

Ward Temple Night, Cooper Mt Ward

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Covenants made in the Temple

- We made covenants when we went through Endowment for ourselves
 - Some covenants to keep things sacred
 - Others to live up to certain laws
- We made covenants when we were sealed

Blessings of keeping Temple Covenants

- James E Faust:
"The covenant of baptism, with its ordinance of confirmation, opens the gate for eternal life. Temple covenants are the basis for attaining the greatest blessings the Lord has for us." ("Come Listen to a Prophet's Voice: Covenants," Friend, Jan. 2003,)

Power in keeping Temple Covenants

- David E Sorensen:
"One reason for the power of covenants may be due to the capability they have for effecting changes in our lives, especially sacred covenants. This capacity comes in part because when we make a covenant with God, we are making a promise to our Heavenly Father who knows us best, who knows exactly what we feel and think and intend in our heart of hearts—and this provides unique motivation to keep our promises. Additionally, sacred covenants are even more powerful than regular covenants or promises because by entering a covenant that is sealed by the Holy Spirit of Promise (the Holy Ghost), we gain special access to the grace of God to help us keep the promises we have made." ("The Doctrine of Temple Work," Liahona, Aug. 2002, 30)
- Joseph Fielding Smith:
"If we go into the temple, we raise our hands and covenant that we will serve the Lord and observe his commandments and keep ourselves unspotted from the world. If we realize what we are doing, then the endowment will be a protection to us all our lives—a protection which a man who does not go to the temple does not have.
I have heard my father say that in the hour of trial, in the hour of temptation, he would think of the promises, the covenants that he had made in the house of the Lord, and they were a protection to him" ("Doctrines of Salvation, 2:252)

- Personal experience - Family - "felt strength from marriage covenant"
- President Dalton – "more strength in the sealing covenants than we think"

Covenants and the Atonement

- David E Sorensen:
"The purpose of temple work is to make more effective the Atonement of Jesus Christ, and since covenants can be such an effective tool for change, covenants feature prominently in the temple and particularly are a key component of the endowment. Consider how the covenants of baptism, the sacrament, and the laying on of hands are all centered upon the Savior and His atoning sacrifice and how they lead us to change our lives. In a similar way, the covenants we make when we receive the endowment can propel us to even greater changes and greater Christ-like behavior. Put another way, we might ask, "How do we gain access to the fullness of the Atonement, this additional dispensation of grace?" Only by covenants, which are entered into only through ordinances, which can be performed only through priesthood keys. The Prophet Joseph Smith taught, "Being born again, comes by the Spirit of God through ordinances. (*Teachings of the Prophet Joseph Smith*, selected by Joseph Fielding Smith (1976), 162.)" ("The Doctrine of Temple Work," *Liahona*, Aug. 2002, 30)

Testimony