



My Covenant Path

WELCOME TO THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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My Covenant Path

Welcome to The Church of Jesus Christ of Latter-day Saints family! As a new or returning member of the Church, you are on a path that will bring you many new experiences. As your sisters and brothers, and as your friends, we want to help you walk this path so that you stay anchored to your faith in Jesus Christ and feel at home in the Church.

We know that following the Lord's covenant path will be unique to you, but as a starting point we have listed here key experiences you are likely to have. If you are a new member, you can have nearly all of the experiences listed in this guide within one year of your baptism and confirmation. Receiving your endowment and being sealed to your family can happen early in your second year of membership.

If you have been a member longer than a year, you can enjoy all these experiences as soon as you are ready. Perhaps you have already started having some of these experiences; if so, this guide will help you refine what you are doing now. Remember, the order and pace you follow should be based on your individual circumstances, readiness, and desire.

As you go through this guide, you will see that each experience description includes action items and a bulleted list of resources you can study. These action items and resources can be very helpful to you as you move forward on your path.

Let's begin!

To the ministering brothers and sisters and the missionaries:

Your role in helping new or returning members of the Church is simple but very important. Your most important opportunity is to be their genuine friend. You will also be a mentor and a guide to them during the first two years of membership.

This resource will help you in this important role. Read through each experience in this resource individually with new or returning members, and assist them in completing the actions. For the actions that begin with "Learn about . . ." you will review and discuss the resources that are listed with the new or returning member. Do all you can to help your new brother or sister feel God's love, feel your love, and stay on the covenant path.



Make Friends with Members of Your Ward

The Apostle Paul taught that when you join a congregation of Saints, you are not “strangers and foreigners, but fellowcitizens” (Ephesians 2:19).

Each congregation of Church members is like an extended family where you will receive friendship and support. Take time to become friends with some of the members!

- If you have a mobile device, download the Member Tools app. If you use an Android device, you can download the app from the Google Play store [here](#). If you use an iOS device, you can download the app from the Apple App Store [here](#). Look up contact information for the people in your ward.
- From the Member Tools app, look up and update your contact information and add a photo of yourself and review and update the content in Covenant Path Progress.
- Become better acquainted with your leaders (the bishop, elders quorum president, Relief Society president, Primary president, and Aaronic Priesthood quorum and Young Women leaders) and members of your class or quorum. Talk to them about upcoming activities, future lessons, and opportunities to serve.



Improve Gospel Study

It is important to pray and study the scriptures often, individually and with your family (if possible). As you do, you will feel the Spirit and find guidance in your daily life.

- Learn about growing closer to the Savior through daily scripture study and prayer. Consider using:
 - *Come, Follow Me—For Individuals and Families*. This resource can be a guide in your daily scripture study.
 - “Pray Often” and “Study the Scriptures” in *Preach My Gospel: A Guide to Missionary Service* (2018), 76–77.

- If you haven’t already, download the Gospel Library app or go to [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org) to find talks, articles, videos, and more. If you use an Android device, you can download the app from the Google Play store [here](#). If you use an iOS device, you can download the app from the Apple App Store [here](#).
- If you are a young adult between the ages of 18 and 30, learn about Institute.
- Commit to daily scripture study, especially from the Book of Mormon, and prayer (see Acts 17:11).



Learn about the Aaronic Priesthood

The priesthood is the power and authority of God given to His servants on earth and is used to bless all His children, both women and men. Worthy males ages 11 and older can receive the Aaronic Priesthood within a week of the member's confirmation. As they progress along the covenant path, worthy men can receive the Melchizedek Priesthood.

