When Jesus lived on the earth, He healed people who were sick or hurt. He taught people how to pray. He blessed the children.

He called 12 Apostles and gave them the sacrament to help them remember Him. Then Jesus died and was resurrected.
After He was resurrected, Jesus went to visit the Nephites, who lived across the ocean.

He called 12 disciples and gave them the priesthood. He healed people who were sick or hurt. He taught people how to pray. Everyone bowed down and worshipped Him.
Jesus told the Nephites to bring their children to Him. He prayed, and then He blessed each child. Angels came to visit them.

Jesus gave the Nephites the sacrament so they would always remember Him.