

## ASIA AREA PRESIDENCY MESSAGE

### The Sacrament

By Elder Yoke Sang Freddie Chan  
Of the Seventy

In the Grand Council in Heaven, Heavenly Father presented the plan of salvation to His spirit children.<sup>1</sup> We learned that we could become like our Heavenly Father with His glorious body of flesh and bones. Because we are His spirit children, we could come down to earth to receive a physical body and be tested if we would keep His commandments. If we would be faithful in obeying His commandments, we would return to live with Heavenly Father again. However, because of our imperfections, we would sin and a Savior would be needed to redeem and atone for our sins.

Jesus Christ was chosen over Lucifer because of His willingness to do His Father's will and give the glory to His Father.

Our Savior's mission here on earth was that He, being the only perfect Man, would take upon Himself the sins of the world and atone for us. He was rejected by His own people, condemned, and was crucified on the cross of Calvary. Through His Atonement He redeemed us from our Fall, and through His Resurrection He overcame death and gave us immortality. In His final week on earth, knowing that His time would soon end, He instituted the sacrament with His Apostles to help them remember Him.

#### The Ordinance of the Sacrament

The sacrament is one of the holiest ordinances of the gospel. It reminds us of our Savior's love and sacrifice of His life for the benefit of mankind, that all may be given the opportunity to return to live with Him and His Father again. "And as they were eating, Jesus took bread, and blessed it, and brake it, and

gave it to the disciples, and said, Take, eat; this is my body.

"And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it;

"For this is my blood of the new testament, which is shed for many for the remission of sins" (Matthew 26:26–28).

In our modern dispensation, the sacrament prayers for the bread and water recorded in scriptures<sup>2</sup> remind us of our Savior Jesus Christ, His Atonement, and His Resurrection. We can learn the power of His Atonement through our attendance at sacrament meeting as we renew our baptismal covenant with a broken heart and a contrite spirit.

We can build faith in Jesus Christ as we seek to understand His Atonement.



Elder Yoke Sang  
Freddie Chan





The Atonement is central to our faith as “all other things which pertain to our religion are only appendages to it”<sup>3</sup> and “it [was] expedient that an atonement should be made . . . a great and last sacrifice; . . . infinite and eternal sacrifice” (Alma 34:9–10).

### **Prepare for a Spiritual Experience when Partake the Sacrament**

Preparation should begin well in advance at our home prior to the Sabbath day. We should prepare ourselves spiritually by reading and studying the scriptures, focusing on the Atonement of our Lord Jesus Christ. Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles said, “The focus on the Savior and the Atonement needs to begin a long time before we walk into the building and a long time before the priest starts to kneel down. And it will help us, I think, to get that focus if we remember that this is an ordinance. And it terms of its frequency, every seven days for the rest of our lives. . . . This is the most conspicuous and certainly the most repeatable ordinance in the Church, and I am not sure if we think of it that way. This is a very personal ordinance. This is the only ordinance that we really repeat for ourselves.”<sup>4</sup>

Partaking of the sacrament is a very personal ordinance. We cannot ask someone to partake on our behalf. The covenants we make with God are personal in nature. We should make our

partaking of the sacrament each week a personal commitment to God. Thus we have the obligation to renew our covenants and, with renewed commitment, take upon ourselves the name of Christ and keep His commandments.

We should also partake of the sacrament worthily.

### **Take upon the Name of Christ**

What does the name of Christ and that covenant mean when we partake of the sacrament? Elder Dallin H. Oaks of the Quorum of the Twelve Apostles said, “The most frequent single meaning of the scriptures that refer to the name of the Lord seems to refer to His work, His Atonement, His mission . . . The label is not enough. We must be built upon His gospel . . . The name of Christ stands for the substance of the gospel—the Atonement of the Lord Jesus Christ. Everyone who covenants that they are willing to take upon themselves the name of Christ is saying, ‘I will handle my share of this great mission, and my share is what I am called to do.’”<sup>5</sup> Let us take up this responsibility in helping our Lord Jesus Christ to continue His work in establishing His kingdom here on earth.

