



Questions and Answers about the Sacrament

BY MARILYNNE LINFORD



When did the sacrament begin?

On the night before He was crucified, Jesus Christ gave His Apostles the sacrament. He broke bread into pieces, said a prayer, and passed it to the Apostles. Then He took a cup, said another prayer, and passed the cup around so that each Apostle could take a sip. He said the sacrament was to help them remember Him. (See 1 Corinthians 11:24-25. See also 3 Nephi 18:7, 11.)

Why do we have the sacrament today?

When the Church was restored in the latter days, Jesus told Joseph Smith that it is important for members of the Church to meet together often to partake of the sacrament. When Jesus visited the Nephites, He also gave them the sacrament. Like people in the time of Jesus and people in Book of Mormon times, we take the sacrament to promise (covenant



Where can I read about the sacrament?



with) Heavenly Father that we are willing to remember Jesus Christ and keep His commandments.

Matthew 26:26-28; Mark 14:22-24;
Luke 22:19-20; 3 Nephi 18:1-11;
Moroni 4-5; D&C 20:46,
58, 75-79

Who can prepare the sacrament?

Any worthy priesthood holder except deacons can prepare the sacrament. Teachers in the Aaronic Priesthood, young men ages 14-15, usually prepare the sacrament.



Who can pass the sacrament?

Any worthy priesthood holder can pass the sacrament. Deacons in the Aaronic Priesthood, young men ages 12-13, usually pass the sacrament.



Who can say the sacrament prayers?

Any worthy priesthood holder except deacons and teachers can administer the sacrament prayers. Priests in the Aaronic Priesthood, young men ages 16-18, usually say the sacrament prayers.



The Aaronic Priesthood holders prepare and pass the sacrament, and administer the sacrament prayers with reverence. They remember that Jesus also did these things.



How can I show my love for Jesus during the sacrament?

If you can read, sing the words to the sacrament song with the congregation. If you can't read yet, hum.



Listen to the prayers on the bread and water.

Remember Him.

Think about the promises you make to Heavenly Father. You promise

to remember His Son, Jesus Christ, to be willing to take Jesus's name upon yourself, and to keep His commandments.

Think about the promises Heavenly Father makes to you. Heavenly Father promises you one of His greatest gifts—that His Spirit may always be with you.

The covenants of baptism and the sacrament are similar.

If you have been baptized, the sacrament makes it possible for you to renew the covenants (promises) you made when you were baptized. Read Mosiah 18:8-10 and D&C 20:37 for a reminder of those promises.