

Become More Christlike through the Sacrament

By **Elder D. Todd Christofferson**
Of the Quorum of the Twelve Apostles

From an October 2017 general conference address.

The symbolism of the sacrament of the Lord's Supper is beautiful to contemplate. The bread and water represent the flesh and blood of Him who is the Bread of Life and the Living Water (see John 4:10), poignantly reminding us of the price He paid to redeem us. As the bread is broken, we remember the Savior's torn flesh. As we drink the water, we think of the blood He shed in Gethsemane and on the cross and its sanctifying power (see Moses 6:60).

But figuratively eating His flesh and drinking His blood has a further meaning, and that is to internalize the qualities and character of Christ. As we partake of the sacramental bread and water each week, we would do well to consider how fully and completely we must incorporate His character and the pattern of His sinless life into our life and being. Jesus could not have atoned for the sins of others unless He Himself was sinless. Since justice had no claim on Him, He could offer Himself in our place to satisfy justice and then extend mercy.

Partaking of the Savior's flesh and drinking His blood means to put out of our lives anything inconsistent with a Christlike character and to make His attributes our own. This is the larger meaning of repentance: not only a turning away from past sin but also "a turning of the heart and will to God" going forward (see Bible Dictionary, "Repentance"). God will show us our flaws and failings, but He will also help us turn weakness into strength (see Ether 12:27). If we sincerely ask, "What lack I yet?" (Matthew 19:20), He will not leave us to guess, but in love He will answer for the sake of our happiness. And He will give us hope. **NE**



Born January 24, 1945, in
American Fork, Utah.

Moved from Utah to
New Jersey when he
was in high school.



He was called to
be an Apostle in
April 2008.



Elder D. TODD CHRISTOFFERSON

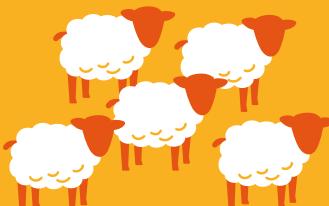


When he was
about 5 years old,
he stole a candy
bar from a grocery
store. His mom
took him back
to the store to
apologize and pay.

When he was 13,
he helped his mother by
baking bread after she
had surgery.



He continued to
bake bread
for his family until he
left for college.



Married
**Katherine
Thelma
Jacob**

May 28, 1968,
in the Salt Lake
Temple.



Has **5 children** and
16 grandchildren.

**When he
was a youth,**
he asked for a Bible
for Christmas.



P.S.—
Don't Trip!

Before his first
time speaking in
general conference,
his daughter gave
him a nice note
that ended with
“P.S. Don’t trip.”



Attended
**Brigham
Young
University.**



Earned his
law degree
from Duke
University
and worked as
a lawyer.



Called in 1998 to the
Presidency of
the Seventy.



**He helped care for his
family's flock of sheep**
when he was a boy. During a
spring blizzard, he worked to
save all the newborn lambs.

1964-66



Served as the
Mexico
South Area
President.



As a kid,
he had a
summer job
picking pears
and peaches.