### **Renewal of Covenants**

Partaking of the sacrament each week gives us the opportunity to renew our baptismal covenants.

Elder Neil L. Andersen of the Quorum of the Twelve Apostles said, “Spirituality is not stagnant and neither are covenants. And hopefully what we pray is that all of us as members are moving along a progressive growth both in our spirituality and in our covenants. Covenants not only bring commitment but they bring spiritual power. We should teach our members moving toward our Heavenly Father. The sacrament is a beautiful time to not just renew our baptismal covenants but to commit to Him to renew all our covenants—all our promises—and to approach Him in a spiritual power that we did not have previously as we move forward.”<sup>6</sup>

### **Blessings from the Sacrament**

As we partake of the sacrament each week on the Sabbath, our minds will be more attuned to the Spirit and have a renewed commitment to always remember Jesus Christ, take upon us His name, and keep His commandments. In return, Heavenly Father bless us with His guidance through the companionship of the Holy Spirit so that we can find peace and comfort as we grow progressively in our spirituality and continuous renewing of all our covenants.

Sister Chan and I have many opportunities to teach our three sons the purpose and importance of the sacrament. We started when they were young and they learned how

to be reverent and dress appropriately to attend sacrament meetings on Sundays. Family home evening was a valuable time we used to teach them. We also learned to sing church hymns. We made sure we started preparing ourselves the day before. We would have everything prepared on Saturday so we would arrive at church well before sacrament meeting on Sunday. We always sat together as a family. We love going to church

to learn of our Savior and His teachings each week.

I have a testimony that Jesus Christ is our Savior and Redeemer. Through His selfless love for all mankind, He willingly laid down His life to pave the way for us to return to live with Heavenly Father. I know that attending sacrament meeting is truly a privilege and a blessing to us as families and individuals. Let us strive to have a spiritual

experience each week as we partake of the sacrament. In the name of Jesus Christ, amen. ■

#### NOTES

1. See, for example, Moses 1:39; 6:62; Abraham 3:22–28.
2. See Moroni 4:3, 5:2; Doctrine and Covenants 20:77, 79.
3. See *Teachings of Presidents of The Church: Joseph Smith* (2007), 49; *History of the Church*, 3:30; from an editorial by Joseph Smith published in *Elders' Journal*, July 1838, 44.
4. General Authority Training DVD Presentation on Sabbath Day Observance, April 2015.
5. *Ibid.*
6. *Ibid.*

## The Healing Power of the Sacrament

By President Karthikeyan

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The sacrament becomes a spiritually strengthening experience when I listen to the sacrament prayers and recommit myself to the sacrament covenants. To do this, I must be willing to take upon me the name of Jesus Christ.

Speaking of this promise, President Henry B. Eyring, First Counselor in the First Presidency, taught: “That means we must see ourselves as His. We will put Him first in our lives. We will want what He wants rather than what we want or what the world teaches us to want.” (“That We May Be One,” *Ensign*, May 1998, 67)

When I take the sacrament, I also covenant to “always remember” Jesus Christ.

On the night before He was crucified, Christ gathered His Apostles around Him and instituted the sacrament.

He broke bread, blessed it, and said, “Take, eat; this is in remembrance of my body which I give a ransom for you.”

Next He took a cup of wine, gave thanks, gave it to His Apostles to drink, and said, “This is in remembrance of my blood . . . , which is shed for as many as shall believe on my name” (Joseph Smith Translation, Matthew 26:26–28).

Among the Nephites and again at the Restoration of His Church in the latter days, He repeated that we are to take the sacrament in remembrance of Him (see 3 Nephi 18:1–10; D&C 20).

As I partake of the sacrament, I witness to God that I will remember Jesus Christ always, not just during the brief sacrament ordinance. This means that I will constantly look to the Savior’s example and teachings to guide my thoughts, my choices, and my actions.

The sacrament prayer also reminds me that I must “keep his commandments.”

Jesus said, “If ye love me, keep my commandments” (John 14:15).

The sacrament gives us an opportunity for introspection and an opportunity to turn our heart and will to God.

Obedience to the commandments brings the power of the gospel into our lives and greater peace and spirituality.

