

Blessing the Sacrament

Joseph Smith Translation, Matthew 26:24; Moroni 4:3; 5:2;
Doctrine and Covenants 20:75–79

Behold there shall one be ordained among you, and to him will I give power that he shall break bread and bless it and give it unto the people of my church, unto all those who shall believe and be baptized in my name. 3 Nephi 18:5

The sacrament is a holy priesthood ordinance that reminds us of the Savior’s Atonement. During the sacrament, we partake of bread and water. We do this to remember the flesh and blood Christ offered as a sacrifice for us. As we partake of the sacrament, we renew sacred covenants with Heavenly Father.

The scriptures explain exactly how the sacrament is to be administered. Members of the Church meet each Sabbath day to worship and partake of the sacrament (see D&C 20:75). The sacrament is administered by those who hold the proper priesthood authority. A priest or elder breaks bread into pieces, kneels, and blesses it (see D&C 20:76). A deacon or other priesthood

holder passes the sacrament bread to the congregation. Then the priest or elder blesses the water, and it is also passed to the members.

The Lord has revealed the exact words for both sacrament prayers (see Moroni 4:3; 5:2; D&C 20:77, 79). Very few of the prayers we offer have the exact wording given to us, but the covenants we make during the sacrament are important, so it is necessary that we renew them the same way each week. As we partake of the sacrament and keep our covenants, we can be forgiven of our sins (see Joseph Smith Translation, Matthew 26:24 [in the Bible appendix]). We should listen carefully to these prayers and partake of the sacrament with purity of heart.

Summary

The sacrament is blessed by those having priesthood authority. A priest or elder breaks the bread into pieces and then blesses it. The sacrament is then passed to the congregation by a deacon or other priesthood holder. Then

the water is blessed and passed. Jesus revealed the exact words to be used for both sacrament prayers. We should listen carefully to the prayers and think of Jesus Christ as we partake of the sacrament.

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