

The Sacrament



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Christ Introduced the Sacrament

The night before Jesus Christ died, He instituted the sacrament. He took bread, blessed it, and gave it to His disciples, saying, "This is my body which is given for you: this do in remembrance of me" (Luke 22:19, page 1317). He then gave His disciples wine, saying, "This cup is the new testament in my blood, which is shed for you" (Luke 22:20, page 1317).

The *sacrament* is a holy priesthood ordinance that helps remind us of the Savior's Atonement. During the sacrament, we partake of bread and water. We do this in remembrance of His flesh and His blood, which He gave as a sacrifice for us. As we partake of the sacrament, we renew sacred covenants (or promises) with our Heavenly Father.



How the Sacrament Is Administered

The scriptures explain exactly how the sacrament should be administered. Members of the Church meet each Sabbath day to worship and partake of the sacrament (see D&C 20:75, page 39). Worthy priesthood holders have the responsibility to bless and pass the sacrament.

The Savior has revealed both of the prayers that are used to bless the bread and water. We should listen carefully to these beautiful prayers and try to understand what we are promising God and what He promises us. The exact wording of the sacrament prayers is found in Doctrine and Covenants section 20, verses 77 and 79.

We Make Covenants during the Sacrament

Each time we partake of the sacrament, we renew covenants with God. A *covenant* is a sacred promise between God and His children. The covenants we make are clearly stated in the sacrament prayers, and they are the same covenants we make when we are baptized. Here are the promises we make when we take the sacrament:



We covenant that we are willing to take upon ourselves the name of Jesus Christ. This means that we are willing to be identified as followers of Christ and members of His Church. We commit to serve Him and those around us.

We covenant to always remember Jesus Christ so that all our thoughts, feelings, and actions are influenced by Him and His mission.

We promise to keep His commandments.

Heavenly Father promises that if we keep our sacrament covenants, *we will always have the Holy Ghost with us.* The Holy Ghost guides us to make righteous choices, helps to purify us from our sins, and helps us gain the necessary knowledge, faith, power, and righteousness to receive eternal life.

The Savior has commanded that nobody who is unworthy partake of the sacrament. But He also commanded that we continue to minister to those who have sinned: "For ye know not but what they will return and repent, and come unto me with full purpose of heart, and I shall heal them" (3 Nephi 18:32, page 444). You can prepare now for the privilege of partaking of the sacrament worthily. Your preparation may require you to make some sacrifices, and you will need to repent—and continue repenting—of your sins. But the blessings of the sacrament are many, and you will be richly rewarded for your patience and diligence.



"And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls.

"And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus."

Moroni 6:5–6, page 520

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Additional Scriptures

- **John 4:5–14, page 1330**
(Jesus is the Living Water)
- **John 6:30–35, page 1336**
(Jesus is the Bread of Life)
- **1 Corinthians 11:27–29, page 1452** (partake of the sacrament worthily)



Personal Experience

I was sentenced to 1 to 15 years in prison for child abuse homicide. When I went to prison, I left behind a husband and four beautiful girls to whom I was sealed in the temple. The day I entered prison was one of the most horrific days of my life.

I remember feeling hopeless and completely alone. For the first few weeks I was confined to my cell for 23 hours a day. I spent my days reading the Bible and praying. Once I got out of confinement, I was overwhelmed with joy when I learned that there was an LDS institute program and that I would be able to go to the chapel most days. This program was a refuge from the storm. I knew that there was a place where I could be in familiar surroundings. I also took advantage of going to Church services for three hours each Sunday and receiving teaching and counsel from a bishop and other Church volunteers.

But one thing was missing. I was unable to take the sacrament, a practice that had meant a great deal to me previously. Now I yearned for the chance to partake of the emblems of the flesh and blood of my Savior Jesus Christ.

After six years I was released back to live with my family and friends. Because I was on parole, I still had to wait for two years before I could participate in full Church activity and once again receive the special privilege of partaking of the sacrament. I now have the privilege of receiving the holy sacrament again, which I don't take for granted. Each Sabbath day is a treat for me. I am so very grateful for the chance to renew my covenants and become a stronger woman in Christ.

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What can you do to prepare now to partake of the sacrament worthily?

How can your love for the Savior increase as you partake of the sacrament?

Is there anything else that you have learned from this lesson that you would like to share?

Name _____ Offender # _____