The sacrament provides a time for a truly spiritual experience as I reflect upon the Savior’s redeeming and enabling power through His Atonement.





*The sacrament is one of the holiest ordinances of the Gospel.*

Elder Melvin J. Ballard (1873–1939) of the Quorum of the Twelve Apostles taught how the sacrament can be a healing and cleansing experience. He said:

“Who is there among us that does not wound his spirit by word, thought, or deed, from Sabbath to Sabbath? We do things for which we are sorry and desire to be forgiven. . . . The method to obtain forgiveness is . . . to repent of our sins, to go to those against whom we have sinned or transgressed and obtain their forgiveness and then repair to the sacrament table where, if we have sincerely repented and put ourselves in proper condition, we shall be forgiven, and spiritual healing will come to our souls. . . .

Elder Ballard said, “I am a witness that there is a spirit attending the

administration of the sacrament that warms the soul from head to foot; you feel the wounds of the spirit being healed, and the load being lifted. Comfort and happiness come to the soul that is worthy and truly desirous of partaking of this spiritual food” (*Melvin R. Ballard, Crusader for Righteousness* [1966], 132–33).

My wounded soul can be healed and renewed not only because the bread and water remind me of the Savior’s sacrifice of His flesh and blood but also because the emblems also remind me that He will always be our “bread of life” (John 6:35) and “living water” (John 4:10).

After administering the sacrament to the Nephites, Jesus said:

“He that eateth this bread eateth of my body to his soul; and he that

drinketh of this wine drinketh of my blood to his soul; and his soul shall never hunger nor thirst, but shall be filled.

“Now, when the multitude had all eaten and drunk, behold, they were filled with the Spirit.” (3 Nephi 20:8–9).

With these words, Christ teaches me that the Spirit heals and renews my soul. The promised blessing of the sacrament is that I will “always have his Spirit to be with [me]” (Moroni 4:3).

When I partake of the sacrament, I sometimes picture in my mind a painting that depicts the resurrected Savior with His arms outstretched, as if He is ready to receive me into His loving embrace. I love this painting. When I think about it during the administration of the sacrament, my soul is lifted as I can almost hear the Savior’s words:

“Behold, mine arm of mercy is extended towards you, and whosoever will come, him will I receive; and blessed are those who come unto me (3 Nephi 9:14).

The more I ponder the significance of the sacrament, the more sacred and meaningful it becomes to me.

May each of us come to the sacrament meeting prepared to have “a truly spiritual experience, a holy communion, a renewal for [our] soul.”<sup>1</sup> In the name of Jesus Christ, amen. ■

#### NOTE

1. Jeffrey R. Holland, *Christ and the New Covenant: The Messianic Message of the Book of Mormon* (1997), 283.

# Sacrament

By **Michael Johnson**

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When I was an investigator in the Church, I wasn't able to partake of the sacrament, but after getting baptized I partook of the sacrament without knowing what it was meant for. Later on, as days went by, I started to learn the real meaning. Though I felt at that time that it was a bit complicated and really hard to understand the symbolism of Christ's sacrifice, now I am able to understand the meaning of sacrament. I am able to relate Christ's Atonement with the sacrament.

*How small a sip of water,  
how tiny a crust of bread,  
yet in these emblems we are lifted,  
in them we are fed.  
As we think of Jesus  
and the sacrifice He gave,  
we feel His constant mercy,  
His loving power to save.*

(Steven Anderson, "Meditation on the Sacrament," *Ensign*, Apr. 2010, 9.)

Sometimes I think of these words by Steven Anderson to remember what the sacrament really means, what Jesus Christ stands for, and what His sacrifice symbolizes. Though these words are simple, when we meditate on the sacrament, we feel the spirit

of forgiveness and are forgiven as we renew and remember our covenants made during our baptism and promise to keep them.

