

Making the Sacrament More Meaningful

1. Recognize your weaknesses and come prepared through repentance to partake of the sacrament.
 2. Sing the sacrament hymn and think about the meaning of the words.
 3. Review the meaning of the sacrament prayers in your mind.
 4. Think of Christ's great love for you and of your love for him.
 5. Think of blessings for which you are grateful.
 6. Review your activities of the past week to determine if you have kept your sacramental covenants.
 7. Ask for the Lord's help and commit to overcoming a weakness during the coming week.
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