



WE ARE
under covenant both to

Lift Up

THOSE IN NEED
and to be

Witnesses
OF THE SAVIOR
as long as we live.

[See Mosiah 18:8–11.]

President Henry B. Eyring, First Counselor in the
First Presidency, "'Come unto Me,'"
April 2013 general conference

Your Covenant to Always Remember Christ

This month, your Sunday lessons will focus on ordinances and covenants (see lds.org/youth/learn). Each week as you partake of the sacrament, you renew your baptismal covenants and promise to "always remember Him" (see D&C 20:77, 79). But how can you always remember Christ when you have so many other things to think about throughout the week, such as your homework or activities with family or friends? Is He supposed to be in your thoughts every moment?

Well, the answer has a lot less to do with whether you can concentrate on your algebra equations and your baptismal covenants at the same time and a lot more to do with how you live. Are the choices you're making ones that Christ would make? Are you following His example in your everyday life? As you strive to live as a follower of Christ, that's one way you can honor your covenant to "always remember Him."

So, what can you do to live more fully as a follower of Christ, to always remember Him in your actions? You'll find lots of inspired ideas as you prayerfully study these talks from the most recent general conference:

- "'Come unto Me'" by President Henry B. Eyring
(lds.org/go/73Joy)
- "Followers of Christ" by Elder Dallin H. Oaks
(lds.org/go/73Follower)
- "A Sure Foundation" by Bishop Dean M. Davies
(lds.org/go/73Sure)

As you read or watch these talks, study what they teach about the ordinances and covenants you're discussing in your Sunday lessons. Are there stories you can share in your classes or quorums or with your family? Are there things you can do to help others make and keep sacred covenants? What can you do to better keep your covenants? As you seek Christ, the Spirit will guide you in your study and help you know how you can fulfill your covenants and always remember the Savior.

BACKGROUNDS BY ISTOCKPHOTO/THINKSTOCK

FOLLOW
in the footsteps of
OUR SAVIOR,
whose example and teachings
DEFINE THE PATH
for every follower
OF JESUS CHRIST.

Elder Dallin H. Oaks
of the Quorum of the Twelve
Apostles, "Followers of Christ,"
April 2013 general conference

Share These Cards Online

As you talk about ordinances and covenants this month, consider using these cards in lessons or on social media. You can even hang them in your bedroom or locker to remind you about your gospel study throughout the month. Download or share them online today at lds.org/go/73Cards.