

## Finding Power to Live the Gospel through Our Covenants

### Why this topic?

As members of The Church of Jesus Christ of Latter-day Saints, we are a covenant people. Our covenants help us access the power of the Atonement of Jesus Christ. Living according to our covenants brings God's highest and most precious blessings. One of these blessings is the power to overcome adversity and the spiritual perils of our day. Our covenants are essential because they bind us to Christ and lead us back into the presence of our Heavenly Father.

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### Prepare for an inspiring meeting

What covenants have members of your quorum or Relief Society made? Are any of them preparing to receive temple covenants?

How have your covenants blessed you? Who in your quorum or Relief Society could share an experience that would illustrate the power of covenants in our lives?

As you pray about and study the resources below, what impressions do you have about how to help those you teach receive the blessings of the priesthood through the covenants they have made?

#### Teaching in the Savior's Way

The Savior loved His disciples and prayed for them and continually served them. He found opportunities to be with them and to express His love. Look for ways to express your love for those you teach and to help them feel and know how much their Father in Heaven also loves them.

Mosiah 5; 18:8–10

D&C 25:13; 43:8–10; 54:6; 82:10; 101:39; 131:2

Elder D. Todd Christofferson, "The Power of Covenants," *Ensign* or *Liahona*, May 2009, 19–23

Sister Linda K. Burton, "The Power, Joy, and Love of Covenant Keeping," *Ensign* or *Liahona*, Nov. 2013, 111–14

Sister Carole M. Stephens, "We Have Great Reason to Rejoice," *Ensign* or *Liahona*, Nov. 2013, 115–17

Sister Linda S. Reeves, "Claim the Blessings of Your Covenants," *Ensign* or *Liahona*, Nov. 2013, 118–20

"The Oath and Covenant of the Priesthood," *Teachings of Presidents of the Church: Joseph Fielding Smith*, chapter 12

Video: "Families are Strengthened by Keeping Covenants" (1:52)

"Preparing Families to Make Covenants" (2:47)

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### Begin the meeting

As you begin the meeting, think about how to help those you teach recognize the spiritual growth happening in their own lives and in their families. You could ask them to share what they

have thought about or done as a result of last week' s meeting, or you could prepare them for today' s discussion by asking them to talk about how their covenants have strengthened them to live the gospel throughout their lives.

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### **Ideas for learning together**

How can you help those you teach counsel together about the power of covenants? Consider using some of the ideas below or another idea you are inspired to use (see Learning and Teaching Ideas).

- In 2013, the members of the general Relief Society presidency taught about the blessings of keeping our covenants (see the talks listed in the resources above). Members could review one or more of these talks and share what stands out to them. How can we help those who are preparing to make sacred covenants? How can we help youth and children understand and fulfill their covenants?
  - Who in your quorum or Relief Society could bear testimony about the power of covenants in their lives? Invite them to share their experiences. As a group, you could review portions of Elder D. Todd Christofferson' s talk "The Power of Covenants" and discuss what you learn from Elder Christofferson.
  - You could sing a sacrament hymn together and ponder and share ways to make the sacrament a meaningful experience. You could also look together for scriptures about covenants (consider studying the scriptures listed in this outline). How do our covenants influence our daily actions? How do they affect our relationship with Heavenly Father?
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### **Take action**

Help the members you teach think about how to apply what they have learned individually, in their families, and in your quorum or auxiliary. How could they take action to find power through their sacred covenants this week? For example, you might ask:

- How have you covenants strengthened you in the past? What have you felt to do today to find greater power through your covenants?
- What do you do to prepare yourself to partake of the sacrament or attend the temple? How will you prepare spiritually for your next experience?
- What would you like others in your home or neighborhood to know about the covenants you have made? How will you take opportunity to teach them this week?

## Weeks 1 and 4: Locally Selected Topics

You may want to ask class members to share other specific actions they feel inspired to take individually or in their families to find greater power through their covenants.

During the week, you may want to send out a reminder (through email, text message, or social media) to invite members to act on what they have learned and to share additional learning and teaching resources.

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