
LESSON 8:

The Commandments and Personal Worthiness

Ponder: Commandments Set Forth God's Terms for His Covenants

Ponder these words of President Russell M. Nelson:

“One of the most important concepts of revealed religion is that of a sacred covenant. In legal language, a covenant generally denotes an agreement between two or more parties. But in a religious context, a covenant is much more significant. It is a sacred promise with God. He fixes the terms. Each person may choose to accept those terms. If one accepts the terms of the covenant and obeys God's law, he or she receives the blessings associated with the covenant. We know that “when we obtain any blessing from God, it is by obedience to that law upon which it is predicated” (Doctrine and Covenants 130:21).

“Through the ages, God has made covenants with His children. His covenants occur throughout the entire plan of salvation and are therefore part of the fulness of His gospel. For example, God promised to send a Savior for His children, asking in turn for their obedience to His law....

“In the Bible we read of men and women in the Old World who were identified as children of the covenant. What covenant? “The covenant which God made with [their] fathers, saying unto Abraham, And in thy seed shall all the kindreds of the earth be blessed....

“The covenant God made with Abraham and later reaffirmed with Isaac and Jacob is of transcendent significance.... the Lord appeared in these latter days to renew that Abrahamic covenant.... With this renewal, we have received, as did they of old, the holy priesthood and the everlasting gospel.

“We have the right to receive the fulness of the gospel, enjoy the blessings of the priesthood, and qualify for God's greatest blessing—that of eternal life.... we receive these promised blessings—if we seek the Lord and obey His commandments. But if we don't, we lose the blessings of the covenant. To assist us, His Church provides patriarchal blessings to give each recipient a vision for his or her future as well as a connection with the past, even a declaration of lineage back to Abraham, Isaac, and Jacob.

“Ours is the responsibility to help fulfill the Abrahamic covenant. Ours is the seed foreordained and prepared to bless all people of the world. That is why priesthood duty includes missionary work. After some 4,000 years of anticipation and preparation, this is the appointed day when the gospel is to be taken to the kindreds of the earth. This is the time of the promised gathering of Israel. And we get to participate! Isn't that exciting? The Lord is counting on us and our sons—and He is profoundly grateful for our daughters—who worthily serve as missionaries in this great time of the gathering of Israel.” (*Liahona*, November 2011)



How do you feel about the commandments of God, being in a covenant with Him, and the opportunity of being an heir of the blessings of Abraham?



Record Your Feelings:

Study and Discuss: The Commandments

- Study the following from *Preach My Gospel*, Chapter 3, Lesson 4 “The Commandments,” including the scriptures referenced in each section.
 1. Learn about the Commandments and Commitments
 2. Obedience
 3. Pray Often
 4. Study the Scriptures
 5. Keep the Sabbath Day Holy
 6. Baptism and Confirmation
 7. Follow the Prophet
 8. Keep the Ten Commandments
 9. Live the Law of Chastity
 10. Obey the Word of Wisdom
 11. Keep the Law of Tithing
 12. Observe the Law of the Fast
 13. Obey and Honor the Law
- Plan to discuss what you learn with your missionary preparation class, your Sunday School teacher, quorum or auxiliary leader, a family member, a class member, or a friend.
- Write down the impressions you feel and ideas you learn through these discussions about obedience to the commandments of God.

Prepare to Serve

- Study the following sections of the *Missionary Handbook*
 1. Introduction
 2. Your Calling
 3. Missionary Conduct
 4. Entertainment
 5. The Law of Chastity
 6. Relationship with Others
 7. Physical and Temporal Well-Being
 8. Missionary Leadership
- Discuss what you learn with your missionary preparation class, your Sunday School teacher, quorum or auxiliary leader, a family member, a class member, or a friend.
- Write down your commitment to the Lord about how you will obey mission rules when serving as a full time missionary. Start practicing your commitment immediately in your relationships with others.
- Read and do all the exercises pertaining to the principle of self-reliance in “Show Integrity” in Chapter 10 of the self-reliance booklet *My Foundation for Self-Reliance*. If you have not done so, ask your quorum or auxiliary leader about joining a self-reliance group in your ward or stake. Plan to complete the twelve-week group process as part of your missionary preparation.