

# Covenant Women



The Savior Said:

*Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.* (Matthew 11:28–30)

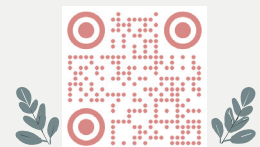
Being yoked with Him means we are connected, similar to how oxen are connected in a yoke. Two oxen, yoked and working on the same objective, can carry more weight than a single ox. This is what it means to be bound to the Savior through covenants:

**He will share our burdens  
and help us lift our load  
on the uphill climb  
toward exaltation.**



Sister Anette Dennis taught, “When we use our agency to choose to enter a covenant relationship with [God], we are witnessing to Him that we want Him to be more deeply involved in our lives and that we are willing to pay the price to receive the increased power and privileges that come with that covenant relationship.”

**The world tells us that making  
covenants with God is limiting, but they  
yoke us with the Savior, giving us a  
measure of His strength and power.**



Read the full article here  
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