Covenants Are an Exchange of Love Between God and Us

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It is a joy today to speak to you about covenants as an exchange of love between us and our Heavenly Father because I have a strong and firm testimony that it is true. If my three years serving as a temple matron in the Stockholm Sweden Temple taught me anything at all, it is that our Father loves His children. We are central to His work. He is aware of the intimate details of our lives and stands ever ready and anxious to bless us with every possible good thing He can. This is especially true as we make every effort possible to honor our covenants with Him. In return, we show our love for our Heavenly Father by our willingness to enter into a covenant relationship with Him and in the manner by which we choose to live up to those covenants.

A Story of Promises That Were a Blessing

An example from the life of my daughter, Emily, illustrates how covenants are an evidence of the love that both generates the need for a promise and is the motivation for keeping a promise. We were living in Houston, Texas when Emily attended BYU here in Provo. While she was home with us one summer for a short break, she went on a date with a young man from our ward with whom she had attended church, seminary, and school since she was 15 years old. He was attending school on a football scholarship at the United States Naval Academy and was also home for a short time. Even though they had been friends for five years, something clicked that summer, and they saw each other every day during the time they were home. Both felt this was something worth exploring. They continued their relationship long distance between Annapolis, Maryland and Provo, Utah for the next year, and they both stopped dating other people. About one year into their relationship, Emily flew to the east coast for a big dance, and Clark proposed to her on the top of the Empire State Building. It was like a story from a movie. Midshipmen from the Naval Academy are not permitted to get married until after they graduate. Emily graduated in December, but Clark had another semester to go. Emily approached us, as her parents, with the idea that she wanted to move to Maryland to work while Clark finished school so she could be near him.

We understood her desire to be close to the man of her dreams, especially since they had not been able to spend a lot of time together during their courtship. She found an apartment to share with some other young women who were also engaged to midshipmen, and planned to sign up with a temp agency to help her find a job. Her father and I had a few concerns. We trusted our daughter and knew that she had always planned to marry in the temple. But we saw some dangers in a situation where her fiancé would have his weekends free and as a senior didn't have to stay on the naval yard.

Out of our love and concern for Emily, we told her that we would give our blessing to her plan if she would promise us one thing—that Clark would never spend the night at her apartment, even if the others she was living with did not follow the same rule. Out of Emily's love and respect for our concern as her parents, her love of the Lord, and because she also understood the risks and temptations, she agreed to the promise, and so did Clark.

Emily's bishop saw wisdom in her going to the temple and receiving her endowment at the beginning of her move to Annapolis, and it turned out to be a wonderful blessing to her and her fiancé. She and Clark attended the Washington D.C. Temple every weekend together as they made plans for their marriage. The covenants they had both made when they received their endowments were a strength and reminder to them of their goals and the standards they needed to keep in order to reach them. They kept their promise that he would never spend the night at her apartment.

On June 1 in the year 2000, just a week and a day after Clark's graduation from the Naval Academy, they were married in the Dallas Texas Temple, and they are now the parents of four girls, one boy, and are expecting their sixth child in November. Clark is currently serving as the bishop of their ward in Houston. Emily has since told me that us asking them to make that promise was the best thing we could have done and was a great blessing to them in their courtship.

Isn't this similar to what our Heavenly Father does for us? He sees the dangers of this earthly life and understands the possible risks to our happiness and salvation much better than we do. He has an eternal perspective. He is anxious for us to be happy and knows our best chance for that is obedience to His commandments. He asks us to promise Him certain things that will help prepare us to return to Him someday. In return, even though we may not always understand the reasons, because we love and trust our Father we are willing to do as He asks.

God's Love Is Certain and Assured

Can we as limited mortals begin to comprehend the depth and magnitude of the love that God feels for His children? One of the most tender and poignant scriptural descriptions of God's love is found in the account of Enoch's profound vision and personal conversation with the Lord found in Moses, chapter 7. As God looks upon those who choose to reject Him, Enoch is surprised to see God weep. Enoch asks, "How is it that thou canst weep, seeing thou art holy, and from all eternity to all eternity?" The Lord replies, "Behold these thy brethren; they are the workmanship of mine own hands . . . I created them." The Lord then describes their hatred for one another and the inevitable result: "Misery shall be their doom; . . . wherefore should not the heavens weep, seeing these shall suffer?" These moving passages give an insight into the tender

feelings of a parent who also happens to be divine and eternal. He yearns for the happiness of His children, and even God Himself feels sorrow when we choose wickedness.

