



By President  
Susan H. Porter  
Primary General  
President

**COVENANT  
RELATIONSHIP**

President Nelson taught that Heavenly Father has a special love for those who make covenants with Him.\* When we are baptized and confirmed, we promise to be loyal and faithful to Him. He makes the same promise to us.

**H**eavenly Father and Jesus Christ love you so much. Because They love you, They have invited you to make covenants, or promises, with Them. You begin to make those promises when you are baptized.

After your baptism, you receive the gift of the Holy Ghost. You become a member of The Church of Jesus Christ of Latter-day Saints. That means Heavenly Father trusts you to keep your covenants.

What can you do as a full member of the Church to keep your covenants? You can welcome others to Primary. You can sit by someone who is new and help them learn the songs. You can help with Primary activities. You can also be a leader in your family. You can ask to have family prayer or share what you learn in Primary.

After you receive the Holy Ghost, you can see the needs of others in a new way. You can pray to Heavenly Father and say, "Help me know who I can help today." Then the Holy Ghost

can help you notice someone sitting alone or tell you to say hi to a friend. You make a big difference when you choose to help others. You are acting as a member of Heavenly Father's Church!

Heavenly Father loves you. He wants you to lead with your example wherever you go so you can bring others closer to Him. But you don't have to do it on your own. Heavenly Father and Jesus Christ will never stop helping you. You can feel confident because you know They are with you. You can picture Jesus always standing by your side. ●

*From an interview with Olivia Kitterman and Rachel Peterson.*

# You Can Make a Difference

Who can I help today?

Write your ideas on your paper chain!



## A Chain of Friends

- 1 Cut out the white area to the right. Or trace the pattern onto another paper to cut.
- 2 Fold along the lines back and forth like a fan.
- 3 Cut out the folded outline of the person.
- 4 Open it up to see a chain of friends holding hands! Decorate them to look like people you love.



ILLUSTRATIONS BY JARED BECKSTRAND



\*"The Everlasting Covenant," *Liahona*, Oct. 2022, 4–11.