Learn about priesthood authority and how all members are blessed by the priesthood. If you are male, pay close attention to the covenants and duties associated with the Aaronic Priesthood. Consider using:

- “What Does It Mean to Be Ordained to the Priesthood?” in *Families and Temples* (booklet, 2016), 5–6

- “The Oath and Covenant of the Priesthood Is Relevant to Women,” *Women and Priesthood Power*, ChurchofJesusChrist.org
 - “Aaronic Priesthood Quorums,” *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 10.1
 - *The Restoration of the Gospel of Jesus Christ* (booklet, 2008)
 - *Children and Youth Introductory Guide*, if applicable
- If you are male and age 11 or older, talk to the bishop or his executive secretary to set up an interview to receive the Aaronic Priesthood.



Learn about Young Women

The Young Women organization helps young women ages 11 to 18 work together to make and keep sacred covenants and deepen their conversion to Jesus Christ and His gospel.

Learn about how young women in the Church strengthen one another in becoming more Christlike. Consider using the following:

- Young Women purpose, theme, and classes (*General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 11.1–11.3)
- *Introductory Guide for Children and Youth of The Church of Jesus Christ of Latter-day Saints*



Learn about the Relief Society

The Relief Society is a lifelong sisterhood for all women 18 and older. The Relief Society has the purpose of preparing God’s children to return to His presence and serving those in need. Women of this sisterhood follow the motto “Charity never faileth” (1 Corinthians 13:8).

Learn about the importance of the Relief Society. Consider using the following:

- “Relief Society: Purpose and Organization,” *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 9.1.1–3

Meet with a member of the Relief Society presidency and discuss how you can get involved in providing service.



Receive a Temple Recommend for Proxy Baptisms and Confirmations

In the temple, you can help your ancestors receive the blessings of the gospel of Jesus Christ by being baptized in their behalf. To enter the temple, you will need a temple recommend, which can be obtained by meeting with the bishop.

- Learn about the importance of temples and of having a temple recommend. Consider using:
 - Heather J. Johnson, “Know Before You Go: Temple Baptisms,” *Ensign*, Oct. 2017, 40–41.
 - “What Is the Purpose of the Temple?” and “What Are Baptisms for Deceased Ancestors?” in *Families and Temples*, 9–10, 12.
 - *The Plan of Salvation* (booklet, 2008).

- Talk to the bishop or his executive secretary to set up an interview to receive your temple recommend for proxy baptisms and confirmations. In the interview, you will be asked similar questions to the ones you were asked before you were baptized. Even if you don’t live near a temple, it’s still important to have a recommend! Learn what these questions are from President Russell M. Nelson (see “Closing Remarks,” *Ensign* or *Liahona*, Nov. 2019, 121).
- If possible, set a date to visit the temple to do baptisms for your deceased ancestors. We will be there with you.



Help Ancestors Receive Sacred Ordinances

Heavenly Father loves your family members who have passed away and has prepared a way for them to receive the blessings of the gospel through the temple.

- Learn about the importance of families and temples. Consider using:
 - “What Is Family History?” “How Can I Start My Family History and Temple Service?” and “My Ancestor” in *Families and Temples*, 15–19.

- Prayerfully identify one or more ancestors of your same gender whom you would like to serve in the temple.
- With the help of one of your member friends, follow the instructions here: “Help Ancestors Receive Sacred Ordinances,” [FamilySearch.org](https://www.familysearch.org).
- If possible, set a date to attend the temple with some family, friends, and ward members to do baptisms for your deceased ancestors.



Keep the Sabbath Day Holy

Each Sunday you have the opportunity to show your love for God by what you do on that day. You show this love by attending church, partaking of the sacrament, and serving others. When you partake of the sacrament, you remember the sacrifice of Jesus Christ and renew the sacred covenants you made at baptism.

Learn about the importance of partaking of the sacrament weekly, bearing your testimony, and keeping the Sabbath day holy. Consider using:

- 3 Nephi 18:1–12 (see also Matthew 26:26–28; Mark 14:22–25; Luke 22:19–20; Doctrine and Covenants 20:77, 79).
 - Gospel Topics, “Testimony,” [topics.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/topics/testimony).
 - “Sabbath Day Worship” in *Learning and Serving in the Church* (booklet, 2016), 5–9.
- Bearing your testimony helps you strengthen it! Consider sharing your testimony in an upcoming testimony meeting.



