



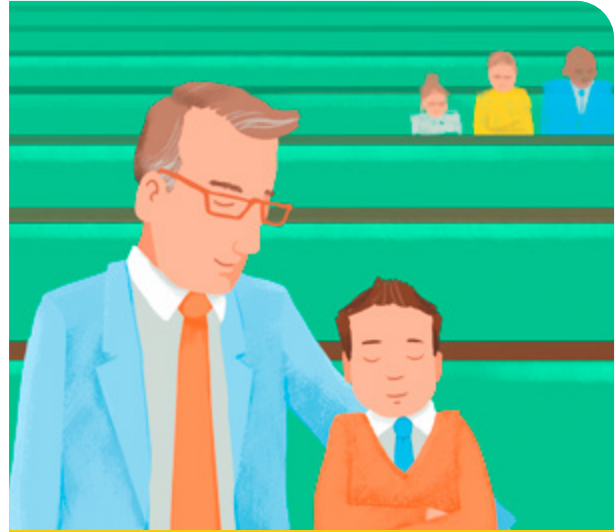
**By President
Dallin H. Oaks**
First Counselor
in the First
Presidency

The Sacrament and Me

The sacrament is the most important part of sacrament meeting. When we take the sacrament, we promise to always remember the Savior. To make the sacrament special, we ...



Dress to show we honor
the sacrament.



Sit quietly before the
meeting begins.



Sing the sacrament hymn.



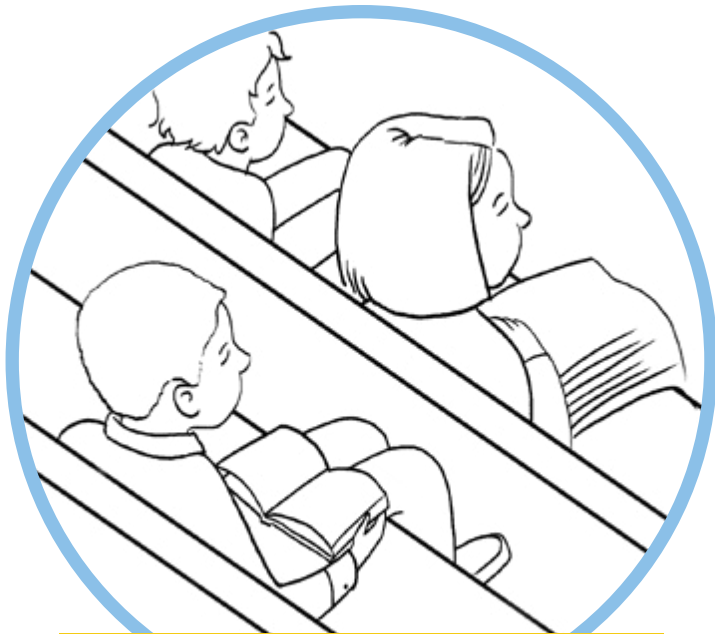
Think about Jesus and promise
to always remember Him.

The sacrament helps us feel the Holy Ghost.
It helps us stay on the path back to our heavenly home. ●

Adapted from "Sacrament Meeting and the Sacrament," Ensign or Liahona, Nov. 2008, 17–20.

Showing Love for Jesus

We can show our love for Jesus by being reverent during the sacrament. What do you do during the sacrament?



Sit quietly.



Think of my favorite sacrament hymn.



Think of a story about Jesus.



Pray to Heavenly Father.