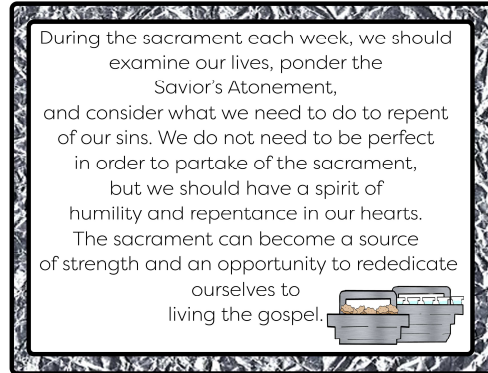


How can I make the sacrament more meaningful to me?



Prepare yourself spiritually

What do you do to make the sacrament more meaningful? Have you had any experiences with the sacrament that you could share with the youth? What blessings can the youth receive as they understand the sacred nature of the sacrament? What are some possible distractions for the youth before and during the sacrament? How can they overcome these distractions?

Teaching in the Savior's way

Jesus Christ helped those He taught to discover gospel lessons in their own experiences and in the world around them. He spoke of fishing, of childbirth, and of working in the fields. How can you use familiar experiences to help the youth understand principles of the gospel?

Make connections

During the first few minutes of every class, help the youth make connections between what they are learning in various settings (such as personal study, seminary, other Church classes, or experiences with their friends). How can you help them see the relevance of the gospel in daily living? The ideas below might help:

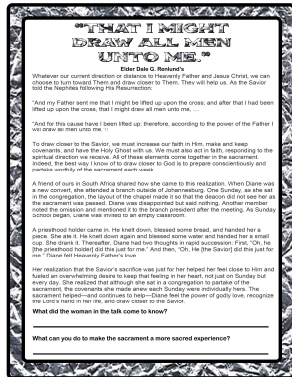
- Ask the youth to share a time when a teacher effectively taught a gospel principle.
- Ask the youth to finish the sentence "I can make the sacrament more meaningful to me by _____." Invite them to list their answers on the board and add to the list throughout the lesson.

Learn together

Elder Dale G. Renlund's talk *"That I Might Draw All Men unto Me."*

Invite the youth to think of a time when someone they know did something especially for them. How did it make them feel? To help the youth understand that the Savior completed the Atonement for each of them individually.

Invite the youth to read together the paragraph beginning with "Whatever our current direction" from Elder Dale G. Renlund's talk ["That I Might Draw All Men unto Me."](#)



*You might want to make copies for each youth.

What did the woman in the talk come to know? What can the youth do to make the sacrament a more sacred experience?

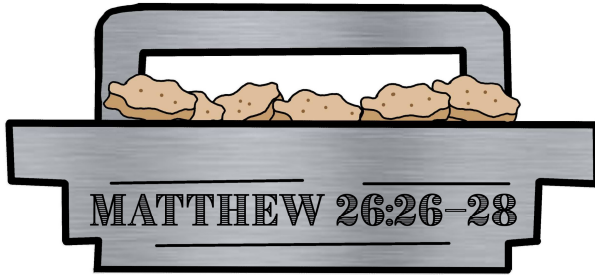
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Ask class members to list the things they thought about the last time they partook of the sacrament. They could also list some things they want to think about to help them focus on the Savior the next time they partake of the sacrament.

Savior administering the sacrament



Show a picture of the Savior administering the sacrament (see *Gospel Art Book*, [54](#)). While you read [Matthew 26:26–28](#)

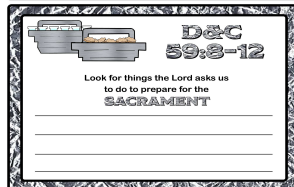
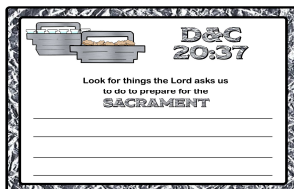


, ask the youth to look at the picture and imagine what it would have been like to be there. Share ways the sacrament has strengthened your love for the Savior and testimony of the Atonement. Invite the youth to share their testimonies. Encourage the youth to ponder what they have discussed today the next time they partake of the sacrament. What other events from the life of the Savior could they think about during the sacrament?

The Sacrament Helps Us Draw Closer to Jesus Christ



Invite each class member to select one of the scriptures



and read it, looking for things the Lord asks us to do to prepare for the sacrament. Ask the youth to share what they find.

Why does the Lord want us to prepare for the sacrament in these ways?

Invite them to share other things they do to make the sacrament a more meaningful experience or show one of the videos in this outline. Ask the youth to choose something they will do as they prepare to partake of the sacrament next week.

