Come Follow Me- for primary "Tell the children about a time you made a promise and kept it. Invite them to tell similar stories of their own. expalin that when we take the sacrament, we make promises. Read D&C 20:77, emphasizing the promises we make to "Always remeber him" and "keep his commandments." Cut out the My Promises sacrament cups and have the children match up the promises made in D&C 20:77 "Always have his Spirit to be with "Willing to "...always "Keep his commandtake upon remember him.." ments" the name of thy them" son.." D&C D&C D&C D&C 20:77 20:77 20:77 20:77 Heavenly Father's Promises