

SACRAMENT

Eating bread: remembering the body of Jesus Christ (see Matthew 26:26–29), the bread of life (“he that cometh to me shall never hunger” [John 6:35], “he that eateth of this bread shall live for ever” [John 6:58])

Kneeling to pray: humility, submitting to God’s will; a token of the everlasting covenant (see D&C 88:131)

Breaking bread: Christ’s bodily suffering on our behalf, His physical death, His Resurrection so that we might live again

Placing bread and water before the congregation: emblems of Christ’s sacrifice, which ended sacrifice by the shedding of blood (see Alma 34:13–14); we now bring a “sacrifice unto the Lord . . . of a broken heart and a contrite spirit” (D&C 59:8)

Drinking water (originally wine): the blood of Christ (shed in Gethsemane, during His sufferings at the hands of the soldiers, and on the cross), which “cleanseth us from all sin” (1 John 1:7) and “is in the covenant of the Father unto the remission of [our] sins” (Moroni 10:33); blood as “the seat of life or vital energy of all flesh” (Guide to the Scriptures, “Blood”; scriptures.lds.org) and that which atones for sins through sacrifice (see Leviticus 17:11); living water (see John 4:14)



FOCUSED ON THE ATONEMENT

“Every ordinance of the gospel focuses in one way or another on the atonement of the Lord Jesus Christ, and surely that is why this particular ordinance [of the sacrament] with all its symbolism and imagery comes to us more readily and more repeatedly than any other in our life.”

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, “This Do in Remembrance of Me,” *Ensign*, Nov. 1995, 67.

JOIN THE CONVERSATION

THINGS TO PONDER FOR SUNDAY

- How do the symbols in the ordinances of baptism, confirmation, and the sacrament help you remember the Savior and your covenants?
- What goes through your mind during the sacrament each week?

THINGS YOU MIGHT DO

- Write in your journal about something you thought or felt during the sacrament.
- In church, talk about a symbol in the sacrament and how it helps you remember the Savior.