



## When should I not partake of the sacrament?

**T**he scriptures tell us we should not partake of the sacrament unworthily (see 3 Nephi 18:29; Mormon 9:29; 1 Corinthians 11:27–29). If you’ve committed serious sins that make you question your worthiness, you should confess them to your bishop. He can counsel you on whether or not you should partake of the sacrament. If you are in sacrament meeting but haven’t yet talked to your bishop about your serious sins, whether you take the sacrament or not is a matter between yourself and the Lord.

It’s important to remember that “you do not need to be perfect in order to partake of the sacrament, but you should have a spirit of humility and repentance in your heart” (*True to the Faith* [2004], 148). In most cases not involving serious sins, if you’ve reflected on your conduct and humbly and sincerely desire to repent and follow the Savior, you should partake of the sacrament. You can then experience the cleansing effect of this ordinance and renew your covenant to take upon yourself the name of Jesus Christ and keep His commandments. If you have any questions, talk to your bishop. **NE**

Are John the Beloved and the Three Nephites actually still on the earth? If so, what are they doing?

**Y**es, the Savior granted to John the Beloved and the Three Nephites their desire to tarry on the earth. What they’re doing is bringing souls unto the Lord until He comes again (see D&C 7:2; 3 Nephi 28:9).

The Savior told John that he would “prophesy before nations, kindreds, tongues and people” and become “as flaming fire and a ministering angel [and] minister for those who shall be heirs of salvation who dwell on the earth” (D&C 7:3, 6; see also John 21:20–23). Mormon said that the Three Nephites would be among the Gentiles and Jews, who would “know them not” (3 Nephi 28:27–28).

We don’t know anything more specific about the activities of these men. We know only that they have been transfigured so that they will not taste of death and that, whatever they are doing, it is for the purpose of bringing people to the Savior. **NE**