

Lesson 18

The Sacrament

Remembering Jesus' Sacrifice

Jesus taught His disciples about the sacrament before He was crucified. He wanted them to always remember Him and His sacrifice. He blessed bread and wine, telling His disciples that the bread was like His body and the wine was like His blood. He asked them to eat and drink in remembrance of Him.

How the Sacrament Is Done

The sacrament is a special ceremony where we remember Jesus' sacrifice by eating bread and drinking water. The bread is blessed then it's passed to everyone to eat. The water is also blessed and passed around.

Covenants We Make

When we take the sacrament, we promise to remember Jesus, follow His commandments, and take His name upon us. These are promises we make to God. We renew these promises each time we take the sacrament.

Preparing for the Sacrament

Before taking the sacrament, we should think about Jesus and try to be reverent. We should also think about our own actions and ask for forgiveness if we've done something wrong. It's important to have a humble and repentant heart when we take the sacrament.

Why It's Important

Taking the sacrament helps us remember Jesus and His sacrifice for us. It also helps us renew our promises to follow Him. When we take the sacrament with a sincere heart, we can feel closer to God and receive His blessings.

Scripture References

- Luke 22:19-20 (Jesus introduces the sacrament)
- 1 Corinthians 11:23-26 (Instructions for the sacrament)
- John 6:48-51 (Jesus as the bread of life)
- John 4:13-14 (Jesus as the living water)

Title: "Ella's Special Sunday"

In a bustling town filled with friendly faces, there lived a young girl named Ella. Every Sunday, Ella eagerly awaited the time when she could gather with her family and friends at church. But this Sunday was different—it was a day for something truly special: the sacrament.

As Ella entered the chapel with her family, she felt a sense of peace wash over her. The soft glow of sunlight streaming through stained glass windows filled the room with warmth and comfort. Ella found her seat and clasped her hands in anticipation.

The meeting began, and Ella listened intently as the sacrament was explained. She thought about Jesus and His sacrifice, feeling grateful for His love. When the bread and water were passed to her, Ella took them reverently, mindful of the promises she was making to God.

As she nibbled on the bread and sipped the water, Ella's heart swelled with love for Jesus. She remembered His kindness, His teachings, and His example of selflessness. She felt a deep connection to Him and knew that He was always watching over her.

After the sacrament was passed, Ella bowed her head in silent prayer. She thanked Heavenly Father for His blessings and asked for forgiveness for any mistakes she had made. She promised to try her best to follow Jesus and live His teachings each day.

Throughout the rest of the meeting, Ella felt a sense of peace and joy fill her soul. She listened to uplifting messages and sang songs of praise with her friends. When the meeting ended, Ella left the chapel with a lightness in her step and a smile on her face.

As she walked home with her family, Ella reflected on the importance of the sacrament. It was a sacred time to remember Jesus, renew her promises, and feel close to God. She knew that as long as she continued to partake of the sacrament with a humble heart, she would always have the strength and guidance she needed to face life's challenges.

And so, with a heart full of gratitude and love, Ella looked forward to the next Sunday, when she would once again partake of the sacrament and feel the presence of her Savior near.