Videos: [“The Sacrament Helps Us Draw Closer to Jesus Christ,”](#)

Elder Peter F. Meurs's talk "The Sacrament Can Help Us Become Holy"

THE SACRAMENT CAN HELP US BECOME HOLY
Elder Peter F. Meurs

I invite all of us to consider five ways to increase the impact and power of our regular participation in the sacred ordinance of the sacrament, an ordinance that can help us become holy.

1. PREPARE IN ADVANCE

We can begin our preparation for the sacrament with advance sacrament meeting hymns. Cultivity may be a good time to contemplate our spiritual progress and preparation.

Mortality is an essential gift in our journey to become like our Heavenly Father. Of necessity, it includes trials and challenges that provide opportunities for us to change and grow. King Benjamin taught that "the value of man is as a man to God... and will be known and not... unless he yields to the enticings of the Holy Spirit, and endureth the natural man and becometh a saint through the atonement of Christ the Lord" (Mosiah 2:37). Participation in the sacrament ordinance provides an opportunity to more fully yield our hearts and souls to God.

In our preparation, our hearts become broken as we express gratitude for Christ's Atonement, repent of our mistakes and shortcomings, and ask for the Father's help in our continuing journey to become more like Him. We can then take forward to the opportunity the sacrament provides to remember His sacrifice and renew our commitments to all the commandments we have received.

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As the bread is passed, we may remember the words of the Lord: "I, the Lord, have suffered these things for all, that they might not suffer if they would repent" (3 Nephi 18:7). We can become more active in our participation by concentrating on the words and allowing ourselves to be moved by the Spirit.

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How can I make the sacrament more meaningful to me?

Invite the youth to read Elder Peter F. Meurs's talk "[The Sacrament Can Help Us Become Holy](#)". Give each youth one of the five ways to increase the impact and power of our regular participation in the sacred ordinance of the sacrament, an ordinance that can help us become holy.

Ask them to look for answers to the question "How can I make the sacrament more meaningful to me?" using the step they read about. Invite them to teach the class about the step they read.

Give each youth the handout they can keep in their scripture.

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How can I make the sacrament more meaningful to me?

As we consider our sacrament experience, we might ask ourselves:

1. What will I do this week to better prepare for the sacrament?
2. Could I contribute more to the reverence and revelation that can accompany the beginning of sacrament meeting?
3. What doctrine was taught in the sacrament hymn?
4. What did I hear and feel as I listened to the sacrament prayers?
5. What did I think about as the sacrament was passed?



Elder David A. Bednar taught: “The ordinance of the sacrament is a holy and repeated invitation to repent sincerely and to be renewed spiritually. The act of partaking of the sacrament, in and of itself, does not remit sins. But as we prepare conscientiously and participate in this holy ordinance with a broken heart and a contrite spirit, then the promise is that we may *always* have the Spirit of the Lord to be with us. And by the sanctifying power of the Holy Ghost as our constant companion, we can *always* retain a remission of our sins.”⁷

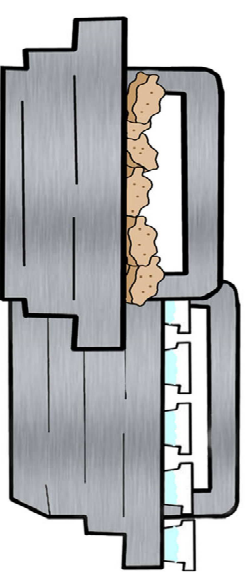
Ask the youth to share what they learned today. What feelings or impressions do they have? Do they understand how to make the sacrament more meaningful to them? Do they have any additional questions? Would it be worthwhile to spend more time on this topic?

Invite to act

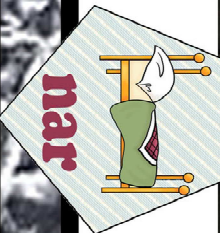
Ask the youth what they feel inspired to do because of what they learned today. Encourage them to act on these feelings. Seek the Spirit as you prayerfully consider ways you can follow up.

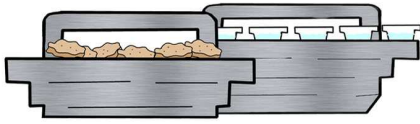
During the sacrament each week, we should examine our lives, ponder the Savior's Atonement, and consider what we need to do to repent of our sins. We do not need to be perfect in order to partake of the sacrament, but we should have a spirit of humility and repentance in our hearts.

The sacrament can become a source of strength and an opportunity to rededicate ourselves to living the gospel.