Elder David B. Haight (1906–2004) of the Quorum of the Twelve Apostles taught that "from the Book of Mormon account and the testimonies of New Testament witnesses, we learn several important truths about the sacrament:

1. "Jesus gave Himself—His body and His blood—as a ransom for our sins. He sacrificed His life so that we might live again.
2. "We eat in remembrance of His body. We remember the Passover, the Last Supper, Gethsemane, Calvary, and the Resurrection.
3. "His blood represents a new testament—a new covenant with [us]. We drink in remembrance of His suffering—a suffering so excruciating that He said it 'caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink—Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men' (D&C 19:18–19).
4. "When we act in obedience and always remember Him, we are built on the rock of His gospel. We are blessed as we live His commandments. We must take these emblems

in worthiness. Personal worthiness to partake of the sacrament is a prerequisite for receiving the Holy Ghost. Moroni admonished, 'See that ye partake not of the sacrament of Christ unworthily' (Mormon 9:29).

"Jesus instructed the Nephites: 'Ye shall not suffer any one knowingly to partake of my flesh and blood unworthily, when ye shall minister it;

"For whoso eateth and drinketh my flesh and blood unworthily eateth and drinketh damnation to his soul; therefore if ye know that a man is unworthy to eat and drink of my flesh and blood ye shall forbid him' (3 Nephi 18:28–29).



**Michael Johnson**

“What [is meant by] worthiness? Worthiness implies all those matters mentioned in the temple interview questions, but there is more expected from Christ’s disciples than just the refraining from sin. There must also be harmony among Christ’s disciples—especially within families. . . .

“Worthiness . . . includes forgiving another, not holding grudges, having no . . . hatred in our hearts. To live Christ’s gospel is to have charity for all men. . . .

“. . . If there are feelings of animosity, members should seek reconciliation before partaking of the sacrament.”

5. “Jesus promised that He would not partake of these emblems again until He drinks anew with us in the kingdom of His Father (see Matthew 26:29). [We are] fortunate . . . to have latter-day revelation wherein the Lord reveals that He will drink the fruit of the vine in a great solemn assembly in the latter times before He returns in glory. On that occasion, He will sit with Moroni, Elias, John the Baptist, Elijah, Joseph of Egypt, Jacob, Isaac, Abraham, Michael (Adam), and Peter, James, and John. Then Jesus adds, ‘And also with all those whom my Father hath given me out of the world,’ which means *all* the righteous Saints from all the dispensations (see D&C 27:5–14, especially verse 14)” (David B. Haight, “Remembering the Savior’s Atonement,” *Ensign*, Apr. 1988, 9–10).

When we partake of the sacrament, we “witness to God that [our] remembrance of His Son will extend beyond the short time of that sacred ordinance” (Gospel Topics, “Sacrament,” [lds.org/topics](https://www.lds.org/topics)). We promise to remember Him always. We witness that we are willing to take upon ourselves the name of Jesus Christ and that we will keep His commandments. “In partaking of the sacrament and making these commitments, [we] renew [our baptismal covenant]” (Gospel Topics, “Sacrament”).

We receive great blessings when we keep the baptismal covenant. As we renew it, the Lord renews the promised remission of our sins. Cleansed from sin, we are able to “always have his Spirit to be with [us]” (D&C 20:77). “The Spirit’s constant companionship is one of the greatest gifts [we can receive in] mortality” (Gospel Topics, “Sacrament”). The Spirit will guide us in the paths of righteousness and peace, leading us to eternal life with our Father in Heaven and Jesus Christ.

I know that Jesus sacrificed Himself and that God sacrificed His Only Begotten Son because He loves each one of us; He knows us individually. He knows our needs, the troubles we are facing, our pain, and our sorrow. I know that as we strive to be perfect and worthy, we will be blessed for our efforts. In the name of Jesus Christ, amen. ■

## My Conversion to the Restored Gospel

By **Lourdumary William**

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I am a mother of four children. I have been blessed with three sons and one daughter. My eldest son, Joseph, joined the Church in 1991. In 1992, my husband passed away, and as we were not all united in one faith, I wondered how I would lead my children without my husband, the head of the family.

I faced many trails and challenges during that time. I prayed to Heavenly Father every day to lead my children in the right path. Heavenly Father answered my prayers and helped my other son Robert join the Church. My eldest son served a mission. Heavenly Father blessed our family abundantly and my youngest son, Lawrence, also served a mission because of their examples. My daughter, Sophia, joined the Church when my sons returned from their mission. She was married to Prince Jayakaran, a returned missionary. They invited me to join the Church, but at the time I faced many trails and challenges in my life.

