

# Selections from Jeffrey R. Holland, “This Do in Remembrance of Me”



“If remembering is the principal task before us, what might come to our memory when those plain and precious emblems are offered to us?”

“We could remember the Savior’s premortal life and all that we know him to have done as the great Jehovah, creator of heaven and earth and all things that in them are. We could remember that even in the Grand Council of Heaven he loved us and was wonderfully strong, that we triumphed even there by the power of Christ and our faith in the blood of the Lamb (see Rev. 12:10–11).

“We could remember the simple grandeur of his mortal birth. . . .

“We could remember Christ’s miracles and his teachings, his healings and his help. We could remember that he gave sight to the blind and hearing to the deaf and motion to the lame and the maimed and the withered. Then, on those days when we feel our progress has halted or our joys and views have grown dim, we can press forward steadfastly in Christ. . . .

“We could remember that even with such a solemn mission given to him, the Savior found delight in living; he enjoyed people and told his disciples to be of good cheer. He said we should be as thrilled with the gospel as one who had found a great treasure, a veritable pearl of great price, right on our own doorstep. . . .

“We could remember that Christ called his disciples friends. . . .

“We could—and should—remember the wonderful things that have come to us in our lives and that ‘all things which are good cometh of Christ’ (Moro. 7:24). . . .

“On some days we will have cause to remember the unkind treatment he received, the rejection he experienced, and the injustice—oh, the injustice—he endured. When we, too, then face some of that in life, we can remember that Christ was also troubled on every side, but not distressed; perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed (see 2 Cor. 4:8–9).

“When those difficult times come to us, we can remember that Jesus had to descend below all things before he could ascend above them, and that he suffered pains and afflictions and temptations of every kind that he might be filled with mercy and know how to succor his people in their infirmities (see D&C 88:6; Alma 7:11–12).

“To those who stagger or stumble, he is there to steady and strengthen us. In the end he is there to save us, and for all this he gave his life. . . .

“. . . All this we could remember when we are invited by a kneeling young priest to remember Christ always” (*Ensign*, Nov. 1995, 67–69).