In the Book of Mormon we find other evidences of God's love for His children. In Lehi's vision he sees a tree "whose fruit was desirable to make one happy" and which when he ate, "filled my soul with exceedingly great joy" and "was desirable above all other fruit." When Nephi is shown his father's vision, it is interesting that the scenes which Lehi saw are shown to Nephi in the context of the life and ministry of the Savior Jesus Christ. Nephi is taught that the tree represents the "love of God, which sheddeth itself abroad in the hearts of the children of men; wherefore, it is the most desirable above all things . . . and the most joyous to the soul." He is then immediately shown "the Son of God going forth among the children of men." The lesson for me is that Jesus Christ, the Son of God, is the literal embodiment of God's love for His children.

John teaches, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." Elder D. Todd Christofferson has said that this verse in John embodies the "new and everlasting covenant in one sentence."

Covenants Are Evidence of God's Love for His Children

This brings us to the role covenants play in connection with God's love for His children. Covenants are agreements between God and man where God sets the terms. Elder Christofferson explains, "In these divine agreements, God binds Himself to sustain, sanctify, and exalt us in return for our commitment to serve Him and keep His commandments." God asks us to enter into these binding agreements, these covenants with Him, because He loves us and He knows that binding us to Him, essentially making God our partner in this life, is the only possible way that we have a hope of returning to Him and receiving exaltation in His kingdom. "For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man." He accomplishes this work through covenants. Think of it! God invites us to come out of our worldly sphere and to enter His sphere through covenants. We are invited to join Him, to partner with Him in our salvation and in the salvation of all of His children.

The covenants God offers us begin when we are still children. He understands the importance of setting us on the covenant path as soon as we are ready to understand the importance and value of keeping the commandments. When we are baptized we enter into a covenant relationship with God. We become His covenant children. As early as age eight, we show we are willing to enter His kingdom and keep His commandments from that day forward. We learn from the Book of Mormon that we also promise "to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death." Elder Neal A. Maxwell called it taking on the "duties of discipleship," and the Lord invites us to begin even when we are children.

It is no small thing that this is the only ordinance that, with its associated covenant, we are invited to participate in and renew every single week for the rest of our lives through the ordinance of the sacrament. Because Heavenly Father loves us, He provides a way for us to remember, renew, and recommit to the covenants we make at baptism, weekly. It is that important. Few have taught this principle more beautifully than Elder Jeffrey R. Holland, who said this about the ordinance of the sacrament: "Since that upper room experience on the eve of

Gethsemane and Golgotha, children of the promise have been under covenant to remember Christ's sacrifice in this newer, higher, more holy and personal way. . . . As the Apostle Paul wrote, we were 'bought with a price' (1 Cor. 6:20). What an expensive price, and what a merciful purchase! That is why every ordinance of the gospel focuses in one way or another on the atonement of the Lord Jesus Christ. And surely that is why this particular ordinance with all its symbolism and imagery comes to us more readily and more repeatedly than any other in our life. It comes in what has been called 'the most sacred, the most holy, of all the meetings of the Church.'" It is my hope that we may all make more of an effort each week to see the love of our Father in that holy moment and make the partaking of the sacrament the most sacred part of our week.

Temples Are Evidence of God's Love and a Place for Making Covenants

Our temples are another of the great evidences of the love our Heavenly Father has for His children because it is there that we make the most sacred and binding covenants with Him. The Lord has provided a sacred and hallowed place where His children can be taught from on high, sanctified, and endowed with power. It was Elder Carlos E. Asay who said, "I regard the ordinances of the endowment as an exchange of love between God, Our Father, and us. We . . . know that the Only Begotten Son, even Jesus the Christ, 'so loved the world that he gave his own life, that as many as would believe might become the sons of God.' (D&C 34:3). Thus, every commandment, every ordinance, every covenant, every law, every 'thou shalt,' every 'thou shalt not,' and every teaching received from Our Father in Heaven and His Son, Our Savior—especially those received in the House of the Lord—is an expression of divine love."

