



# JESUS CHRIST TEACHES ABOUT THE SACRAMENT AND PRAYER

## Chapter 45



Jesus Christ sent his disciples to get some bread and wine. He told the Nephites to sit on the ground.  
*3 Nephi 18:1–2*



When the disciples returned, the Savior broke the bread into pieces and blessed it. He gave some to his disciples and had them give some to the people.  
*3 Nephi 18:3–4*



Jesus said that people who take the sacrament promise to always remember him and his sacrifice. They then receive his Spirit.  
*3 Nephi 18:7*



Jesus Christ blessed the wine and gave some to his disciples. The disciples gave some wine to the people.  
*3 Nephi 18:8*



Jesus said those who take the sacrament promise to keep his commandments.  
*3 Nephi 18:10*



Jesus again told his disciples that everyone who takes the sacrament and always remembers him will have his Spirit.  
*3 Nephi 18:11*



He told his disciples they would be blessed if they kept his commandments.  
*3 Nephi 18:14*



He told them to pray always and to pray as they had seen him pray.  
*3 Nephi 18:15–16*



The Savior told all the Nephites to pray to Heavenly Father in his name. He also commanded them to pray with their families.  
*3 Nephi 18:19, 21*



He said the people should meet together often. They should welcome others to their meetings, pray for them, and be good examples to them.  
*3 Nephi 18:22–24*



The Savior gave his disciples the power to give the Holy Ghost. Then a cloud covered the people so that only the disciples saw Jesus Christ go up to heaven.  
*3 Nephi 18:36–39*