Serve Others

Christ gave the perfect example of serving others. Throughout your life you can become more like Him as you act on opportunities to help those around you. As you serve others, you are “in the service of your God” (Mosiah 2:17) and feel the joy of helping others.

Learn about the importance of serving others, and discuss with your ministering brothers or sisters opportunities to serve in your area. Consider using:

- “How Can I Serve in the Church?” in *Learning and Serving in the Church*, 9–14.
- JustServe.org.

Learn about opportunities to serve in the Church, including ministering, receiving a calling or responsibility, and giving prayers and talks in church. Consider using:

- “Callings in the Church,” “The Process of Receiving Callings,” and “Areas of Service in the Church” in *Learning and Serving in the Church*, 10–14.
- Consider if you would be willing to accept a calling or responsibility. Discuss this with your bishop.



Share Light

Think about the blessings the gospel has brought into your life. Heavenly Father wants all His children to experience the joy of the gospel, and you can share that light with your family and others.

- Learn about the importance of sharing gospel truths with others. Consider using:
 - “Missionary Work” and “Ideas for Doing Missionary Work” in *Learning and Serving in the Church*, 17–19.
- Who could you share light with? Think about why you were baptized, and share your feelings

with others. Or think about other ways you could share light with them. Then do it.

- See lesson 5, “Laws and Ordinances,” in *Preach My Gospel* (2018), 86–93.
- You can receive ideas and opportunities to share light with others by signing up to receive Share Light email messages. Click on this link to sign up for Share Light.

If you are a child, youth, or young single adult, think about the possibility of serving a mission in the future.



Participate in a Home Evening

Home evening is a practice among members where families schedule time each week to be together as a family, enjoy each other's company, and participate in activities that bring them closer together and strengthen their faith in Jesus Christ.

- Learn about the importance of home evening. Consider using:

- “Family Home Evening” in *Learning and Serving in the Church*, 5.
- Hold a home evening with your own family or friends, or attend a home evening of a family in the ward.
- If your situation permits, begin holding home evening regularly with your family.



Follow the Prophet

Just as in days of old, there are living prophets and apostles on the earth today. You can hear from them at least twice a year in general conference.

- Learn about the importance of following the prophet and of viewing general conference. Consider using:

- Past general conference talks on ChurchofJesusChrist.org.
- When it's time for conference, make sure to watch at home, in your ward, or with friends.



Obey the Commandments

As you obey the commandments, you will find peace and joy and will always have the Spirit to be with you (see Mosiah 2:41).

Learn about the importance of obeying the commandments. Specifically, discuss with your ministering brothers or sisters or with the missionaries the commandments outlined in *Preach My Gospel*. (The commandment to keep the Sabbath day holy is discussed in the experience “Keep the Sabbath Day Holy.”) Consider using:

- *Tithing and Fast Offerings* (booklet, 2007).
- *The Word of Wisdom* (booklet, 2007).
- *Chastity* (booklet, 2007).

Continue living these commandments. If you are struggling with one or more of these, talk to your bishop. He is there to help you.



Be Self-Reliant

Being able to take care of your own temporal needs is called self-reliance. If you are struggling with self-reliance, the Church provides resources to help. This includes courses on managing finances, starting and growing a business, and getting a better education or job.

- Learn about the importance of being self-reliant. If it would be helpful, consider enrolling in a temporal self-reliance course in your stake. Consider using:
 - *My Path for Self-Reliance* (booklet, 2016).



Overcome Discouragement and Setbacks

Life can be difficult, and it is normal to get discouraged, make mistakes, and have questions. As you rely on the Lord, you will be able to overcome your difficulties and find peace and happiness.

