

Promises for Remembering



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The Surety of his Promises

One remarkable transformation was that of Alma the Younger. As Alma was "going about rebelling against God," an angel appeared. With "a voice of thunder," the angel chastised Alma for persecuting the Church and "stealing away the hearts of the people." The angel added this admonition: "Go, and remember the captivity of thy fathers ... ; and remember how great things [God] has done for them." Of all possible exhortations, that was what the angel emphasized. Alma repented and remembered.

He later shared the angel's admonition with his son Helaman. Alma counseled, "I would that ye should do as I have done, in remembering the captivity of our fathers; for they were in bondage, and none could deliver them except it was the God of Abraham, ... Isaac, and ... Jacob; and he surely did deliver them in their afflictions." Alma said simply, "I do put my trust in him." Alma understood that by remembering deliverance from bondage and support during "trials and troubles of every kind," we come to know God and the surety of His promises.

[*Dale G. Renlund - "Consider the Goodness and Greatness of God" - General Conference April 2020*](#)

Receive the Promised Blessings

To remember is to keep in mind, to store in memory for later attention or consideration. I remember something so I can use it later for a certain purpose or result. For students like you young men, it means that you memorize facts or information to pass an exam, resulting in good grades and

happiness. You may also have learned—perhaps by sad experience—that to forget is to cease to remember, resulting in poor grades and unhappiness. There is always a relationship between remembering, doing, and happiness or forgetting, not doing, and unhappiness.

The process is the same, of course, with spiritual matters. I remember the gospel and the covenants, and I act or participate. I commit and receive the blessings associated with the covenants or commandments. If I forget my faith and my covenants and do not commit and work for my salvation, I fail to receive the promised blessings.

Charles Didler - "Remember Your Covenants" - General Conference April 1994

Memories Will Renew Your Faith

Now, I have told you these stories tonight for a very important reason. Each of them belongs to you—the Israelites of ancient times are your people. The miracles God provided them are part of your spiritual heritage. The pioneers are your people. It makes no difference whether their names appear on your pedigree chart. The miracles God provided them are a part of your personal spiritual heritage. If God did it for Moses by the Red Sea, for Mary Goble Pay on the plains of America, for me under the hands of a patriarch, he will do it for you!

Remember, remember, remember how God has worked in these lives. Remember how he has worked in your life. Write in your journal about the times when you have felt his love for you. Write about the times when he has intervened in subtle or obvious ways, to make everything work out okay for you. And when you feel abandoned and desperate, those memories will renew your faith and keep you trusting until you understand better.

Virginia H. Pearce - "Faith Is the Answer" - General Conference April 1994

Strength to Stand for Truth and Righteousness

Our promise to always remember the Savior gives us strength to stand for truth and righteousness—whether we are in a large crowd or in our solitary places, where no one knows our actions except for God. When we remember

Him and His name we bear, we have no place for self-degrading comparisons or overbearing judgments.

With our eyes on the Savior, we see ourselves for who we really are—a cherished child of God. Our covenant remembering quiets worldly worries, turns self-doubt into courage, and gives hope in times of trial.

Lisa L. Harkness - "Honoring His Name" - General Conference October 2019

He Will Remit Our Sins

With torn and broken bread, we signify that we remember the physical body of Jesus Christ—a body that was buffeted with pains, afflictions, and temptations of every kind, a body that bore a burden of anguish sufficient to bleed at every pore, a body whose flesh was torn and whose heart was broken in crucifixion. We signify our belief that while that same body was laid to rest in death, it was raised again to life from the grave, never again to know disease, decay, or death. And in taking the bread to ourselves, we acknowledge that, like Christ's mortal body, our bodies will be released from the bonds of death, rise triumphantly from the grave, and be restored to our eternal spirits.

With a small cup of water, we signify that we remember the blood Jesus spilled and the spiritual suffering He endured for all mankind. We remember the agony that caused great drops of blood to fall in Gethsemane. We remember the bruising and scourging He endured at the hands of His captors. We remember the blood He spilled from His hands, feet, and side while at Calvary. And we remember His personal reflection on His suffering: "How sore you know not, how exquisite you know not, yea, how hard to bear you know not." In taking the water to ourselves, we acknowledge that His blood and suffering atoned for our sins and that He will remit our sins as we embrace and accept the principles and ordinances of His gospel.

