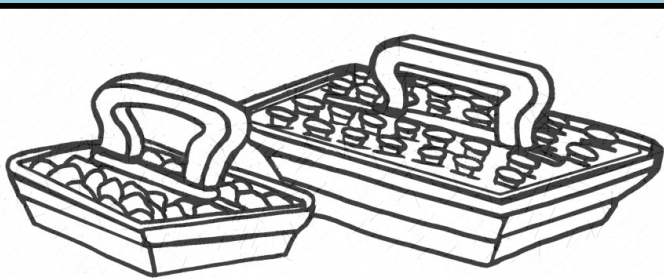


My Sacrament Book



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.

5

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

6

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.

2

Jesus's broken and
bruised body and the
things he suffered for us.

7

That we are willing to
take upon us the name of
his Son, and to always
remember him, and keep
his commandments
(renewing our baptismal
covenants).

3

Jesus's 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.

- 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 always remember
Jesus

I will always remember
Jesus

I will always remember
Jesus

Answers

Sacrament

What should I be
thinking about
during the
sacrament?

Baptismal Covenants

What are my
baptismal
covenants?

(Mosiah 18:8-10;
D&C 20:37)

Baptismal Covenants

What does the
Lord promise
when I keep my
baptismal
covenants?

(Mosiah 18:9-10)

Sacrament Prayer

What does the
(broken) bread
remind us of?

(3 Nephi 18:6-7)

Sacrament Prayer

What are we
promising when
we take the
sacrament?

(D&C 20:77,79)

Sacrament Prayer

What does the
water represent?

(3 Nephi 18:11)

Jesus

What are we
blessed with when
we keep our
promise to always
remember Jesus?

(3 Nephi 18:7,11)

Jesus

What are some
ways we can
always remember
Jesus so we can
have his Spirit to
be with us?