

Six Ways to Always Remember the Savior

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Each week, in partaking of the sacrament, we covenant to always remember the Savior. Drawing on the nearly 400 scripture references to the word *remember*, here are six ways we can always remember Him.

First, we can always remember Him by having confidence in His covenants, promises, and assurances.

Second, we can always remember Him by gratefully acknowledging His hand throughout our lives.

Third, we can always remember Him by trusting when the Lord assures us, “He who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more” (D&C 58:42).

Fourth, He invites us to remember that He is always welcoming us home.

Fifth, we can always remember Him on the Sabbath through the sacrament. At the end of His mortal ministry and the beginning of His resurrected ministry—both times—our Savior took bread and wine and asked that

we remember His body and blood.

In the ordinance of the sacrament, we witness unto God the Father that we are willing to take upon us the name of His Son and always remember Him and keep His commandments, which He has given us, that we may always have His Spirit to be with us (see Moroni 4:3; 5:2; D&C 20:77, 79).

Finally, sixth, our Savior invites us to always remember Him as He always remembers us.

Our Savior declares:

“Yea, they may forget, yet will I not forget thee.

“Behold, I have graven thee upon the palms of my hands” (Isaiah 49:15–16; see also 1 Nephi 21:15–16).

He testifies: “I am he who was lifted up. I am Jesus that was crucified. I am the Son of God” (D&C 45:52).

I humbly testify and pray that we will always remember Him—in all times, all things, and all places we may be in (see Mosiah 18:9). ■

From an April 2016 general conference address.



Born in
**Redwood City,
California.**



Sustained to the
**Quorum of the
Twelve Apostles**
on March 31, 2018.



Has 4 children and
3 grandchildren.



After a coach's
encouragement,
he tried out
for the school
**football
team**
and loved it!

Married
Susan Lindsay
in the
**Salt Lake
Temple**
in January 1980.



Served as assistant to the U.S. State
Department in Washington, D.C., in 1986.



Served as a missionary in
the Taiwan Taipei Mission.