



**By Elder  
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# What Are Covenants?

Covenants are promises that help us love God and each other.

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When we make covenants at baptism and in the temple, we invite the power of God into our lives.

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By keeping our covenants, we become the best we can be.

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Covenants help us follow the path Jesus Christ has set for us.

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*Adapted from "Covenant Belonging," Liahona, Nov. 2019, 80–83.*



## Did You Know?

Elder Gong shares his birthday with Joseph Smith. They were both born on December 23!