

What will help me keep the promises I make when I am baptized?



Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

Pray to your Father in Heaven for help.



We have three members of the Godhead—the Father, the Son, and the Holy Ghost—helping us because of the covenants we have made.



To remind us of those covenants, we partake of the sacrament each week.



The power of your covenants is greater than the power of temptation.



Talk to your mom and dad.



Study the scriptures. . . . Obey the living prophets.

From "What I Wish Every New Member Knew—and Every Longtime Member Remembered," Ensign, Oct. 2006, 12, 14; "Sanctify Yourselves," Ensign, Nov. 2000, 39; "Whom Say Ye That I Am?" Ensign, Sept. 1974, 8.

