



By President
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First Counselor in
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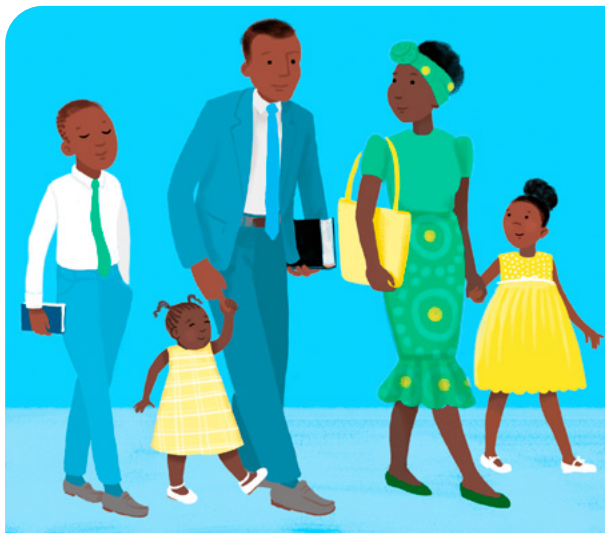
The Sacrament and Me



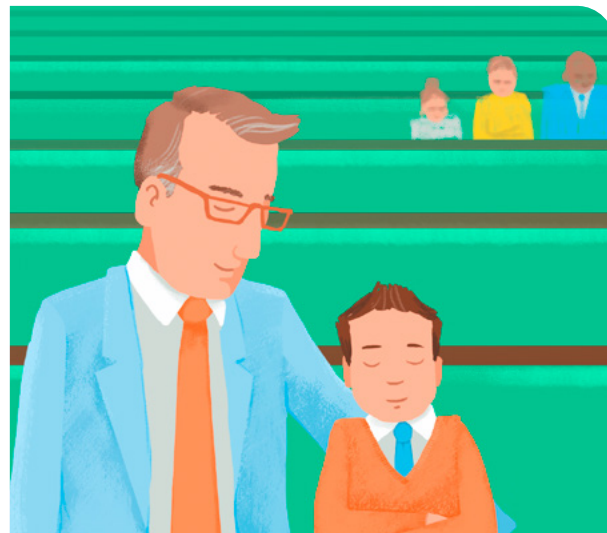
Showing Love for Jesus

We can show our love for Jesus by being reverent during the sacrament. What do you do during the sacrament?

The sacrament is the most important part of church. When we take the sacrament, we promise to always remember the Savior. To make the sacrament special, we . . .



Dress to show we honor the sacrament.



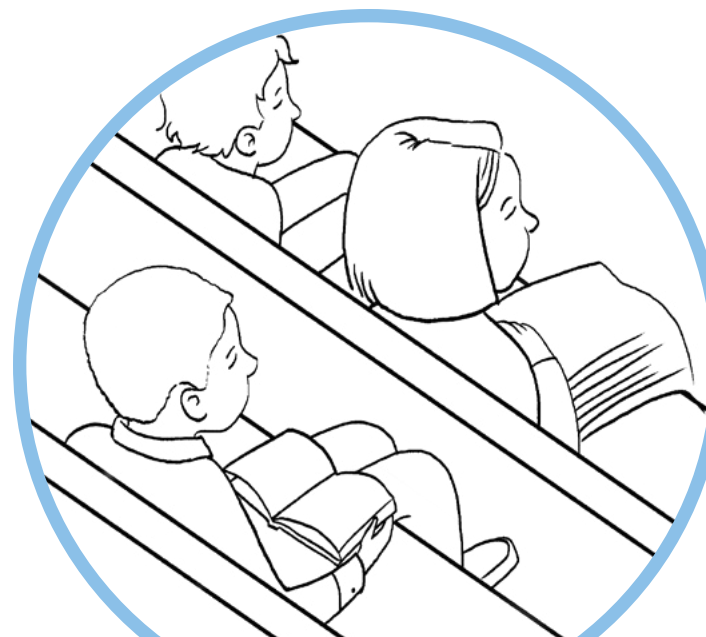
Sit quietly before the meeting begins.



Sing the sacrament hymn.



Think about Jesus and promise to always remember Him.



Sit quietly.



Think of my favorite sacrament hymn.



Think of a story about Jesus.



Pray to Heavenly Father.

ILLUSTRATIONS BY JULIANN LAW

The sacrament helps us feel the Holy Ghost.
It helps us stay on the path back to our heavenly home. ●

Adapted from "Sacrament Meeting and the Sacrament," Ensign, Nov. 2008, 17–20.