

ASIA AREA PRESIDENCY MESSAGE

O Remember, Remember

By Elder Chi Hong (Sam) Wong

First Counselor in the Asia Area Presidency

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles gave a beautiful sermon in the October 1995 general conference on the origin and purpose of the sacrament. “As a final and specially prepared Passover supper was ending, Jesus took bread, blessed and broke it, and gave it to his Apostles, saying, ‘Take, eat’ (Matthew 26:26). ‘This is my body which is given for you: this do in remembrance of me’ (Luke 22:19). In a similar manner he took the cup of wine . . . said a blessing of thanks for it, and passed it to those gathered

about him, saying: ‘This cup is the new testament in my blood,’ ‘which is shed . . . for the remission of sins.’ ‘This do in remembrance of me’ . . . (Luke 22:20; Matthew 26:28; Luke 22:19).

“Since that upper room experience on the eve of Gethsemane and Golgotha, children of the promise have been under covenant to remember Christ’s sacrifice in this newer, higher, more holy and personal way.”

Elder Holland then went on to ask, “If remembering is the principal task before us, what might come to our

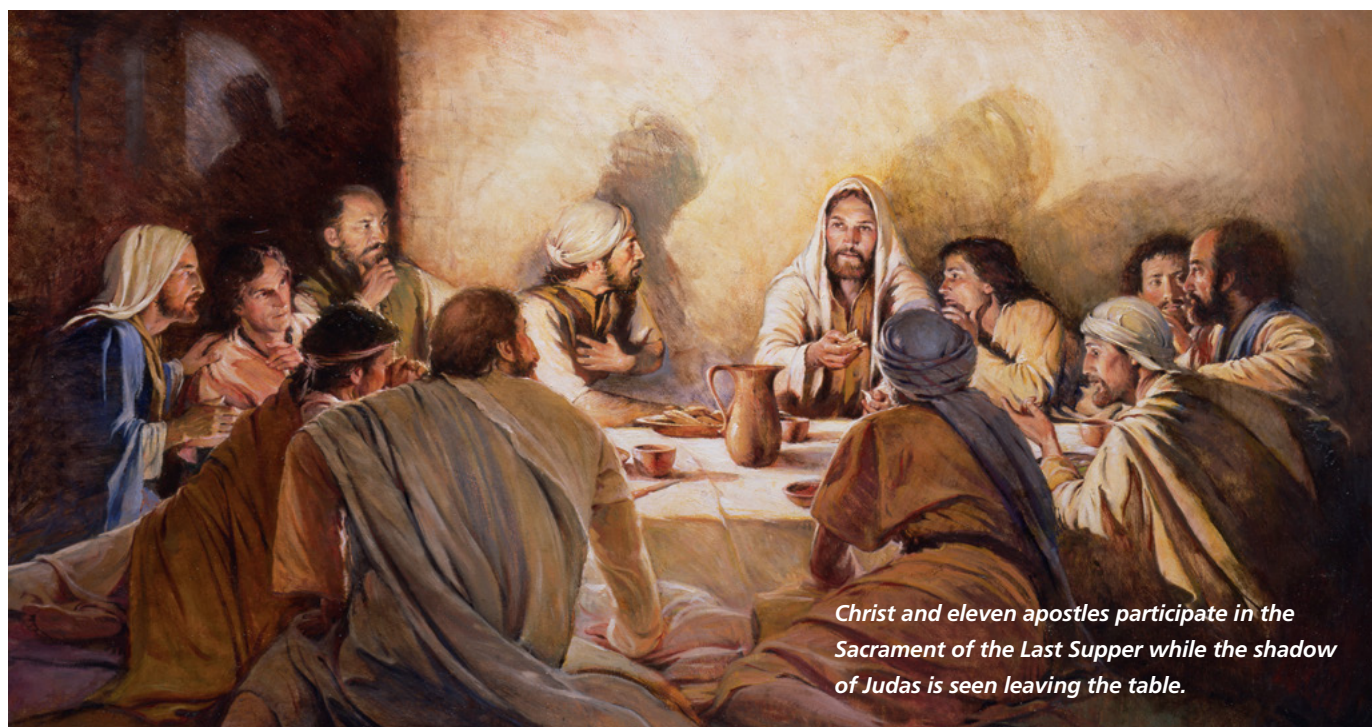
memory when those plain and precious emblems are offered to us?”¹

What Should We Remember?

