

# Mia's First Sacrament

By Lindsay Stevens Tanner

(Based on a true story)

**M**ia was excited. It was her first time at church! The missionaries told her family about this church. They decided to come.

Mia looked around. She saw a white cloth on a table. Something was under it.

“What’s under that cloth?” Mia asked one of the missionaries.

Sister Hanson smiled. “It’s the sacrament.”

*Sacrament.* That was a big word. Mia had heard the missionaries telling Mommy and Daddy about it. But she wasn’t sure what it was.

Everyone sang a song. Two men lifted the white cloth. Trays of bread were under it! Mia watched them break the bread into pieces.

After the song a man said a prayer. Other men passed the bread to everyone.

“The bread helps us remember Jesus’s body,” Sister García whispered.

Mia took a piece of bread. She imagined Jesus standing in front of her.

Then there was another prayer.

The men passed trays with tiny cups of water.

“The water helps us remember Jesus’s blood,” Sister García whispered. “He died for us because He loves us.”

Mia took a cup of water. She





thought about how much Jesus loved her. She felt like He was giving her a big hug.

Later Sister Hanson gave Mia a little picture of Jesus. “We eat the bread and drink the water to remember Jesus. We promise to follow Him.” She

smiled. “What did you think of the sacrament?”

Mia looked at the picture of Jesus. She remembered the warm feeling she had. She smiled too. “It was great! I love Jesus.” ◆

The author lives in California, USA.