|  |  |
| --- | --- |
| My  Sacrament Book  [http://www.ldsclipart.com/wp-content/uploads/2013/10/Sacrament_Trays_Clipart.jpg](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjWvo7pl7XLAhVC6mMKHTOCBVUQjRwIBw&url=http://www.ldsclipart.com/page/4/?s%3Dsacrament%26submit&psig=AFQjCNGji1Wu6jUtI1Q9Q6G2w2JR5BEiMA&ust=1457667188582747) | 3  To take upon the name of Christ.  To help others--bear one another’s burdens, comfort those in need, and mourn with those who mourn  To stand as a witness of God  To serve God and keep his commandments |
| 2   1. 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. | 4  To forgive my sins.  To pour his Spirit more abundantly upon me (companionship  of the Holy Ghost).  To redeem me that I might be numbered with those of the first resurrection and have eternal life. |

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

|  |  |
| --- | --- |
| 9  We 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** |