Learn about the blessings and strength that come from living the gospel of Jesus Christ. Discuss with a member what he or she does to stay strong in the gospel when things get tough. Consider using:

- “Overcoming Discouragement,” *Ensign*, July 2019, digital-only article.

- General conference messages about overcoming discouragement (see Jeffrey R. Holland, “Like a Broken Vessel,” *Ensign* or *Liahona*, Nov. 2013, 40–42; Reyna I. Aburto, “Thru Cloud and Sunshine, Lord, Abide with Me!” *Ensign* or *Liahona*, Nov. 2019, 57–60).

Discuss where to go to receive answers to your questions and help through adversity. Consider some of these options: studying the scriptures, talking with members or the bishop, using the resources on ChurchofJesusChrist.org, and, most importantly, asking God in prayer.



Learn about the Melchizedek Priesthood

Through the Melchizedek Priesthood, all members of the Church are able to draw closer to God by receiving priesthood ordinances.

These ordinances will allow you to make sacred covenants with God. You will also be able to receive priesthood blessings when you are ill or in need of comfort. While both men and women act under the power of the Melchizedek Priesthood in their Church service, worthy adult males are ordained to the Melchizedek Priesthood and officiate in priesthood ordinances.

- Learn about the Melchizedek Priesthood and how all members are blessed by it. Consider using:

- “What Does It Mean to Be Ordained to the Priesthood?” in *Families and Temples*, 5–6.
- If you are an adult male, talk to the bishop or his executive secretary to set up an interview to prepare for or receive the Melchizedek Priesthood.
- Melchizedek Priesthood holders can give blessings of comfort and bless the sick. If you want to receive a blessing, ask for a blessing from a Melchizedek Priesthood holder you feel close to.



Receive a Patriarchal Blessing

A patriarchal blessing is a special blessing. It gives personal direction and promises to you based on your faithfulness to the Lord. When you feel the timing is right, you can receive your patriarchal blessing.

- Learn about patriarchal blessings.
Consider using:

- Gospel Topics, “Patriarchal Blessings,” [topics.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/topics/patriarchal-blessings).
- Think about receiving your own patriarchal blessing now or in the future. If you feel that the time is right, set up an appointment with the bishop to begin the process.



Receive Your Endowment

If you are an adult, once you have been a member for one year, you can obtain a temple recommend that allows you to participate in additional temple ordinances. In the temple you will participate in a sacred ordinance called the endowment. In the endowment ceremony, you will receive instruction and make further covenants with your Heavenly Father. After you have been endowed, you can receive this ordinance by proxy for your ancestors.

Learn about the endowment and the importance of temples. Consider using:

- “About the Temple Endowment,” temples.ChurchofJesusChrist.org.

- “How Can My Family Return to Live with God?” “What Is the Purpose of the Temple?” and “What Is the Temple Endowment?” in *Families and Temples*, 2–5, 9–10, 21.
- *The Plan of Salvation* (booklet, 2008).

- As you approach the one-year anniversary of your baptism, begin attending temple preparation classes. Set up an interview with the bishop to receive a temple recommend.
- Set a date with the temple to receive your endowment.



Be Sealed to Your Family

We believe that families can be together forever. In the temple, husbands and wives and children and parents can be sealed together for time and all eternity. Once you and your spouse have been endowed, you can be sealed together along with your children. After you are endowed, you can also participate in sealings for your deceased ancestors.

Learn about the temple sealing. Consider using:

- “About a Temple Sealing,” temples.ChurchofJesusChrist.org.
- “Why Is Family So Important?” “How Can My Family Return to Live with God?”

“What Is the Purpose of the Temple?”
“What Is the Temple Sealing?” and
“What about My Family?” in *Families and Temples*, 1–5, 9–10, 22–26.

- Set a date with the temple to be sealed to your spouse and children for time and all eternity (if applicable).

If your circumstances allow, continue to visit the temple often after you have been endowed and sealed so you can perform ordinances for your deceased ancestors.

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