

My Baptismal Covenant

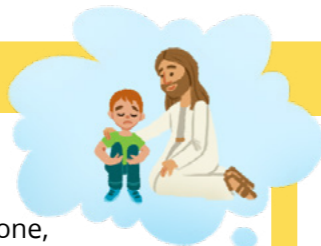
A covenant is a promise we make with Heavenly Father. Read about three things we promise to do when we are baptized. Then write about what you can do to keep your baptismal covenant!

Always Remember Jesus Christ

When Elena saw others being mean to someone, she thought about what Jesus would do.

How I can remember Jesus:

"Always remember him" (Moroni 4:3).



Take His Name upon You

Nana told her friend that she belongs to The Church of Jesus Christ of Latter-day Saints.

What taking His name upon us means to me:

"Take upon [you] the name of [Jesus Christ]" (Moroni 4:3).



Keep His Commandments

James chose not to watch a video with bad words and pictures.

A commandment I can keep:

"Keep his commandments" (Moroni 4:3).



KEEPING MY COVENANT

Here are some more ways you can keep your baptismal covenant.

Help People

Akio helped his younger brother with his math homework.

Who I can help:

"Bear one another's burdens, that they may be light" (Mosiah 18:8).



Repent When You Do Wrong

After Isa said something unkind to her sister, she prayed to Heavenly Father. Then she asked her sister to forgive her.

How I can repent:

"Repent and be born again" (Alma 5:49).



Comfort Others

Lucas visited his friend whose grandpa had died.

How I can comfort someone:

"Comfort those that [are] in need of comfort" (Mosiah 18:9).



YOUR CONFIRMATION

After your baptism a priesthood holder will put his hands on your head.

He will confirm you a member of The Church of Jesus Christ of Latter-day Saints and bless you to receive the gift of the Holy Ghost (see Doctrine and Covenants 33:15).

WHAT HEAVENLY FATHER PROMISES YOU

When we are baptized and confirmed, Heavenly Father promises us that we will always have His Spirit with us. The Holy Ghost helps us feel God's love, comfort, and peace. He also helps us feel forgiven when we repent.

You can learn more about your baptismal covenant by listening to the sacrament prayers each week (see Doctrine and Covenants 20:77, 79).