

REMEMBERING TO REMEMBER



Sunday

Monday

Display photos of the Savior.

Tuesday

Listen to hymns.

Wednesday

Write in a journal.

Thursday

Visit the temple.

Friday

Study the scriptures daily.

Saturday



More Online

For more on this topic, visit lds.org/go/covenantNE7.

I never knew how much my life could change by preparing for the sacrament all week long.

By Jenicca Hale

When we started talking about the sacrament in Sunday School, I thought I had a good understanding of it from earlier lessons in Primary and seminary and from completing my Personal Progress. But I found out I still had a lot to learn.

My teacher began the lesson by asking a simple question: “How do you keep your covenant to always remember the Savior?” I began to think about how I live each day and if I really always remember my Savior. Was I keeping my baptismal covenant the very best I could?

In class we talked about different things that would help us always remember Jesus Christ. Some of the things included having consistent daily prayer and scripture study, praying for the Spirit, singing hymns, taking time to ponder, writing in a journal, going to the temple, and keeping items around home that remind you of Jesus Christ, such as pictures of Him and of the temple. At the end of the class, we were asked to apply the things we’d discussed and to prepare all week long to take the sacrament the next Sunday.

During the week, I tried more diligently to focus on Jesus Christ. I studied scriptures about the sacrament, and I tried to allow myself quiet time to think about what I’d learned. Before then, I used to listen to popular music during most of my free time, but I decided to take a break and ponder sometimes or listen to hymns instead. I prayed for the Spirit to help me remember my covenant and tried to remember to act as the Savior would. I even took the advice to write in my journal, and at the end of each day I took time to reflect on what I’d done well and what I needed to improve. All week I looked forward to when I could take the sacrament again.

On Sunday, I prepared to go to church in a more reverent manner. I woke up early so I wouldn’t be in a rush to get ready right before I had to leave.

By living the principles from our lesson, I learned more about the sacrament and my baptismal covenant. It increased my testimony of the Savior and of His Atonement. I found that when I strive to remember Jesus Christ, I am much happier. It’s easier for me to deal with trials, because I know that He can help me through anything. I’m grateful for the sacrament and for the opportunity I had to make it a bigger part of my everyday life. **NE**

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