



The Bread and the Water

The emblems of the sacrament can teach us a lot about the Savior Jesus Christ.

Bread

Bread is one of the most common and most ancient staple foods in the human diet. People have been making bread since before recorded history. It is a good source of carbohydrates, which pro-



vide energy. It will also keep longer than many other foods, making it portable as well.

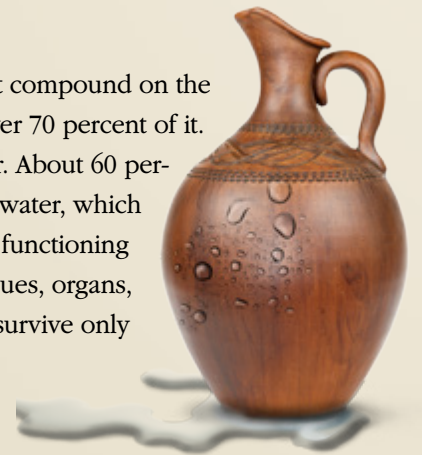
Because bread is so common, many languages have sayings that use the word *bread* as a replacement for *food* (as in the Savior's "Give us this day our daily bread" [Matthew 6:11]). Thus, it often represents the very idea of nourishment.

“ *And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.*
“Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you.”

Luke 22:19–20

Water

Water is the most abundant compound on the earth's surface, covering over 70 percent of it. All living things need water. About 60 percent of the human body is water, which is necessary for the proper functioning of pretty much all cells, tissues, organs, and systems. Humans can survive only a few days without water.




What We Can Learn

Bread:

Nourishes us. Through His Atonement and Resurrection, Jesus Christ enlivens our spirits and bodies. Because of His Resurrection, our bodies and spirits will be united inseparably, never to die. Through Him, the Bread of Life, we are fed spiritually, receiving spiritual energy and strength. The sacrament reminds us of this.

Is common. Jesus Christ's Atonement and Resurrection are available to *all* mankind and do not require us to go to exotic lengths to receive their blessings.

Is portable. There is nowhere you can go (spiritually or physically) where



FEEL GOD'S NEARNESS

"I invite you to attend sacrament meeting each week and partake of the holy emblems of the Savior's body and blood. I invite you to feel God's nearness as He is made known to you, as He was to the disciples of old, in the 'breaking of [the] bread' [see Luke 24:30–35].

" . . . As we draw closer to God, the enabling power of the Atonement of Jesus Christ will come into our lives."

Elder Dale G. Renlund of the Quorum of the Twelve Apostles, "That I Might Draw All Men unto Me," *Ensign*, May 2016, 42.

the Atonement of Jesus Christ cannot reach you if you are willing to repent.

Water:

Is essential for life.

Without Jesus Christ, we would be subject to physical and spiritual death eternally (see 2 Nephi 9:7–9). But His Resurrection brings

immortality for the body, and His blood was shed to pay the price of our sins so that we can repent, obtain forgiveness, and live again spiritually in Heavenly Father's presence. "He that hath the Son hath life; and he that hath not the Son of God hath not life" (1 John 5:12).

BIBLE FACTS

- The Savior introduced the sacrament at the Last Supper, which was a Passover meal. At the Passover, unleavened bread was eaten. Leaven (such as yeast) contains microbes or compounds that cause air bubbles to form in the dough, giving the bread a lighter, softer texture but also making it more prone to mold and decay. Thus, unleavened bread represented purity—not being corrupted.
- The Israelites in the wilderness ate manna, which Moses said was "the bread which the Lord hath given you to eat" (Exodus 16:15). Jesus Christ declared: "I am the bread of life. . . . Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. . . . This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever" (John 6:35, 54, 58).
- The first sacrament used wine to represent the blood of Jesus Christ. Today we use water, but it carries the same meaning (see D&C 27:2).
- The Savior declared, "Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life" (John 4:14).

