What blessings have I received by remembering the Savior?

### Things You Might Do

- Read on page 9 how one young woman made a goal to focus more on Jesus Christ, and then come up with your own goals for how you can focus on Him.
- Visit [lds.org/go/rememberNE7](https://www.lds.org/go/rememberNE7) to share how you remember the Savior in your everyday life.