In order to remind their children to remember the most important things, mothers often use recurring words like “remember, remember.” I feel that our Heavenly Father may do so similarly. In the Book of Mormon, there are five instances that the words “remember, remember” were used. Let us search together those occasions in the Book of Mormon and see if our loving Heavenly Father has left us with



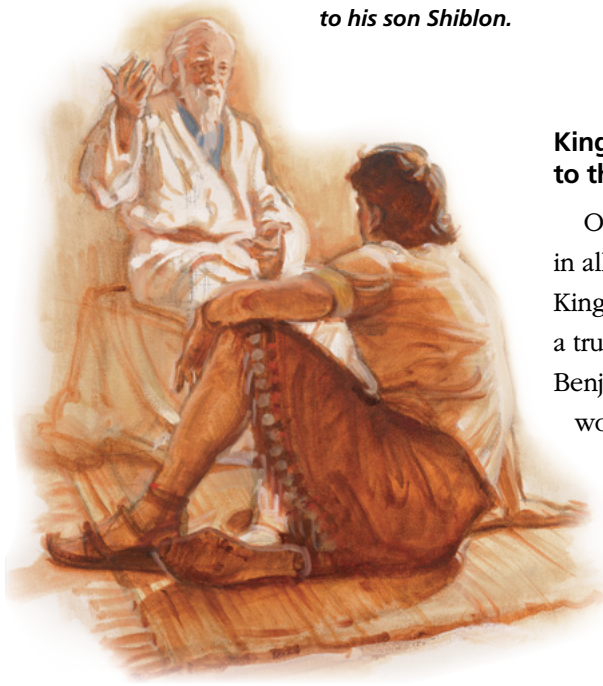
Elder Chi Hong
(Sam) Wong



Christ and eleven apostles participate in the Sacrament of the Last Supper while the shadow of Judas is seen leaving the table.

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*Alma the Younger talking
to his son Shiblon.*



any hints as to what we should remember.

Samuel the Lamanite— “Act For Ourselves”

Samuel the Lamanite provided ample words of warning and prophecy to the wicked Nephites. He warned them of their destruction if they continued to live in iniquity. He prophesied of the coming birth, life, death and Resurrection of Christ. He acknowledged the freedom they had to act for themselves, but in so doing they should not forget that only through the Atonement of Jesus Christ and their own actions would they be saved. “And now remember, remember, my brethren, that whosoever perisheth, perisheth unto himself; and whosoever doeth iniquity, doeth it unto himself; for behold, ye are free; ye are permitted to act for yourselves; for behold, God hath given unto you a knowledge and he hath made you free” (Helaman 14:30). He wants us to act for ourselves, and in so doing remember the good things we are supposed to do and do them.

Alma the Younger—“Strict Are the Commandments”

Alma the Younger had gone through periods of rebellion, repentance, and later became a prophet of God. He provided us with great counsel through the teachings he gave to his sons, particularly to Helaman. “O remember,

remember, my son Helaman, how strict are the commandments of God. And he said: If ye will keep my commandments ye shall prosper in the land—but if ye keep not his commandments ye shall be cut off from his presence” (Alma 37:13).

These were stern words from a concerned parent. He firmly shared with his son the consequences of keeping and not keeping the commandments. Why so strict? Why can't things be easier? Nephi provided a wise warning to those who want things too easy—“wo be unto him that is at ease in Zion!” (2 Nephi 28:24). If we are too casual in our obedience, it will be easier for Satan to stir us up to anger, lull us away, pacify us, flatter us, take hold of us, and lead us down to hell. Don't allow yourself to be “at ease in Zion.” If we want to prosper, “remember, remember . . . to keep the commandments” (Alma 37:13, 35)!

King Benjamin—“Hold Faithful to the End”

One of the most powerful sermons in all of scripture was delivered by King Benjamin. Besides living life as a true disciple of Jesus Christ, King Benjamin desired that the people would understand what he knew to be true—“those that keep the commandments . . . if they hold faithful to the end they are received into heaven.”

He emphasized his admonition by encouraging them to “O remember, remember that these things are true; for the Lord God hath spoken it” (Mosiah 2:41). King Benjamin reminds us that the Lord God has made this promise and it is up to us to hold faithful to the end.

Nephi and Lehi—“Upon the Rock of Our Redeemer”

Two of the most devoted servants to the cause of spreading the gospel, Nephi and Lehi, endured many trials. As they were challenged, they remembered the words of their father, Helaman: “Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation . . . a sure foundation, a foundation whereon if men build they cannot fall” (Helaman 5:12). It does not mean that we will not have disappointments, trials or challenges, but as we build a strong foundation we will have the strength necessary to withstand them. Where is our foundation? What is it built upon?

