

Why is the **SACRAMENT** important?

The Savior instituted the sacrament . . . to help us remember Him and the Atonement He made for all mankind.

The purpose of partaking of the sacrament is, of course, to renew the covenants we have made with the Lord.

When we partake of the sacrament worthily, . . . we take upon ourselves the name of our Savior and promise to always remember Him and to keep His commandments.

The sacrament is one of the most sacred ordinances in the Church. Partaking of the sacrament worthily gives us an opportunity for spiritual growth.

Attend sacrament meeting with a spirit of reverence and with gratitude for the opportunity of partaking of the sacred emblems.



Elder L. Tom Perry of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

