

# What should I think about when I take the sacrament?

★ We could remember the Savior's premortal life and all that we know Him to have done as the great Jehovah, Creator of heaven and earth and all things that in them are.

★ We could remember Christ's miracles and His teachings, His healings and His help, His compassion and His constant kindness.

★ On some days we will have cause to remember the unkind treatment He received, the rejection He experienced, and the injustice He endured.

★ We could remember that even with such a solemn mission given to Him, the Savior found delight in living. He enjoyed people and told His disciples to be of good cheer.

★ We could—and should—remember the wonderful blessings that have come to us in our lives and that “all things which are good cometh of Christ” (Moroni 7:24). ●

*From “This Do in Remembrance of Me,” Ensign, Nov. 1995, 68–69.*



*Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.*

IN HIS LIGHT, BY GREG OLSEN;  
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