



KEEPING MY PROMISE

Ye have entered into a covenant with him, that ye will serve him and keep his commandments, that he may pour out his Spirit more abundantly upon you (Mosiah 18:10).

By Sydney Reynolds

What do you know about covenants? A covenant is a promise or a solemn agreement. When we covenant with another person, we make promises to each other. When we make a covenant with the Lord, we know that He will keep His promises. It is very important that we also keep our promises, or our part of the covenant, with the Lord.

There are many stories in the scriptures about people who made covenants with the Lord. Do you remember the story of Noah? When Noah lived on the earth, the people were so wicked that the Lord commanded Noah to build an ark to save at least two of every kind of animal as well as his own righteous family. It rained for forty days and forty nights, and the earth was washed clean by a great flood. The Lord made a covenant, promising that the earth would never again be destroyed by a flood. As a sign of that covenant, God sent a rainbow. Today when we see a rainbow, we should remember the promise God made. (See

Genesis 9:9–17.)

The people of Ammon (the Anti-Nephi-Lehies) also made covenants with the Lord. They were Lamanites who were converted when Ammon and his brothers taught them the gospel. These people were so grateful to be forgiven for their wicked ways that they made a covenant to never take up the sword, or kill, again. As a sign of their covenant, they buried their swords so that they would not be tempted to fight. They kept their promise even when their lives were in danger, and the Lord blessed them. (See Alma 23–24.)

We make a covenant with Heavenly Father when we are baptized. We promise to take upon us the name of His Son, Jesus Christ, and to always remember Him and to keep His commandments. When we keep our part of the covenant, we are promised that we will have His Spirit to be with us always—to guide us, to protect us, to comfort us. What wonderful blessings come to us when we keep our promise, our covenant, with God!

SHARING TIME IDEAS

(Note: CS = *Children's Songbook*)

This month you might sing from the CS, “Book of Mormon Stories,” pp. 118–119, and “Follow the Prophet,” pp. 110–111.

1. To help the children memorize Mosiah 18:10, print the scripture on a piece of paper, cut out the words, and place them in an envelope. Prepare enough scripture envelopes for five teams. Have each team put the scripture together. Also prepare and post large wordstrips: “YE HAVE ENTERED INTO A COVENANT WITH HIM, / THAT YE WILL SERVE HIM / AND KEEP HIS COMMANDMENTS, / THAT HE MAY POUR OUT HIS SPIRIT / MORE ABUNDANTLY UPON YOU.” As each team finishes assembling the scripture correctly, give them a wordstrip to memorize. When all have finished, have each group stand (in order) at the front of the room and recite its wordstrip. Have everyone repeat all the phrases a few times. To conclude, talk with the children about the importance of keeping the promises or covenants we make with the Lord.

2. Tell the story of the people of Ammon (see Alma 23–24; 26:23–33; 27). Display pictures of the story from the meetinghouse library. Invite an adult to take the role of the king. Then have children interview him, using a pretend microphone. Help them understand how seriously the people of Ammon took their covenants. Some even died rather than risk losing the forgiveness they had received. Tell how they buried their weapons so that they wouldn’t be tempted to fight. Give older children a drawing of a sword, have them color it, cut it out, and, if circumstances allow, take the sword home and bury it.

3. Tell and/or read the story of Hannah, Eli, and Samuel (see 1 Sam. 1; 3:1–21), then have three of the younger children silently act out the story as you tell it again. You might provide simple costumes such as a sash or a head scarf. In conclusion, emphasize that the Lord can speak to young children, and they can hear and obey Him. Sing “Seek the Lord Early” (CS, p. 108).

4. Tell the children about Joshua, the great prophet who led the Children of Israel into the Promised Land (see *Primary 6* manual, Lesson 23, pp. 101–105). When Joshua was old, he called the people together and reminded them of all the wonderful things the Lord had done for them. Joshua gathered all the tribes of Israel together and asked the people to choose whom they would serve (see Josh. 24). To emphasize Josh. 24:15, assemble the following wordstrip-picture signs: “CHOOSE YOU [attach several written situations requiring a choice. For example: Some of your friends have started swearing when they play sports—what can you do? You notice that the new child in your class has no one to eat lunch with—what can you do? You have a new computer game, and your friend wants to copy it—what do you do?] / THIS DAY [include a picture of a large sun] / WHOM YE WILL SERVE; . . . / AS FOR ME () AND MY HOUSE, [include a picture of a house and family] / WE WILL SERVE THE LORD” [include a picture of the Savior]. Ask four children to hold the signs. Repeat the scripture to the children. Stress the value of deciding “this day” to choose the right, to choose to

(Sharing Time Ideas continue on page 11.)

SIGNS OF A COVENANT

INSTRUCTIONS: Look up each scripture reference on this page, read it, draw a line from the reference to the picture that relates to it, then color the picture. We can make important covenants with the Lord too. Circle the pictures that represent covenants that apply to your life.

Genesis 9:12-15

Mosiah 18:8-13

Joshua 24:15, 24-27

Doctrine and Covenants 20:75, 77, 79