How strong is it? If you are still building your house upon the sand, change the location!

Helaman—“Only through the Atoning Blood of Jesus Christ”

King Benjamin additionally taught, “Yet the Lord God saw that his people were a stiffnecked people, and he appointed unto them a law, even the law of Moses.

“And many signs, and wonders, and types, and shadows showed he unto them, concerning his coming; and also holy prophets spake unto them concerning his coming; and yet they hardened their hearts, and understood not that the law of Moses availeth nothing except it were through the atonement of his blood” (Mosiah 3:14–15).

Helaman later in the Book of Mormon affirmed King Benjamin’s words with the counsel he provides to his sons, “O remember, remember . . . there is no other way nor means whereby man can be saved, only through the atoning blood of Jesus Christ” (Helaman 5:9). Therefore, the most important element to building a strong and stable foundation is the Atonement of Jesus Christ.

How Can We Remember?

The principles to follow are simple but strict. We have to use our agency wisely. We need to be faithful to the end by building our lives upon the rock of our Redeemer. Through the atoning blood of Jesus Christ, we

will be able to once again join our Heavenly Father in eternal splendor.

The sacrament meeting is “the most sacred, the most holy, of all the meetings of the Church.”² Not only should we partake of these emblems of the Savior with an eye single to His glory, but also as a witness of the

LOCAL NEWS

Exciting to Live the Gospel

I started attending The Church of Jesus Christ of Latter-day Saints when I was young. I went with my mom to church every other week, growing up. I always had faith that the Mormon Church was true.

I was baptized into the Church and committed to go to church every week. As I read Book of Mormon, I could feel peace because the Spirit testified that the book taught truth—that we should strive to be like Jesus Christ. I could feel joy and light in my life because I know the fruits of living the principles of the gospel are joy, light, peace, and goodness. I know these principles to be true.

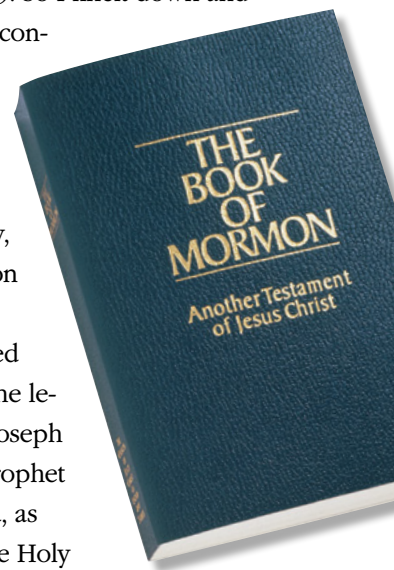
I am not perfect by any means. I’ve made plenty of mistakes, and I’m sure I’ll make plenty more. But I know that the true happiness comes from continually striving to be like Christ, which is one of the central messages of this Church. At the end of the Book

truthfulness of His divinity in all that we say and do each and every day. ■

NOTES

1. Jeffrey R. Holland, “This Do in Remembrance of Me,” *Ensign*, Nov. 1995, 67, 68, [lds.org/general-conference/1995/10/this-do-in-remembrance-of-me](https://www.lds.org/general-conference/1995/10/this-do-in-remembrance-of-me).
2. *Teachings of Presidents of the Church: Joseph Fielding Smith* (2013) 95; see also *Doctrines of Salvation*, ed. Bruce R. McConkie, 3 vols. (1954–56), 2:340–41.

of Mormon, Moroni invites us to “ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost” (Moroni 10:4). So I knelt down and prayed for a confirmation if the Book of Mormon is true—and consequently, a confirmation of the verity of the restored gospel and the legitimacy of Joseph Smith as a prophet as well—and, as promised, the Holy Ghost confirmed the truth of these things to me. Over the



years, I've continued to have experiences that confirm my testimony. I know this Church is true because of the fruits of exercising my faith.

