

Six Ways to Always Remember the Savior

By Elder Gerrit W. Gong

Of the Quorum of the Twelve Apostles

From an April 2016 conference address.

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). **NE**

When applying for the Rhodes Scholarship, he included **tree climbing** as an athletic ability.



Has 4 children and 3 grandchildren.



Born in **Redwood City, California,** Dec. 23, 1953.



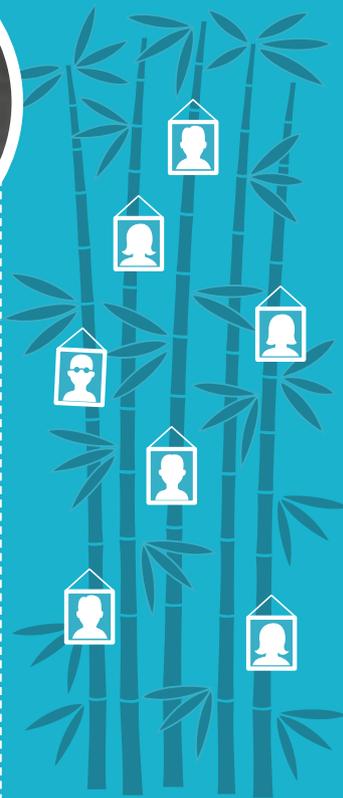
Elder GERRIT W. GONG



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



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



He is in his family's **33rd recorded generation,** dating back to A.D. 837 (late Tang dynasty) in southern China.



When he tried out for the school basketball team, the coach encouraged him to try out for the **soccer team,** and he loved it!

He got **engaged over the telephone,**



while he was at Oxford University in England and his wife was in Provo, Utah.

Served as a missionary in the Taiwan Taipei Mission.



Asked the high school cheerleaders to do **silent cheers** for the chess team.



He loves to travel. He has been to **all seven continents.**



His aunt lured him out from under the bed with a promise to go get **french fries** when he was homesick as a young boy.



Consumed **17 hamburgers** with his wife and four children at the end of a long trip.



He loves to go **hiking and backpacking.**