I have a sister-in-law, who is now on the other side of the veil, whose name was also Bonnie L. Oscarson. Trust me when I say it was always confusing at family gatherings. She once told us a story about when she was a teenager growing up in St. Louis, Missouri. One of her best friends was Grace, who was not a member of the Church. Grace's mother had passed away when she was small, and she was being raised by her father. One time, Bonnie and Grace were both invited to attend a party that sounded like it was going to be a little on the wild side. They both went to their parents to ask if they could go, and Grace was given permission. However, when Bonnie approached her parents, they must have been aware of the circumstances surrounding this party and they told Bonnie no, she couldn't go. When Bonnie reported this to her friend, Grace began to cry. Bonnie thought at first that she was disappointed that she couldn't go the party, but through her tears Grace made this remarkably insightful comment: "I wish that my father loved me enough to tell me no sometimes." She was wise beyond her years in recognizing that a kind and loving parent sets boundaries and gives guidelines to provide their child with safety, protection, and help to avoid those things that might bring harm. A loving parent takes the time to give a child instructions and tools for meeting the challenges of life. The temple is the place where we are able to receive loving instruction, help, and guidance from a concerned Father. And every aspect of the temple is evidence of His love for His children.

For example, we are taught in the temple that when Adam and Eve were cast out of the Garden of Eden, they weren't sent into the world unprotected. It says in Moses 4:27, "Unto Adam, and also unto his wife, did I, the Lord God, make coats of skins, and clothed them." In the initiatory ordinances of the temple we also receive a garment and are taught of the promises associated with it, which to me are touching and beautiful evidence of our Father's love and concern for us

as His children. In his book *The Holy Temple*, President Boyd K. Packer of the Quorum of the Twelve Apostles explained this about the temple garment: "The garment represents sacred covenants. It fosters modesty and becomes a shield and protection to the wearer." The Father has also provided protection for us.

Elder Carlos E. Asay, former president of the Salt Lake Temple, made this wonderful observation about the temple garment: "I like to think of the garment as the Lord's way of letting us take part of the temple with us when we leave. It is true that we carry from the Lord's house inspired teachings and sacred covenants written in our minds and hearts. However, the one tangible remembrance we carry with us back into the world is the garment. And though we cannot always be in the temple, a part of it can always be with us to bless our lives." ¹⁸

Through the years as I have sought to understand the blessings and promises associated with the proper wearing of my temple garments, I have come to see myself as being wrapped in the love of my Heavenly Father. And I treasure the comforting assurances that accompany the proper wearing of the garment.

Another way in which the temple and its associated covenants symbolize the love of our Heavenly Father is that the temple provides a way for all of His children to return to Him, including those people who lived on the earth before the gospel and essential priesthood ordinances were restored. Do you know of any other religion in the world that offers the saving ordinances of the gospel for those millions of people who lived and died on this earth without the possibility of receiving them? We are truly unique in this belief, which teaches us how precious and dear each and every individual is to our Father, no matter when or where they lived on the earth.

Through researching the names of our ancestors and taking their names to the temple, we become partners with God in providing saving ordinances for His children. The work is filled with miracles. If even a lowly sparrow cannot fall to the ground without our Heavenly Father knowing of it, how much more must He be concerned when a child is lost. Let me explain. My husband is an avid genealogist and has spent countless hours researching the names of his Swedish ancestors. I would like to share an experience, which he wrote down and shared with our children in an email while we were serving in the temple in Sweden.

"We were blessed with a special experience this past week. I've been tracking the ancestry of the husband of my dad's favorite aunt in Sweden, Aunt Mathilda. The temple work for the first few generations was completed in the Salt Lake Temple in the 1930s. But I was impressed to retrace some of the steps that someone had taken to find this information 70 or 80 years ago. Pehr Nilsson, born in 1782, and Brita Helena Larsdotter had been sealed to their six children. In digging through the records, however, I discovered a little girl, Anna Brita Pehrsdotter, who was born in 1816 but died in 1820 at the age of four. This little girl had been lost. Parents and siblings were sealed. The work was done. And for 80 years this little girl has been waiting for someone to find her and help her become a part of this 'forever family.' Why did I choose this particular line to follow? How did I come across this information? I know it wasn't by accident. Friday evening, I had the opportunity to conduct a sealing session. I was moved to tears as I performed the ordinance that made Anna Brita a part of her family for eternity. I know she was aware of

what was happening as well as her parents and her siblings. I thought especially of her older sister, Maja Stina, who was 10 when her little sister passed away. It was no 'fluke' that Anna Brita was found. The Lord knows her and kept His promise that someday she would be together with her family. The Lord keeps all His promises."

