



Elder Quentin L. Cook of the Quorum of the Twelve Apostles shares some thoughts on this subject.



# How Can I FOLLOW the SAVIOR?



The sacrament allows us to witness to God that we will remember His Son and keep His commandments as we renew our baptismal covenant.



The Savior declared that we would be known as His disciples if we have love one to another.



Follow our living prophet, President Thomas S. Monson. He is an excellent example of one who follows the Savior.



We must take upon us the name of Jesus Christ and receive His image in our countenance so that when He comes we will be more like Him.

From "We Follow Jesus Christ," Ensign, May 2010, 84, 86; "Live by Faith and Not by Fear," Ensign, Nov. 2007, 73.

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