

If we keep our sacrament covenants to always remember the Savior and keep his commandments, we are promised we will always have his Spirit to be with us. If we keep the commandment to "pray always," we will be able to resist temptation. If we cling to the iron rod and search the scriptures, we will be able to reach the tree of life and partake of its fruit, which is the love of our Savior. We are told that this fruit is the "most desirable above all things," and is "the most joyous to the soul" (1 Ne. 11:22, 23).

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