

# Keeping Our Promises

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*Integrity* means being honest. It also means doing the right thing even if no one is watching. We have integrity when we keep our promises.



*Unwearied diligence* means to keep trying, even when it's hard.

**ONE EVENING IN MY YOUTH**, my mother sat with me at the foot of her bed and spoke fervently of the importance of living the Word of Wisdom. She looked right into my eyes, and I felt her words penetrate my heart: “Promise me, Ronnie, today, that you will always live the Word of Wisdom.” I solemnly made that promise to her, and I have held to it all these years.

I also made a decision in advance to follow God’s laws, and I never had to revisit it. The Lord has said, “I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise” (Doctrine and Covenants 82:10).

As an Apostle of the Lord Jesus Christ, 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. He will be with you, and you can, with confidence, look forward to being “received into heaven, that thereby [you] may dwell with God in a state of never-ending happiness” (Mosiah 2:41).



*Sanction* means to give approval for an action.

▶ **WHAT PROMISES HAVE YOU MADE TO THE LORD AND TO THOSE AROUND YOU? WHAT PROMISES SHOULD YOU MAKE?**