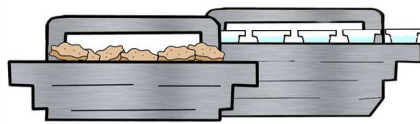
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The reverent moments as priesthood holders pass the sacrament can become sacred to us.

As the bread is passed, we may contemplate that in the ultimate act of love for us, the Savior took “upon him death, that he may loose the bands of death which bind his people” ([Alma 7:12](#)).

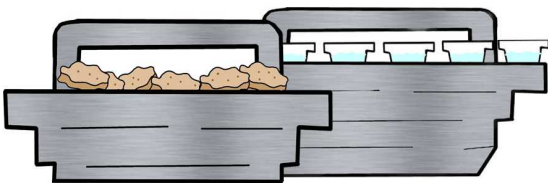
We may remember the glorious blessing of the Resurrection that “shall come to all, ... both bond and free, both male and female, both the wicked and the righteous; and even there shall not so much as a hair of their heads be lost; but every thing shall be restored to its perfect frame” ([Alma 11:44](#)).

As the water is passed, we may remember the plea of the Savior:

“Behold, I, God, have suffered these things for all, that they might not suffer if they would repent; ...

“Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink” ([D&C 19:16, 18](#)).

We remember that He took “upon him [our] infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to [our] infirmities” ([Alma 7:12](#)).



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Instead of tuning out the familiar words of the sacrament prayers, we can learn much and feel even more as we participate spiritually by considering the commitments and associated blessings included in these sacred prayers.

The bread and water are blessed and sanctified to our souls. They remind us of the sacrifice of the Savior and that He can help us to become holy.

The prayers explain that we partake of the bread in remembrance of the body of the Son, which He gave as a ransom to qualify all for resurrection, and we drink of the water in remembrance of the blood of the Son, which He freely shed so that we might be redeemed on condition of repentance.

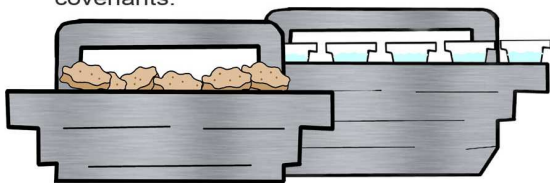
The prayers introduce the covenants with the phrase “that they are willing” ([Moroni 4:3](#)). This phrase has so much potential power for us. Are we willing to serve and participate? Are we willing to change? Are we willing to address our weaknesses? Are we willing to reach out and bless others? Are we willing to trust the Savior?

As the promises are stated and as we partake, we confirm in our hearts that we are willing to:

1. Take upon ourselves the name of Jesus Christ.
2. Strive to keep all of His commandments.
3. Always remember Him.

The prayer concludes with a sublime invitation and promise: “That they may always have his Spirit to be with them” ([Moroni 4:3](#)).

Paul wrote, “The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, [and] temperance” ([Galatians 5:22–23](#)). Beautiful blessings and gifts are available to us as we keep our covenants.



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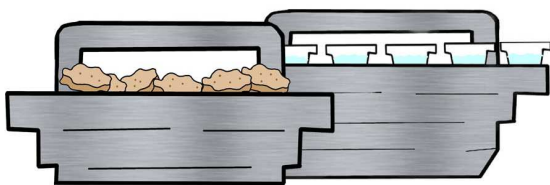
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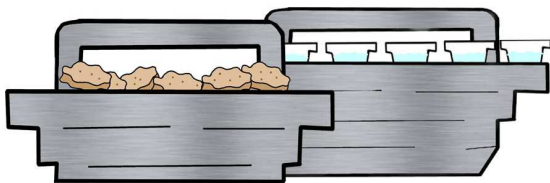
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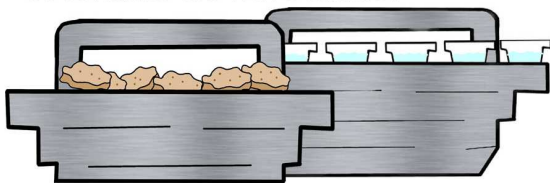
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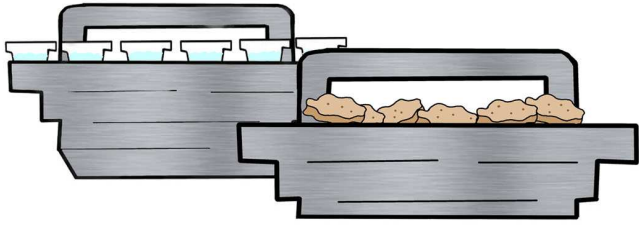
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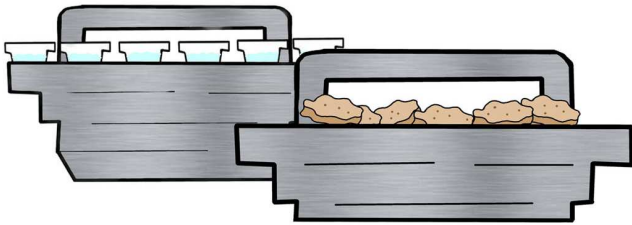


