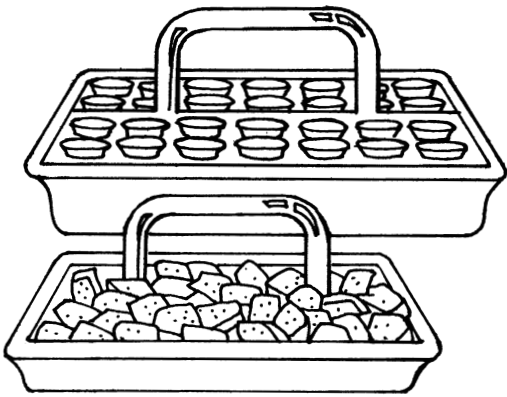


THE SACRAMENT

On the Sabbath, we take the bread and water to remember Jesus Christ. We also **renew** the promises we made when we were baptized. When we do these things and keep our covenants, Heavenly Father promises that the Holy Ghost will always be with us. (See Doctrine and Covenants 20:77, 79.)

Renew:
To make something new again



Cut out the card and keep it in your journal or scriptures. You can look at it during the sacrament to help you think about Jesus.



Heavenly Father has wonderful blessings for you all along your path back to Him!