

# Keep the Commandments Song Story

By Emily Pulham

Adapted from [this article from the Friend Magazine \(January 2002\)](#)

Sabrina wiggled on the couch in the church foyer. She tapped her mom on the wrist. “What’s Dad doing in the bishop’s office? I want to go home.”

“Daddy’s answering questions like, ‘Do you tell the truth?’ ‘Are you kind to your family members?’ ‘Do you follow the prophet?’ Questions like that.”

Sabrina looked puzzled and looked at her mom. “Why?”

***Keep the Commandments, Keep the Commandments  
In this there is Safety, in this there is peace.***

“When Daddy answers questions like those, the bishop knows whether or not he is a commandment-keeper. If he is a commandment-keeper, he’ll get a special piece of paper, called a temple recommend. Only Church members with temple recommends can go inside the temple.” Sabrina’s eyes grew wide. Her mom continued, “Commandment keeping also blesses us with protection and peace from Heavenly Father.”

***He will send blessings, He will send blessings***

The bishop’s door opened, and Sabrina’s daddy stepped out, and her mom went in. “Dad, are you a commandment-keeper?”

“I try to keep the commandments. Sometimes I make mistakes, but I repent and try harder. It’s hard to be a commandment-keeper, but I do my best.”

***Words of a prophet, Keep the commandments  
In this there is safety and peace***

Riding home in the car, Sabrina was quiet. Mom looked into the rearview mirror and saw that she looked sad. “What’s wrong?” she asked.

“I wanted to tell the bishop I keep the commandments. I wanted my own special paper.”

“You’re very good at keeping the commandments. But you have to be twelve to go inside a temple. When you’re twelve, you’re old enough to get your own recommend and do baptisms for the dead,” Dad explained.

“So I don’t get a paper like yours till I’m twelve?”

“No. But did you know Sabrina, even if you’re not old enough to go into the temple, you’re always old enough to practice keeping the commandments. Feeling the peace that comes from keeping the commandments is a blessing for anyone, no matter how old they are.” Sabrina smiled. She knew she had been trying to read the scriptures and be good, and she felt good inside.

***{Sing the whole song again}***

President Nelson said, “I call upon you, my dear brothers and sisters, to become [a] righteous people. Cherish and honor your covenants above all other commitments. As you let God prevail in your life [and keep His commandments], I promise you greater peace, confidence, joy, and... rest.” (October 2022 General Conference)