What a joyous work it is to be a partner with the Lord in seeking out, identifying, and performing saving ordinances for God's children whose names have not been spoken aloud for perhaps hundreds of years and who may fear that they have been forgotten. The Lord does not forget any of His children, and the ordinances and covenants of the temple are for everyone—both the living and the dead. What love and mercy are evident in this work.

During our three years serving in the temple in Stockholm, the most significant and memorable moments for me were the sealings of husbands, wives, and families. When young (and a few not-so-young) couples knelt across the altars in the temple from one another, each and every time I could sense the great significance of what was taking place. The Spirit was stronger on those occasions than at just about any other time in the temple.

When my husband officiated as the sealer, he would often remind these couples that there were many people both seen and unseen who were aware of and rejoicing for what they were about to do—make sacred covenants with each other and with God that would be the beginning of an eternal family. The event has eternal implications for both those who have gone before—their ancestors—and their future posterity. There must be rejoicing on both sides of the veil each time a couple is sealed in the temple. What a great gift from a loving Father in Heaven. Is there any greater evidence of His love for His children than that of the sealing power that promises that marriages and families can last through eternity?

Honoring Our Covenants Is Evidence of Our Love for Heavenly Father and His Son, Jesus Christ

I have spoken a lot about our Heavenly Father's love for us and the myriad ways He shows it through the covenants He has made available to us. I want to take just a few more minutes to talk about how we show our love for Heavenly Father and His Son, Jesus Christ, through how we keep our covenants. The title of this talk, if you can remember from that long ago, is that covenants are an exchange of love between God and us. How do *we* show *our* love of God through covenants?

John teaches the answer simply and clearly: "If ye love me, keep my commandments." I love this scripture from the Doctrine and Covenants: "Be faithful and diligent in keeping the commandments of God, and I will encircle thee in the arms of my love." It's simply beautiful and beautifully simple. We show our love for God by keeping His commandments and honoring our covenants, and in return, He shows an increase of love for us.

Elder Donald L. Staheli has quoted President Ezra Taft Benson, who said, "When obedience ceases to be an irritant and becomes our quest, in that moment God will endow us with power." How do we get to the point where obedience is not a burden but a joy?

Loving the Lord is the answer. Love is the greatest and purest motivation I can think of for honoring our covenants. Elder Donald L. Hallstrom has observed, "Love is the most powerful

motivator of all. We will make sacrifices and bear burdens for those we love that we would not endure for any other reason—not for money, not for recognition, not for power. If love does not exist, our commitment will surely wane."²⁴ If love is the best motivation for honoring our promises to the Lord, and if we show the Lord how much we love Him by keeping His commandments, how do we increase our love for the Lord?

The best answer for that comes from our experiences as women. Women are unusually good at sacrificing for others—our friends, our husbands, our parents, and especially our children. It is something that often comes more naturally to us as women, especially where our children are concerned. Do you ever find yourself asking why you love the little stinkers so much?

The answer can be found as you think about what motherhood can entail. It often begins with morning sickness, leg cramps, heartburn, and let's not even talk about the birthing process. Then there are the 2:00 a.m. feedings, 4:00 a.m. feedings, 6:00 a.m. feedings, and all the cleaning ups of the coming outs, for at least two years per child. Did I mention spit up and clothing changes (yours and theirs), teething, or walking the floor with feverish little bodies wrapped in our arms? Since several of my own darlings are here, I may as well mention tantrums, car sickness, self-administered haircuts, permanent marker art on the wooden floor—and did you know that when you smear a tub of margarine all over the kitchen floor, it is like an indoor ice rink for you and a little sister? I do.

In the midst of all of this and much, much more, have you noticed something else about being a mother? Every little act of service, every small sacrifice made, each and every effort made to care for, love, and protect a child, wraps another thread of love around your heart and soul until before you know it, you and that child are bound together—not with threads, but with steel bands of incredible strength. You would go to any lengths, you would put yourself in harm's way, and you would even give your life for that child's happiness.