James J. Hamula - "The Sacrament and the Atonement" - General Conference October 2014

Our Capacity to Love Ourselves and to Love Others will
Increase

My dear friends, please do not let anyone steal your happiness. Do not compare yourself to others. Please remember the loving words of the Savior: "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." So how do we do it?

How do we find this peace, remember who we are, and overcome the three Ds of the adversary?

First, remember that the first and great commandment is to love God with our heart, might, mind, and strength. All that we do should be motivated by our love for Him and for His Son. As we develop our love for Them by keeping Their commandments, our capacity to love ourselves and to love others will increase. We will begin to serve family, friends, and neighbors because we will see them as the Savior sees them—as sons and daughters of God.

Peter M. Johnson - "Power to Overcome the Adversary - General Conference October 2019

Who is so Great a God as our God

11 I will remember the works of the Lord: surely I will remember thy wonders of old.

12 I will meditate also of all thy work, and talk of thy doings.

13 Thy way, O God, is in the sanctuary: who is so great a God as our God?

Psalm 77:11-13

The Covenant of our Baptism is Renewed

As we worthily partake of the sacrament, we witness that we are willing to take the Savior's name upon us and keep His commandments and do always remember Him, that we may have His Spirit to be with us. In this way the covenant of our baptism is renewed. The Lord assured His disciples, "As oft as ye do this ye will remember this hour that I was with you."

Prosper in the Land

6 O my sons, I would that ye should remember that these sayings are true, and also that these records are true. And behold, also the plates of Nephi, which contain the records and the sayings of our fathers from the time they left Jerusalem until now, and they are true; and we can know of their surety because we have them before our eyes.

7 And now, my sons, I would that ye should remember to search them diligently, that ye may profit thereby; and I would that ye should keep the commandments of God, that ye may prosper in the land according to the promises which the Lord made unto our fathers.

Mosiah 1:6-7

Fill Your Soul With Joy

Remember the Lord's promise: "I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy." I love that assurance. Joy that fills our souls brings with it an eternal perspective in contrast to day-to-day living. That joy comes as peace amidst hardship or heartache. It provides comfort and courage, unfolds the truths of the gospel, and expands our love for the Lord and all God's children.

Although the need for such blessings is so great, in many ways the world has forgotten and forsaken them. Each week as we partake of the holy sacrament, we make a covenant to "always remember him," the Lord Jesus Christ, and His atoning sacrifice. When we keep this sacred covenant, the promise is given that we "may always have his Spirit to be with [us]."

Ronald A. Rasband - "Let the Holy Spirit Guide" - General Conference April 2017

Feel the Light and the love of Jesus Christ

You will at times have your faith challenged by Satan; it happens to all disciples of Jesus Christ. Your defense against these attacks is to keep the Holy Ghost as your companion. The Spirit will speak peace to your soul. He will urge you forward in faith. And He will bring back the memory of those times when you felt the light and the love of Jesus Christ.

Remembering may be one of the most precious gifts the Spirit can give you. He will "bring all things to your remembrance, whatsoever [the Lord has] said unto you" (John 14:26). The memory may be of an answered prayer, of a priesthood ordinance received, of a confirmation of your testimony, or of a moment when you saw God's guiding hand in your life. Perhaps in a future day when you need strength, the Spirit may bring to your memory the feelings you are having during this meeting. I pray that this may be so.

Henry B. Eyring - "My Peace I Leave With You" - General Conference April 2017

To be Spiritually-Minded is Life Eternal

39 O, my beloved brethren, remember the awfulness in transgressing against that Holy God, and also the awfulness of yielding to the enticings of that cunning one. Remember, to be carnally-minded is death, and to be spiritually-minded is life eternal.

40 O, my beloved brethren, give ear to my words. Remember the greatness of the Holy One of Israel. Do not say that I have spoken hard things against you; for if ye do, ye will revile against the truth; for I have spoken the words of your Maker. I know that the words of truth are hard against all uncleanness; but the righteous fear them not, for they love the truth and are not shaken.

41 O then, my beloved brethren, come unto the Lord, the Holy One. Remember that his paths are righteous. Behold, the way for man is narrow, but it lieth in a straight course before him, and the keeper of the gate is the Holy One of Israel; and he employeth no servant there; and there is none

other way save it be by the gate; for he cannot be deceived, for the Lord God is his name.

2 Nephi 9:39-41
