

For the sacrament to be a spiritually cleansing experience each week, we need to prepare ourselves *before* coming to sacrament meeting.



To worthily partake of the sacrament, we remember that we are renewing the covenant we made at baptism. For the sacrament to be a spiritually cleansing experience each week, we need to prepare ourselves *before* coming to sacrament meeting. We do this by deliberately leaving behind our daily work and recreation and letting go of worldly thoughts and concerns. As we do, we make room in our minds and hearts for the Holy Ghost.

Then we are prepared to ponder on the Atonement. More than just thinking about the facts of the Savior's suffering and death, our pondering helps us to recognize that through the Savior's sacrifice, we have the hope, opportunity, and strength to make real, heartfelt changes in our lives.

As we sing the sacrament hymn, participate in the sacrament prayers, and partake of the emblems of His flesh and blood, we prayerfully seek forgiveness for our sins and shortcomings. We think about the promises we made and kept during the previous week and make specific personal commitments to follow the Savior during the coming week.

Elder Robert D. Hales of the Quorum of the Twelve Apostles, April 2012 general conference

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