There is a psychological principle that says that we will love those most for whom we sacrifice the most. The bond between us and our children is so intense because we spend the first decade of their lives and more, taking care of their every need. If we want to increase our love for our husbands, we find ways to serve them. If we want to increase our love for someone, whether it is an enemy or a friend, the answer is to serve him or her. The same is true when it concerns our relationship with the Lord. The more we serve Him through our service to others and in Church callings, the more love we have for Him. As our love for the Lord increases, our desire to please Him through our obedience increases. Conversely, as Elder Hallstrom said, "If love does not exist, our commitment will surely wane."

Sometimes we can be rather subtle in the keeping of our covenants. We live the gospel haphazardly or do only the bare minimum. It is easy to become like the Jewish leaders in Christ's time who lived the letter of the law but were lacking the Spirit. They had ceased to keep the commandments out of love for the Lord and were more concerned with impressing others and maintaining their social standing. Jesus said of them, "But all their works they do for to be seen of men: they make broad their phylacteries, and enlarge the borders of their garments."²⁶

When we truly love the Lord, we will be generous in how we keep our covenants—willing to keep the commandments and take it one or two steps beyond. We won't just pay the exact

amount for the cost of two meals for a fast offering, we will be generous and give much more. We won't just avoid shopping or sporting events on the Sabbath day; we will fill the day with service, good works, and personal and family enrichment. We won't just avoid coffee, tea, and tobacco because that is what is spelled out specifically in the Word of Wisdom, but we will exercise and get enough sleep and show how much we value and respect our bodies by the way we take care of them, even in the way we dress. We will stand as witnesses of Christ even when no one is looking, because we love the Lord and delight to obey Him. "For this is the love of God, that we keep his commandments: and his commandments are not grievous."²⁷

In the temple we make covenants to be obedient, to live a pure and chaste life, and "We covenant with the Lord to devote our time, talents, and means to His kingdom." Temple covenants are not for those who are lukewarm about their testimonies. The Lord asks us to be completely committed to Him and to building His kingdom on earth by serving others.

I would like to share a story about a couple who had made temple covenants and who were generous in living them. When we were serving in the temple in Stockholm, one day a man named Brother Strandberg came to the temple. He was from a little town in southern Sweden called Kristianstad. When my husband heard the name of the town, he told him that the Kristianstad Branch held a very special place in his heart because of an experience we had while serving as mission president and wife in Sweden many years ago. Listen to my husband's own words:

"Shortly after the creation of the Sweden Göteborg Mission, we were faced with a difficult problem. The little branch in Kristianstad was really struggling. The lack of priesthood leadership in the branch had led us to consider dismantling the branch by combining it with the branch in Malmö (which is about 60 miles from Kristianstad). While this may have made sense organizationally, there was one thing that gnawed at us. There were a few youth in Kristianstad that would never be able to enjoy the full blessings of membership living that far away. As a presidency, we prayed and sought the Lord's help in knowing what we should do. A solution came to mind. If Brigham Young could call families to move from one place to another to build up the kingdom, why couldn't we? [This was at a time in the Church when there were few senior couples serving missions, and we had none in Sweden at the time.] I called Elder Joseph B. Wirthlin, who was our Area Supervisor in Frankfurt at the time, and asked for permission. He supported the idea, and we asked Brother Anders and Sister Margit Mårdby to come to the mission office.

"After many years working for the railroad, Brother Mårdby had just reached that point that all working people look forward to . . . retirement! At last, to be home and do the things he had always dreamed of . . . especially spending time with their grandchildren. 'Brother and Sister Mårdby, the Lord would like you to move to Kristianstad for the next 18 months.' I will never forget the look on Brother Mårdby's face. He was white as a sheet . . . totally shocked. They asked for time to think about it.

"It didn't take long before they called and accepted. They moved to Kristianstad. Anders was called to be branch president, and Margit president of the Relief Society. The Mårdbys (and the Nordlanders, who followed) literally saved the branch. They visited members, planned activities, and taught the gospel." ²⁹

When my husband finished relating this story, Brother Strandberg replied with emotion, "I was one of those youth."