How I Am Faithful

As a member of this Church, there are many commandments and lifestyle choices that I am expected to live: I'm supposed to live the Word of Wisdom (which keeps my body free from drugs, alcohol, tea, coffee, and tobacco), be honest, pay tithing, attend all three meeting hours of church every Sunday, and fulfill responsibilities in the Church without monetary gains. Many people look at this religion and assume that these expectations are oppressive and limit our freedom. But here's the truth about living this lifestyle: It is not limiting; it is liberating. When I follow God's commandments, I feel the peaceful confirmation of the Holy Ghost telling me that His commandments are for our happiness and protection. For example, by living the Word of Wisdom, I am free from the chains of addiction and other effects of harmful substances. By living honestly, I don't have to worry about getting caught cheating or lying, and people trust me more. Those are just a few of the blessings that come from living certain principles, but ultimately, obedience itself brings blessings. By obediently keeping the commandments of our own free will, we become more like Jesus—our Savior and Redeemer. The Lord Jesus Christ was and is the perfect example of

obedience to God's commandments; I live my faith by striving to emulate Him. I'm currently preparing to serve a full-time mission in the India New Delhi Mission.

I am so excited to be given the opportunity to serve the Lord by sharing

the gospel with the people there. It is a blessing and a privilege to dedicate my time and efforts to Him. I hope to bring others to feel the same peace and joy that I have felt through living this gospel. ■

Brother Akira lives in Hyderabad Stake

Learning at YSA Conference

By Raj Kumar Ganaparam

Hyderabad Stake YSA Representative

The November 2015 young single adult (YSA) conference has been one of the best conferences for me. I was newly called as a stake YSA representative of the Hyderabad Stake, and it has been a challenging experience for me. As our beloved prophet Thomas S. Monson said, "And when we are on the Lord's errand, we are entitled to the Lord's help. Remember that whom the Lord calls, the Lord qualifies" ("Duty Calls," *Ensign*, May 1996, 44). I know this to be true. I have received help from ward YSA representatives from all the wards who worked along with stake and have made good efforts by motivating everyone to attend the conference.

I have personally loved all the workshops. If I had to pick my favorite, it would be "Gospel Culture

vs. Tradition of our Fathers." This workshop has inspired me to inculcate gospel traditions in my life. There are many cultures around the world but it is the gospel culture that brings happiness to our lives and gives us right direction.

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, said, "Our firm personal testimony will motivate us to change ourselves and then bless the world" ("The Power of a Personal Testimony," *Ensign or Liahona*, Nov. 2006, 39). When I have heard the testimonies borne, I could feel the Spirit strongly, and it illuminated packets of hope and gladness for my heart. Besides, there is always fun attending YSA conferences, and you will have opportunity to make new friends. ■

Understanding the Sabbath Day

Samson Putturaj

Liahona content editor

Last month, the school where my daughters study was celebrating its 150 years since its inception. The school had a carnival for two days; Saturday and Sunday. My daughters wanted to go on all two days. I told them we would go for Saturday but on Sunday, we should go to church to honor the Sabbath day. My daughters were not happy as they wanted to see, participate, and enjoy with their friends.

Sabbath.” I was elated and thanked God for the knowledge my children had to choose right.

The Sabbath day has been important in my life as I was taught since young to go to church on the Sabbath day. My parents were devote in attending church. As children, we used to prepare ourselves on Friday and go to church on Saturday. We always went to church and did not miss it.

2. The Sabbath day is for me to pay my devotions.
3. The Sabbath is a day for me to worship my God.
4. The Sabbath is to partake of the sacrament and renew my covenants.

These principles helped me to honor, hallow, and keep the Sabbath day holy.

Isaiah called the Sabbath “a delight” (Isaiah 58:13). The Sabbath is indeed a delight for me. The Savior said that “the sabbath was made for man, and not man for the sabbath” (Mark 2:27). I believe the Sabbath is His gift to us, granting real respite from the rigors of daily life and an opportunity for spiritual and physical renewal. God gave us this special day, not for amusement or daily labor but for a rest from duty, with physical and spiritual relief.

The Savior identified Himself as Lord of the Sabbath (see Matthew 12:8). It is His day! Repeatedly, He has asked us to keep the Sabbath or to hallow the Sabbath day. We are under covenant to do so.

The doctrines pertaining to the Sabbath day has been renewed in these latter days as part of a new covenant with a promise: “That thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day;

“For verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High. . . .

“And on this day . . . let thy food be prepared with singleness of heart that



Why do we worship? President Brigham Young (1801–77) said: “To keep us in remembrance of our God and our holy religion. . . . We are so liable to forget—so prone to wander, that we need to have the Gospel sounded in our ears as much as once, twice, or thrice a week, or, behold, we will turn again to our idols” (Discourses of Brigham Young, sel. John A. Widtsoe [1978], 165).

