

Passing the Sacrament

Joseph Smith Translation, Matthew 26:22–24; 3 Nephi 18:1–11; Moroni 4; 5;
Doctrine and Covenants 20:75–79; 27:2–3

*And they did meet together oft to partake of the bread and wine,
in remembrance of the Lord Jesus.* Moroni 6:6

Shortly before His Crucifixion, Jesus Christ and His Apostles had gathered to celebrate the Feast of the Passover. Jesus knew this was the last time He would meet with these beloved men before His death. He wanted them to always remember Him so they would be strong and faithful.

To help them remember, Christ introduced the sacrament. He broke the bread into pieces, blessed it, and said, “Take, eat; this is in remembrance of my body which I give a ransom for you” (Joseph Smith Translation, Matthew 26:22 [in the Bible appendix]). Next He took a cup of wine, blessed it, and gave it to His Apostles to drink, saying: “Drink ye all of it. For this is in remembrance of my blood of the new testament, which is shed for as many as shall believe on my name, for the remission of their sins” (Joseph Smith Translation, Matthew 26:23–24 [see also the Bible appendix]; see also Matthew 26:26–29; Mark 14:20–25; Luke 22:15–20).

After His Resurrection, Jesus came to the Americas and taught the Nephites the same ordinance (see 3 Nephi 18:1–11). After the Church was restored in the latter days, Jesus once again commanded His people to partake of the sacrament in remembrance of Him, saying, “It is

expedient that the church meet together often to partake of bread and wine in the remembrance of the Lord Jesus” (D&C 20:75). Jesus gave His disciples wine when He introduced the sacrament. However, in latter-day revelation He said it does not matter what we eat and drink during the sacrament as long as we remember Him (see D&C 27:2–3). Today Latter-day Saints drink water instead of wine.

As members of The Church of Jesus Christ of Latter-day Saints, we have the opportunity to partake of the sacrament each week. Each time we take the sacrament, we renew the covenants we made when we were baptized. A covenant is a sacred promise between the Lord and His children. The promises we make are clearly stated in the sacramental prayers. We take upon ourselves the name of Christ and covenant to always remember Him. We also promise to keep His commandments.

As we honor our covenants, the Lord promises special blessings: first, we will always have His Spirit to be with us, and second, we will have eternal life (see D&C 20:75–79; Moroni 4; 5). As we partake of the sacrament worthily, we are spiritually strengthened.

Summary

As members of The Church of Jesus Christ of Latter-day Saints, we can partake of the sacrament each week. During the sacrament we partake of bread and water. We do this to remember the flesh and blood Jesus Christ offered as a sacrifice for us. Each time we take the sacrament, we renew the covenants, or promises, we

made with the Lord when we were baptized. We promise to always remember the Savior, to take His name upon us, and to keep His commandments. The Lord promises that we will always have His Spirit to be with us and that we can live again with Him.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS