

Ideas for Teaching Adults

# The Power of Making and Keeping Sacred Covenants: November 2024 Utah Area Broadcast

FIFTH SUNDAY DISCUSSION

December 29, 2024



## Purpose

This resource is designed to help you lead a forty-minute Fifth Sunday discussion based on principles from the [November Utah Area Broadcast](#). It offers engaging activities to help deepen participants' understanding of sacred covenants and their connection to God.

Feel free to adapt these outlines to fit the needs of your group. Use this guide as a starting point, and adjust as inspired to create a meaningful, spiritually uplifting experience.

Thank you for your efforts to strengthen faith and commitment to covenants through this discussion!

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## **PART 1: Two significant reasons we make and keep covenants with God. (10 minutes)**

1. **Discussion Starter:** Ask participants to briefly discuss with a neighbor: *“Why do you think we make and keep covenants with God?”*
2. **Watch Video Segment of the Broadcast (timecode 01:31–04:31):**
  - Introduce the video clip, *Two Significant Reasons We Make and Keep Covenants with God*.
  - Invite participants to watch, identifying the two reasons Elder Christofferson shared for making and keeping covenants.
3. **Neighbor Discussion:** After the video, ask participants to discuss with their neighbor: *“What are the two reasons Elder Christofferson taught for making and keeping covenants?”*
4. **Group Sharing:** Invite a few participants to share insights from their neighbor discussions with the group.
5. **Reflection Question:**
  - Display and ask participants to ponder: **How have you felt a deeper connection to God and greater power in your life by making and keeping covenants?**
  - Explain that this question will be discussed later. Allow sufficient time for participants to effectively ponder and write.

## **PART 2: What are the ordinances we participate in and the covenants we make? (10–15 minutes)**

1. **Group Activity:** In groups of 3–4, write down as many ordinances as you can think of, along with the associated covenants we make with God and the blessings He promises us. Consider displaying these instructions for participants to refer back to.
2. **Compare with Graphic:**
  - Display a graphic summarizing ordinances, covenants, and promised blessings.
  - Invite groups to compare their lists with the graphic and discuss similarities or insights.
3. **Reflection Question:**

- Return to the question from PART 1: **How have you felt a deeper connection to God and greater power in your life by making and keeping any of these covenants?**
  - Invite participants to review the answer they previously wrote.
4. **Sharing:** Encourage participants to share their answers first with a neighbor, then invite a few to share with the group.

### **PART 3: What more can we do to help individuals make and keep sacred covenants? (10 minutes)**

#### **1. Personal Reflection and Sharing:**

- Ask participants to reflect on this question: **What more can I do in my family, calling, or as a friend to help others make and keep sacred covenants?**
- After a moment to ponder, invite them to share their ideas in small groups or with the larger group.

#### **2. Honoring the Struggle:**

- Display and discuss this thought-provoking question: **How can you support someone who is striving to keep their covenants but hasn't felt a deeper connection to God or greater power in their life?**
- Invite participants to discuss practical ways to love, support, and minister to someone in this situation.
- Encourage them to share insights or examples from their own experiences that could inspire others.

### **PART 4: Conclusion (5 minutes)**

1. **Call to Action:** Invite participants to write down one or more actions they feel inspired to take this week to:
- a. Strengthen their connection to God through sacred covenants.
  - b. Help someone strengthen their connection to God through sacred covenants.
2. **Testimony and Video:**
- Encourage participants to follow any promptings to act.
  - Share your testimony of the power of covenants in connecting us to God and enabling His promised blessings.
  - As time permits, conclude by showing the video clip from the broadcast of Elder D. Todd Christofferson's testimony (timecode 05:29–08:28) and

encourage participants to ponder how their own covenants strengthen their faith and discipleship.