|  |  |
| --- | --- |
| MySacrament Book http://www.ldsclipart.com/wp-content/uploads/2013/10/Sacrament_Trays_Clipart.jpg | 3To take upon the name of Christ.To help others--bear one another’s burdens, comfort those in need, and mourn with those who mournTo stand as a witness of GodTo serve God and keep his commandments |
| 21. I should be thinking about Jesus and about His atonement.
2. I should be reviewing and renewing (making the promises again) my baptismal covenants.
3. I should also be reviewing my actions from the previous week, repenting, and committing to do better.
 | 4To forgive my sins.To pour his Spirit more abundantly upon me (companionshipof the Holy Ghost).To redeem me that I might be numbered with those of the first resurrection and have eternal life. |

|  |  |
| --- | --- |
| 5Jesus’ broken and bruised body and of the things he suffered for us.  | 7That they are willing to take upon them the name of his Son, to always remember him, and keep his commandments (renewing our baptismal covenants). |
| 6Jesus’ blood that was shed for us. (He gave His life for us**.)** | 8We will have his Spirit to be with us, which means that the Holy Ghost will be with us to help guide, comfort, and teach us. |

|  |  |
| --- | --- |
| 9We can remember to express our gratitude for Jesus in our prayers.We can read the scriptures daily to learn of his life, ministry, and teachings. | **I will remember****Jesus always** |
| 10**I will always remember** **Jesus** | **I will remember****Jesus** |