I prayed that they would understand the importance of the Sabbath day and that we would be in church on Sunday.

Saturday, we went, and we had a gala time. My daughters participated in competitions and enjoyed joy rides. We totally had a wonderful time. At the end of the day, I asked them if they wanted to go tomorrow. In unison, they said, “No, we will keep the

My parents’ teaching helped me as I joined the true Church. I followed their teaching to honor the Sabbath by worshipping God. I did not miss attending church. Common sicknesses did not keep me at home. I always went to worship God. I had a strong conviction that:

1. The Sabbath day was the Lord’s day and it has to be kept holy.

thy fasting may be perfect . . . , that thy joy may be full. . . .

“And inasmuch as ye do these things with thanksgiving, with cheerful hearts and countenances . . . , the fulness of the earth is yours” (D&C 59:9–10, 13, 15–16).

The Lord counseled the prophet Ezekiel, saying, “Hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the Lord your God” (Ezekiel 20:20). How do we hallow the Lord’s Sabbaths?

The first of the Ten Commandments requires that men worship the Lord; the fourth designates a Sabbath day especially for such worship:

“Thou shalt have no other gods before me. . . .

“Remember the sabbath day, to keep it holy.

“Six days shalt thou labour, and do all thy work:

“But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

“For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it” (Exodus 20:3, 8–11).

“But remember that on this, the Lord’s day, thou shalt offer thine oblations and thy sacraments unto the

President Spencer W. Kimball said: “We do not go to Sabbath meetings to be entertained or even solely to be instructed. We go to worship the Lord. It is an individual responsibility, and regardless of what is said from the pulpit, if one wishes to worship the Lord in spirit and in truth, he may do so by attending his meetings, partaking of the sacrament, and contemplating the beauties of the gospel. If the service is a failure to you, you have failed. No one can worship for you; you must do your own waiting upon the Lord” (Teachings of Presidents of the Church: Spencer W. Kimball, [2006], 174).

Most High, confessing thy sins unto thy brethren, and before the Lord.

How to spend the time on the Sabbath day?

Samson Putturaj

Liahona local pages content editor

When I joined the Church, President Spencer W. Kimball (1895–1985) was the President of the

“And on this day thou shalt do none other thing, only let thy food be prepared with singleness of heart that . . . thy joy may be full” (D&C 59:12–13).

“Ye shall keep my sabbaths, and reverence my sanctuary: I am the Lord.

“If ye walk in my statutes, and keep my commandments, and do them;

“Then I will give you rain in due season, and the land shall yield her increase, and the trees of the field shall yield their fruit.

“And your threshing shall reach unto the vintage, and the vintage shall reach unto the sowing time: and ye shall eat your bread to the full, and dwell in your land safely.

“And I will give peace in the land, and ye shall lie down, and none shall make you afraid” (Leviticus 26:2–6).

These scriptures are clear doctrines that gave me shape to my beliefs on the Sabbath and help me gain the testimony needed for me to keep the Sabbath holy and hallow it. ■

Church. Since I loved the Sabbath day to honor and keep it holy, I was greatly influenced by his teaching, especially on how to spend the rest of the time after church.

The Sabbath is a day for us to be spiritually enriched through worship and worthy actions.

“The Sabbath is a holy day in which to do worthy and holy things.

Abstinence from work and recreation is important, but insufficient. The Sabbath calls for constructive thoughts and acts, and if one merely lounges about doing nothing on the Sabbath, he is breaking it. To observe it, one will be on his knees in prayer, preparing lessons, studying the gospel, meditating, visiting the ill and distressed, writing letters to missionaries, taking a nap, reading wholesome material, and attending all the meetings of that day at which he is expected.

“Take time [on the Sabbath] to be together as families to converse with one another, to study the scriptures, to visit friends, relatives, and the sick and lonely. This is also an excellent time to work on your journals and genealogy.

“In Hebrew the term *Sabbath* means ‘rest.’ It contemplates quiet tranquility, peace of mind and spirit. It is a day to get rid of selfish interests and absorbing activities.

