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How Does the Sacrament Help Us Remember Jesus?

Taking the sacrament is so important that God wants you to take it every Sunday.

When you take the sacrament, you promise to always remember Jesus Christ.

Remembering your Savior every day helps you know how to treat others.

The more you remember Jesus Christ, the more power you will have to stay on the covenant path.



Adapted from "Always Remember Him" (Brigham Young University devotional, Feb. 5, 2019), speeches.byu.edu.

Did You Know?

Elder Ulisses Soares speaks Portuguese, English, Spanish, and French.