



SAVING MY SABBATH

By Mackenzie Brown

I was late! I threw on a nice dress, grabbed a hair tie, drove to church, parked, and hurried inside. Whew! I found a seat on the stand just as the bishop got up to start sacrament meeting.

I was speaking that Sunday, so I quickly looked over my notes, making sure I didn't forget anything. In no time at all, it seemed like the sacrament meeting was over, and I was going to Sunday School. Another sacrament success!

But was it?

Over the next week I began to wonder. Another Sunday rolled around, and as I sat in sacrament

meeting, considering what the sacrament meant to me, a thought hit me: I recommit each week to always remember Jesus Christ, but how seriously was I doing that?

I wanted to change, so I decided to come up with a weekly plan.

- During the week, I would spend time considering my behavior and asking forgiveness for my sins. I would also make sure to arrive early to church so I could listen to the prelude music and feel the Spirit.
- During the sacrament, I would remember Jesus Christ and His Atonement. I'd prayerfully review

what I did right and what I did wrong. I'd ask myself, "Lord, what lack I yet?" (see Matthew 19:20).

- Every day after the sacrament, I would pray for help to improve and to remember Christ.

As I followed my plan, I grew to really love the sacrament! I loved praying to Heavenly Father and talking with Him about my life. Regardless of my behavior the past week, I was always grateful for Jesus Christ's Atonement and the opportunity to change and become better. Now I've learned that the sacrament isn't just for Sundays; it's for *every* day.
The author lives in Utah, USA.