

STRENGTHENING FAITH IN OUR HEAVENLY FATHER AND THE LORD JESUS CHRIST THROUGH SABBATH DAY OBSERVANCE AT CHURCH

THE SACRAMENT SERVICE SHOULD BE A SPIRITUAL EXPERIENCE

The Savior's Mortal Ministry and Mission

The Savior introduced the ordinance of the sacrament at the Last Supper. He took bread, blessed and broke it, and passed it to His disciples saying,

"This is my body which is given for you: this do in remembrance of me"
(Luke 22:19).

Then He took the cup, said a blessing of thanks, and passed it to those gathered saying,

"This cup is the new testament in my blood" (Luke 22:20), "which is shed ... for the remission of sins" (Matthew 26:28).

In this manner, the Savior instituted the sacrament.

Jesus also instituted the sacrament when He visited the Nephites

3 Nephi 18: 5, 10–11

Verse 5: The sacrament shall be given *"unto the people of my church, unto all those who shall believe and be baptized in my name."*

Verse 10: *"...this is fulfilling my commandments, and this doth witness unto the Father that ye are willing to do that which I have commanded you."*

Verse 11: *"And if ye do always remember me ye shall have my Spirit to be with you."*

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In this dispensation the sacrament prayers contain principles that are essential as we focus on the ordinance of the sacrament

First, we partake of the sacrament in remembrance of the body and blood of the Son.

Second, we witness unto God the Eternal Father that we are willing to take upon us the name of His Son and always remember Him. Beyond renewing our covenants, we are also committing to keep His commandments.

Third, the sacrament service should be a spiritual experience inspiring us to remember Him, keep His commandments, and have His Spirit to be with us.

PRINCIPLES OF SPIRITUAL ADMINISTRATION WILL ENABLE LEADERS TO MORE EFFECTIVELY LEAD THEIR PEOPLE. CONSIDER THE FOLLOWING:

- How do we teach the Savior's doctrine and assist members to have a reverent and spiritual experience in sacrament meeting?
- How can we improve the Sunday worship experience in church?