

DAY 6: AT THE LAST SUPPER, JESUS GAVE THE SACRAMENT FOR THE FIRST TIME

We partake of the sacrament to remember Jesus Christ's body and blood, which He sacrificed for us, and to witness to Him that we will keep His commandments.

partaking of the sacrament

On the day of the feast of the Passover, Jesus sent two of his Apostles into Jerusalem to arrange for the feast. They prepared a room where they could be together.

This was the last time Jesus would meet with his beloved Apostles before his death. He served them in love. He knelt before them and washed and dried the feet of each of his disciples. He even washed the feet of Judas, whom he knew would turn against him.

During the evening, he told his Apostles that one of them would betray him. When Judas had left the gathering, as if on an errand for the Savior, Jesus tried to strengthen the others by giving them what he called "a new commandment." He commanded, "Love one another; as I have loved you" (John 13:34). He explained, "By this shall all men know that ye are my disciples, if ye have love one to another" (John 13:35). He comforted them by saying that he would send the Holy Ghost to be with them, to strengthen and guide them.

Jesus tried to tell them that he would soon leave them, but they did not understand. Desiring that they remember him and keep his commandments, he introduced the sacrament. He broke bread and blessed it and passed it among his disciples saying, "Take, eat; this is my body" (Matthew 26:26).

Next he took a cup of wine, blessed it, and gave it to his Apostles to drink. He said: "Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins." (Matthew 26:27–28; see also the Joseph Smith Translation in the footnotes of the Latter-day Saint edition of the King James Version of the Bible.)

If we daily think of Jesus Christ, we are more likely to remember his teachings and the promises or covenants we have made to obey him.

In the Sacrament prayers, there are two promises we make: (1) Always remember Jesus Christ and (2) Obey his commandments.

These are the same promises that we make when we are baptized. Emphasize that Heavenly Father trusts us to keep our promises to him, and we know Heavenly Father will always keep his promises to us.

It isn't always easy to remember our promises. Partaking of the sacrament every Sunday and listening to the sacrament prayers helps us to remember to keep our promises to Heavenly Father.