Twelve years passed by, and my elder son moved to Pennsylvania, United States, with his family. He invited me to visit him. While I was



**Lourdumary in front of the Hong Kong China Temple**

**Lourdumary's baptism in August of 2005**



there, I regularly attended church on Sundays. One fine morning, I visited Susquehanna River, near Harmony, Pennsylvania, the place where Joseph Smith received the Aaronic and the Melchizedek Priesthoods.

Returning to my son's home, I had some thoughts and wanted to know more about Joseph Smith and his history. I started to read the Book of Mormon every day. My daughter-in-law helped me and taught me about the scriptures and the gospel. I had a happy feeling in my heart and it increased day by day, I was prompted to join the Church and decided to be baptized. I am grateful to the Elder Kevin Wickel and Elder Rhoton, who helped me increase my faith in the Lord Jesus Christ. Heavenly Father had changed my heart and blessed me with immense joy. I was baptized by

my son Joseph on August 20, 2005 (my birthday), in the Susquehanna River and was confirmed the next day. It was a wonderful feeling which I cannot express in words.

I was sealed to my husband in Hong Kong China Temple on February 28, 2008. I know that temple ordinances help us be with our Heavenly Father and with our family for eternity. I am grateful

that my children were examples to help me accept the restored gospel. God choose me as an instrument in His hands and it is a precious gift for me. He also blessed me with 11 grandchildren.

I am blessed because of the restored gospel and the knowledge that we all will have the opportunity to be with our Heavenly Father someday. In the name of Jesus Christ, amen. ■

## Embark Ye in the Service of God

*Delhi District Annual Youth Conference 2015, New Delhi, 19 May 2015*

**By Aparna Dwivedi, New Delhi District, India**

**O**ver 80 young men and young women from Delhi thronged early morning to the Delhi District chapel in Vasant Vihar, excited to participate in the overnight youth conference at the Fun Town Waterpark and Resort on the outskirts of Delhi.

The youth were divided into teams by the youth leaders. Light breakfast was provided. They were given T-shirts customized for the occasion, after which the happy crowd boarded the buses taking them to the resort.



At the resort, the youth were assigned their rooms. Many activities were planned by the district leaders to suit the requirements of the youth, in which they participated enthusiastically. They were introduced to the theme of the conference: “Embark ye in the service of God,” inspiring each

of them to serve God in whichever way they can.

Activity workshops were running simultaneously for each team. A workshop on “Listening to the Spirit” was conducted by Sister Bolton, where she provided the youth with a list of scriptures, inspiring them on how to listen

to the Spirit. Another workshop called “Trash in Trash out” was conducted by Brother Clegg and Sister Aparna. This was an activity-based workshop where they assembled many day-to-day objects like video games, story books, and scriptures, and invited the youth to fill the nearby jar with their favorite things. Ultimately they were invited to understand the importance of each choice on spiritual growth.

President Sackley and Sister Sackley conducted a workshop on missionary preparation where they invited the youth to start preparing for missions in temporal and spiritual ways. Another workshop was conducted by Sister Silvy on “Family history.”

The conference was not only about lessons—there was fun too! Senior couple missionaries Elder and Sister Evensen had planned a number of fun games that left the youth asking for more! The youth also enjoyed time in the waterpark and the fun water rides.

The next day began with scripture studies and exercise by Sister Gustin. Missionary life experience was shared by recently returned missionary Sister Arora, inspiring and urging the youth to understand the importance of a mission and the lives they will touch on their missions. When asked by the leaders as to who from the present youth were planning to serve a mission, all hands were raised, passing a message that they were all ready to embark in the service of God. ■

*Youth enjoyed their time at the Delhi District Annual Youth Conference in May.*

*Exercise time*



▲ *Games by couple missionaries Elder and Sister Evensen*

▲ *Family history workshop by Sister Silvy*

*Workshop with Brother Clegg*

