

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**



Called to serve in the Argentina North Mission. Elder Richard G. Scott (1928–2015) was one of his mission presidents.



1964-66

Married **Katherine Thelma Jacob** May 28, 1968, in the Salt Lake Temple.



Attended **Brigham Young University.**



Served as the Mexico South Area President.



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.



Has **5 children** and **16 grandchildren.**

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



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



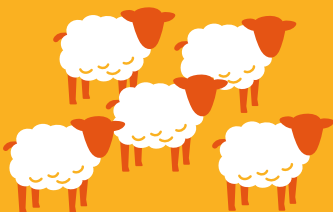
Earned his **law degree from Duke University** and worked as a lawyer.



Called in 1998 to the Presidency of the Seventy.



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



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.