

## HELPS FOR VISITING TEACHING

As you come to know a sister and her family, look for ways you might help her renew her covenants through the sacrament. If she does not attend sacrament meeting, could you invite her to attend or offer help for her to do so (transportation, assistance with children, a friend to sit by, and so on)?

## PERSONAL PREPARATION

Luke 22:19–20

1 Corinthians 11:23–28

3 Nephi 18:1–12

## Renewing Covenants through the Sacrament



*Teach these scriptures and quotations or, if needed, another principle that will bless the sisters you visit. Bear testimony of the doctrine. Invite those you visit to share what they have felt and learned.*

### Jesus Christ Instituted the Sacrament

“Jesus took bread, blessed and broke it, and gave it to his Apostles, saying, ‘Take, eat’ (Matt. 26:26). ‘This is my body which is given for you: this do in remembrance of me’ (Luke 22:19). In a similar manner he took the cup of wine, traditionally diluted with water, said a blessing of thanks for it, and passed it to those gathered about him, saying: ‘This cup is the

new testament in my blood,’ ‘which is shed . . . for the remission of sins.’ ‘This do in remembrance of me.’ . . .

“Since that upper room experience on the eve of Gethsemane and Golgotha, children of the promise have been under covenant to remember Christ’s sacrifice in this newer, higher, more holy and personal way.”<sup>1</sup>

*Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles.*

### We Renew Our Baptismal Covenants through the Sacrament

“When we are baptized, we take upon ourselves the sacred name of Jesus Christ. Taking upon us His name is one of the most significant experiences we have in life. . . .

“Each week in sacrament meeting we promise to remember the atoning sacrifice of our Savior as we renew our baptismal covenant. We promise to do as the Savior did—to be obedient to the Father and always keep His commandments. The blessing we receive in return is to always have His Spirit to be with us.”<sup>2</sup>

*Elder Robert D. Hales of the Quorum of the Twelve Apostles.*

“I was with an eight-year-old girl on the day of her baptism. At the end of the day

she said with all confidence, ‘I have been baptized for a whole day, and I haven’t sinned once!’ But her perfect day did not last forever, and I am sure she is learning by now, like we all learn, that as hard as we try, we do not always avoid every bad situation, every wrong choice. . . .

“. . . It is not possible to make real change all by ourselves. Our own willpower and our own good intentions are not enough. When we make mistakes or choose poorly, we must have the help of our Savior to get back on track. We partake of the sacrament week after week to show our faith in His power to change us. We confess our sins and promise to forsake them.”<sup>3</sup> ■

*Julie B. Beck, Relief Society general president.*

## NOTES

1. Jeffrey R. Holland, “This Do in Remembrance of Me,” *Ensign*, Nov. 1995, 67.
2. Robert D. Hales, “The Covenant of Baptism: To Be in the Kingdom and of the Kingdom,” *Liahona*, Jan. 2001, 8; *Ensign*, Nov. 2000, 8.
3. Julie B. Beck, “Remembering, Repenting, and Changing,” *Liahona* and *Ensign*, May 2007, 110–11.

