



# The Sacrament Helps us Remember Jesus

By Erin Sanderson

On the night before Jesus was crucified, He asked two of His disciples to prepare an evening meal. Then He invited His Apostles to come. At that meal, called the Last Supper, Jesus gave His disciples a special way to always remember Him. We can read about it in the New Testament:

“And [Jesus] 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).

When we eat and drink the sacrament, we are doing the same thing the Apostles did at the Last Supper. The bread reminds us of Jesus’s body and how He suffered for us physically. The water reminds us of His blood that was shed for us.

The sacrament prayers also remind us of the promises we make when we are baptized—to always remember and follow Jesus Christ. When you listen to the sacrament prayers, think about what you did that week to remember Jesus. How can you remember Him in the coming week? ♦

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## LEARN MORE

At the Last Supper, Jesus taught His Apostles some important things:

- He washed their feet to teach them about loving and serving others.
- He said, “Love one another; as I have loved you” (John 13:34).
- He prayed that they would teach others the gospel.
- He sang a hymn with them.
- He promised that the Holy Ghost could be with them (see John 14:26–27).

## A BOOKMARK REMINDER

Cut out this bookmark, fold it in half, and glue it together. (Print more copies at [friend.lds.org](http://friend.lds.org).) Keep it in your scriptures so you can look at it during the sacrament. You could use it to mark the sacrament prayers in Doctrine and Covenants 20:77, 79.



### FAMILY TALK

Read some of the sacrament hymns in the hymnbook. How does singing the sacrament hymn prepare us to take the sacrament? As a family, make a goal to really think about the words of the sacrament hymns when you sing them in church.

**Song:** “To Think about Jesus”  
(*Children’s Songbook*, 71)

**Scripture:** Luke 22:19

**Video:** Go to [Biblevideos.org](http://Biblevideos.org) to watch “The Last Supper.”



### SCRIPTURE TIP

Most of the hymns have scripture references listed below the song. Many songs in the *Children’s Songbook* have scriptures too. Read the scriptures that go along with the songs to help the words in the songs mean more.



What are some of the miracles that Jesus Christ did?

How did Jesus treat others?

Is there someone I need to forgive?

Is there something I need to repent of?

What can I do to remember Jesus this week?

How can I follow Him?