They both shed a tear as Brother Strandberg went on to say that of the six youth in the branch at the time the Mårdbys came, five of them still live in Kristianstad, and five of the six are active members of the Church. All six youth served missions. They served in England (two of them), Scotland, the Philippines, Denmark, and Norway. Three have been either bishop or branch president, and one was currently the stake president of the Malmö Sweden Stake. One cannot help but wonder how many lives have been touched and blessed because the Mårdbys took their covenant of consecration seriously, even though at the time it was the last thing they wanted to do. This brother we met in the temple that day, his family, and perhaps thousands of others will be eternally grateful that Anders and Margit Mårdby loved the Lord and were willing to keep the covenants they had made in the temple. Sisters, we show our love for the Lord by generously keeping our covenants with Him in everything we do in our lives.

Conclusion

The prophet Nephi saw in vision the blessings promised to those who are righteous covenant keepers. "And it came to pass that I, Nephi, beheld the power of the Lamb of God, that it descended upon the saints of the church of the Lamb, and upon the covenant people of the Lord, who were scattered upon all the face of the earth; and they were armed with righteousness and with the power of God in great glory." What glorious promises given to the Lord's covenant people—evidence of His love for us. No wonder we love and honor Him. The Apostle John said, "We love him, because he first loved us."

I testify this day that our Heavenly Father and His Son, Jesus Christ, live and direct the work of this Church. They love us with a love that is beyond our ability to comprehend. The covenants They ask us to make and keep at baptism, when we partake of the sacrament, and in our sacred temples are evidence that They want to be intimately involved in our lives and They want to help us return to Their presence. Covenants bind us to our Heavenly Father. They make Him a partner in all that we do in this life. We know that God always keeps His promises and that He will never let us down. I testify that love of the Lord and gratitude for all that He has done for us is the greatest reason for us to keep our covenants with Him. He gave His Only Begotten Son so that we might have hope for exaltation. May we commit to keep our covenants generously and with love, is my prayer in the sacred name of Jesus Christ, amen.

¹ Moses 7:29.

² Moses 7:32.

³ Moses 7:37.

⁴ 1 Nephi 8:10.

- ⁵ 1 Nephi 8:12.
- ⁶ 1 Nephi 11:22, 23.
- ⁷ 1 Nephi 11:24.
- ⁸ John 3:16.
- ⁹ D. Todd Christofferson, "The Power of Covenants," *Ensign* and *Liahona*, May 2009.
- ¹⁰ D. Todd Christofferson, "The Power of Covenants."
- ¹¹ Moses 1:39.
- ¹² Mosiah 18:9.
- ¹³ Neal A. Maxwell, "Encircled in the Arms of His Love," *Ensign*, Nov. 2002.
- ¹⁴ Jeffrey R. Holland, "This Do In Remembrance of Me," *Ensign*, Nov. 1995; quoting Joseph Fielding Smith, Doctrines of Salvation, comp. Bruce R. McConkie, 3 vols., Salt Lake City: Bookcraft, 1954–56, 2:340.
- ¹⁵ Doctrine and Covenants 43:16.
- ¹⁶ Carlos E. Asay, "Temple Blessings and Applications," BYU Religious Education Faculty Meeting, March 6, 1998.
- Boyd K. Packer, *The Holy Temple* (1980), 75.
 Carlos E. Asay, "The Temple Garment: 'An Outward Expression of an Inward Commitment," *Ensign*, Aug. 1997.
- ¹⁹ See Matthew 10:29.
- ²⁰ Personal correspondence to author, 2011.
- ²¹ John 14:15.
- ²² Doctrine and Covenants 6:20.
- Donald L. Staheli, "Obedience—Life's Greatest Challenge," *Ensign*, May 1998.
 Donald L. Hallstrom, "The Heart and a Willing Mind," BYU Speeches, Dec. 7, 2010.
- ²⁵ Donald L. Hallstrom, "The Heart and a Willing Mind."
- ²⁶ Matthew 23:5.
- ²⁷ 1 John 5:3.
- ²⁸ Preparing to Enter The Holy Temple (2002), 35.
- ²⁹ Personal correspondence to author, 2011.
- ³⁰ 1 Nephi 14:14.
- ³¹ 1 John 4:19.