



Connected by Covenants

Covenants link us to Heavenly Father and Jesus Christ. By keeping our covenants, we can receive heavenly help and strength. President Nelson taught, “Once you and I have made a covenant with God, our relationship with Him becomes much closer. . . . Because of our covenant with [Him], He will never tire in His efforts to help us.”*

*The Everlasting Covenant,” *Liahona*, Oct. 2022, 6.

Make a chain of links to remind you of your baptismal covenant! Then hang it somewhere you will see it.

1. Cut six strips of paper about 1 inch (2.5 cm) wide and 8 inches (20 cm) long.
2. On each strip, write one of the ways you can keep your baptismal covenant. (The list below can help.)
3. Take the first strip and tape the ends together to make a circle. Then loop the next strip through the circle and tape those ends. Keep adding links until you have a chain!



Always remember Jesus Christ

(see Doctrine and Covenants 20:77, 79)

Serve God and keep the commandments

(see Mosiah 18:10 and Doctrine and Covenants 20:77)

Testify of Jesus Christ and be an example

(see Mosiah 18:9 and Doctrine and Covenants 20:77, 79)

Help others

(see Mosiah 18:8–9)