

DID I NEED THE SACRAMENT?

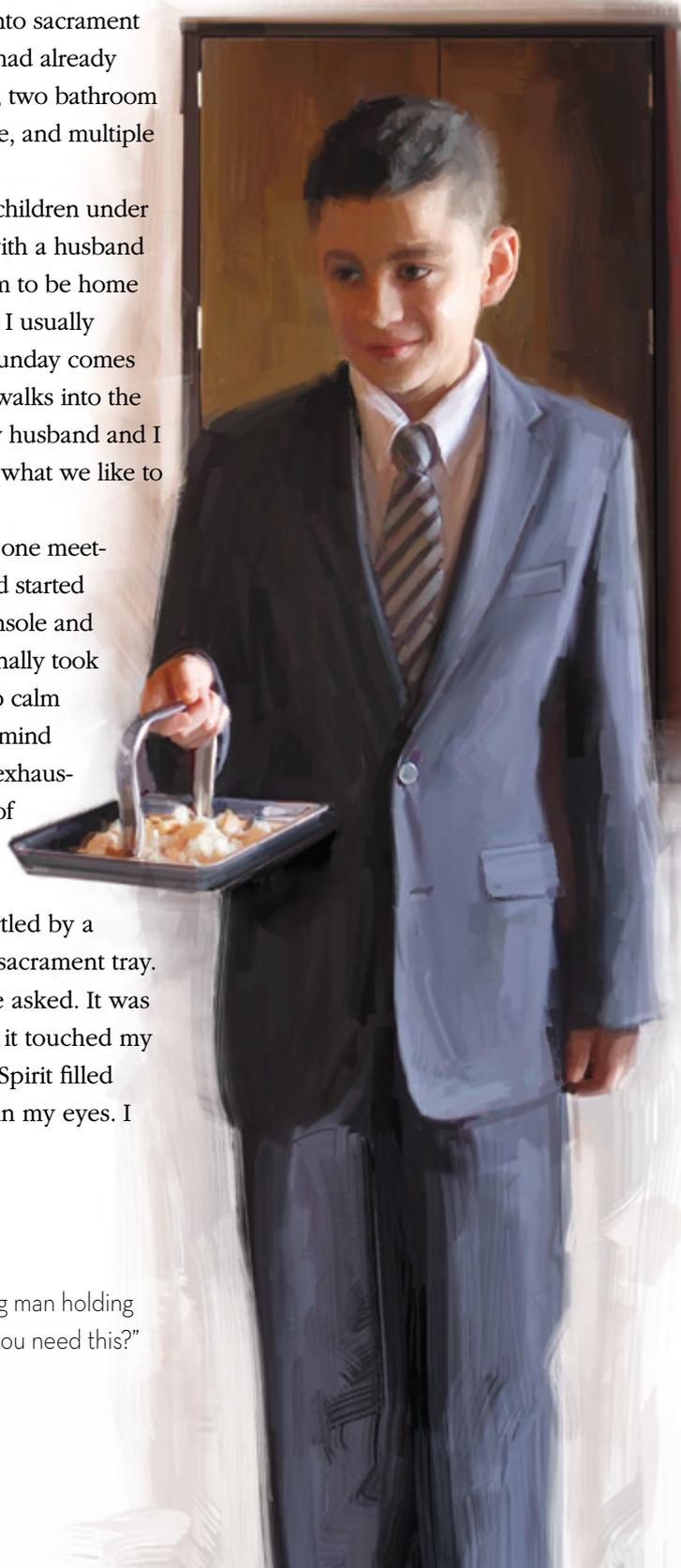
Only five minutes into sacrament meeting, and we had already experienced a tantrum, two bathroom breaks, a diaper change, and multiple cries of “I’m hungry!”

As a mother of five children under the age of eight, and with a husband whose work allows him to be home only on the weekends, I usually feel exhausted when Sunday comes around. As our family walks into the chapel on Sundays, my husband and I prepare for an hour of what we like to call “long-suffering.”

Fifteen minutes into one meeting, our nine-month-old started to scream. I tried to console and quiet her. In defeat, I finally took her out of the chapel to calm her. As I sat down, my mind began to focus on my exhaustion and the demands of the new week. I felt overwhelmed.

Suddenly, I was startled by a young man holding a sacrament tray. “Do you need this?” he asked. It was a simple question, but it touched my soul. Immediately the Spirit filled me, and tears formed in my eyes. I

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thought to myself: “More than you know.”

Daily demands and responsibilities can drain us throughout the week, but the sacrament can fill us up. As I partook of the sacrament, I felt peace and healing flow through me. In that moment I realized that I needed the sacrament more than anything because I needed the Spirit to be with me.

My eyes focused on a painting in the foyer of the Savior holding His hands outstretched. Gratitude swelled in my heart as I pondered how He is always ready to heal and strengthen us. I am reminded of this each Sunday as I partake of the sacrament. I am grateful that the Spirit taught me through a simple question that in the midst of life’s challenges, the Savior is our source of strength and peace. ■

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