“The Sabbath day is given throughout the generations of man for a perpetual covenant [see Exodus 31:16]. It is a sign between the Lord and his children forever [see Exodus 31:17]. It is a day in which to worship and to express our gratitude and appreciation to the Lord. It is a day on which to surrender every worldly interest and to praise the Lord humbly, for humility is the beginning of exaltation. It is a day not for affliction and burden but for rest and righteous enjoyment. It is a day not for lavish banqueting, but a day of simple meals



LESLIE NILSSON, © PFI

and spiritual feasting. . . . It is a day graciously given us by our Heavenly Father. It is a day when animals may be turned out to graze and rest; when the plow may be stored in the barn and other machinery cooled down; a day when employer and employee,

master and servant may be free from plowing, digging, toiling. It is a day when the office may be locked and business postponed, and troubles forgotten; a day when man may be temporarily released from that first injunction, ‘In the sweat of thy face shalt thou eat bread, until thou return unto the ground. . . .’ [See Genesis 3:19.] It is a day when bodies may rest, minds relax, and spirits grow. It is a day when songs may be sung, prayers offered, sermons preached, and testimonies borne, and when man may climb high, almost annihilating time, space, and distance between himself and his Creator. . . .

“We do not go to Sabbath meetings to be entertained or even solely to be instructed. We go to worship the Lord. It is an individual responsibility, and regardless of what is said from the pulpit, if one wishes to worship the Lord in spirit and in truth, he may do so by attending his meetings, partaking of the sacrament, and contemplating the beauties of the gospel. If the service is a failure to you, you have failed. No one can worship for you; you must do your own waiting upon the Lord.” (Chapter 16: “The Sabbath—A Delight,” *Teachings of Presidents of the Church: Spencer W. Kimball*, [2006], 170–71, 173–74.)

Sabbath Observance in Tonga

“The small island kingdom of Tonga lies immediately next to the international dateline, so it

Elder Mark E. Petersen (1900–84) of the Quorum of the Twelve Apostles said: “We can readily see that observance of the Sabbath is an indication of the depth of our conversion.

“Our observance or nonobservance of the Sabbath is an unerring measure of our attitude toward the Lord personally and toward his suffering in Gethsemane, his death on the cross, and his resurrection from the dead. It is a sign of whether we are Christians in very deed, or whether our conversion is so shallow that commemoration of his atoning sacrifice means little or nothing to us” (Ensign, May 1975, 49).

is the first country in the world to greet the Sabbath day. It is a small country and, in the counting of the world, a poor country. But years ago a wise Tongan king decreed that the Sabbath would be kept holy in Tonga forever.

“Modern civilization has come in many ways to Tonga. If one goes to the capital of Nuku’alofa on a week-day, he finds the usual heavy traffic of trucks and cars and the bustle of thousands of shoppers making their regular purchases from well-stocked stores and markets. One sees people line up to view the latest movies and to rent videos. One can watch modern buses whisk tourists off to catch their jet planes, or observe the speed and clarity of a satellite call to the United States. The streets are crowded and business is good. You might wonder, ‘What is so different about this town from hundreds of others like it throughout the world?’

“But when Sunday dawns on the kingdom of Tonga, a transformation takes place. If one goes downtown, he sees deserted streets—no taxis or buses or crowds of people. All the stores, all the markets, all the movie theaters, all the offices are closed. No planes fly, no ships come in or out, no commerce takes place. No games are played. The people go to church. Tonga is remembering to keep the Sabbath day holy.

“It is significant that the first country in the world to greet the holy Sabbath keeps the Sabbath holy.



CODY BELL, © IRI

“Has the Lord blessed them? Maybe the world cannot see his blessings, but in the ways that really count, he has blessed them abundantly. He has blessed them with the gospel of Jesus Christ, and a larger percentage of the population there belongs to the Church than in any other country” (John H. Groberg, “The Power of Keeping the Sabbath Day Holy,” *Ensign*, Nov. 1984, 79–80).

Sabbath Observance

“As we review the Lord’s pronouncements about the Sabbath in the Old Testament, the New Testament, the Book of Mormon, and the Doctrine and Covenants, we can learn some of the basic elements of Sabbath observance:

1. It is a day of rest from our labors.
2. It is a holy day of worship.

3. It is a day to remember the Lord’s atonement and resurrection.
4. It is a day to renew our baptismal covenants by partaking of the sacrament.
5. It is a day of prayer and fasting.
6. It is a day of finding uplift in music, hymns, and songs.
7. It is a day to prepare, meditate, and study the gospel.
8. It is a day to visit the sick and the afflicted, the widow and the orphan.
9. It is a day to strengthen our ties with our living families, do work for those who died without the ordinances of salvation, and write family histories.
10. It is a day for missionary preparation and work.” (Charles Didier, “The Sabbath—Holy Day or Holiday?,” *Ensign*, Oct. 1994, 28.) ■