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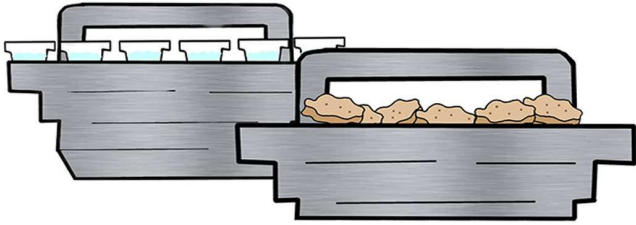
**D&C
20:37**

Look for things the Lord asks us
to do to prepare for the
SACRAMENT



**D&C
59:8-12**

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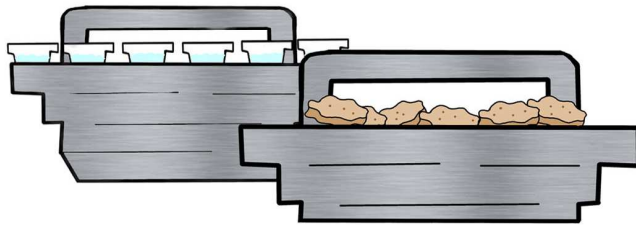


1

CORINTHIANS

11:23-29

Look for things the Lord asks us
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SACRAMENT



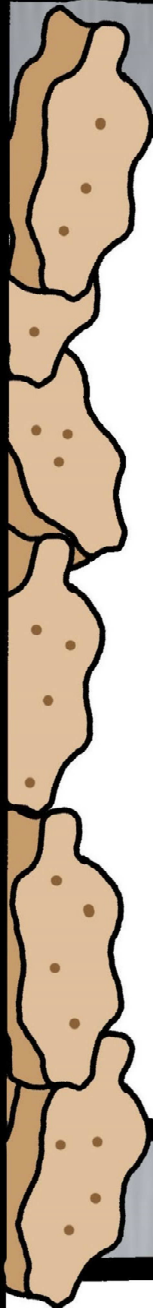
3

NEPHI


9:20

Look for things the Lord asks us
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SACRAMENT


MATTHEW 26:26-28




List the things you thought about the last time you partook of the
SACRAMENT




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“THAT I MIGHT DRAW ALL MEN UNTO ME.”

Elder Dale G. Renlund's

Whatever our current direction or distance to Heavenly Father and Jesus Christ, we can choose to turn toward Them and draw closer to Them. They will help us. As the Savior told the Nephites following His Resurrection:

“And my Father sent me that I might be lifted up upon the cross; and after that I had been lifted up upon the cross, that I might draw all men unto me, ...

“And for this cause have I been lifted up; therefore, according to the power of the Father I will draw all men unto me.”¹¹

To draw closer to the Savior, we must increase our faith in Him, make and keep covenants, and have the Holy Ghost with us. We must also act in faith, responding to the spiritual direction we receive. All of these elements come together in the sacrament. Indeed, the best way I know of to draw closer to God is to prepare conscientiously and partake worthily of the sacrament each week.

A friend of ours in South Africa shared how she came to this realization. When Diane was a new convert, she attended a branch outside of Johannesburg. One Sunday, as she sat in the congregation, the layout of the chapel made it so that the deacon did not see her as the sacrament was passed. Diane was disappointed but said nothing. Another member noted the omission and mentioned it to the branch president after the meeting. As Sunday School began, Diane was invited to an empty classroom.

A priesthood holder came in. He knelt down, blessed some bread, and handed her a piece. She ate it. He knelt down again and blessed some water and handed her a small cup. She drank it. Thereafter, Diane had two thoughts in rapid succession: First, “Oh, he [the priesthood holder] did this just for me.” And then, “Oh, He [the Savior] did this just for me.” Diane felt Heavenly Father's love.

Her realization that the Savior's sacrifice was just for her helped her feel close to Him and fueled an overwhelming desire to keep that feeling in her heart, not just on Sunday but every day. She realized that although she sat in a congregation to partake of the sacrament, the covenants she made anew each Sunday were individually hers. The sacrament helped—and continues to help—Diane feel the power of godly love, recognize the Lord's hand in her life, and draw closer to the Savior.

What did the woman in the talk come to know?

What can you do to make the sacrament a more sacred experience?

