

When we keep promises

to one



Elder

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ELDER RONALD A. RASBAND

STANDING BY OUR PROMISES AND COVENANTS

The importance of making and keeping promises and covenants weighs heavy on my mind. How important is it to you to keep your word? . . .

Our Savior, Jesus Christ, is our great Exemplar when it comes to making and keeping promises and covenants. . . . He has honored every one of His promises.

Can the same be said of each of us? . . . Keeping promises is not a habit; it is a characteristic of being a disciple of Jesus Christ. . . .

A covenant is a two-way promise between us and the Lord. . . . We covenant at baptism to take upon us the name of Jesus Christ, to live as He lived. . . .

When we partake of the sacrament, we renew that covenant . . . and make additional promises to improve. . . .

My question today is, do we stand by our promises and covenants, or are they sometimes half-hearted commitments, casually made and hence easily broken? . . .

When we keep promises to one another, we are more likely to keep promises to the Lord. . . .

. . . I invite you to consider the promises and covenants you make with the Lord, and with others, with great integrity, knowing that your word is your bond. . . . I promise you, as you do this, the Lord will establish your words and sanction your deeds as you strive with unwearied diligence to build up your lives, your families, and The Church of Jesus Christ of Latter-day Saints.

➔ See the full address at
[conference.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org)