

# Taking the Sacrament

Each week, we take the sacrament. It helps us remember Jesus Christ and promise to follow Him.

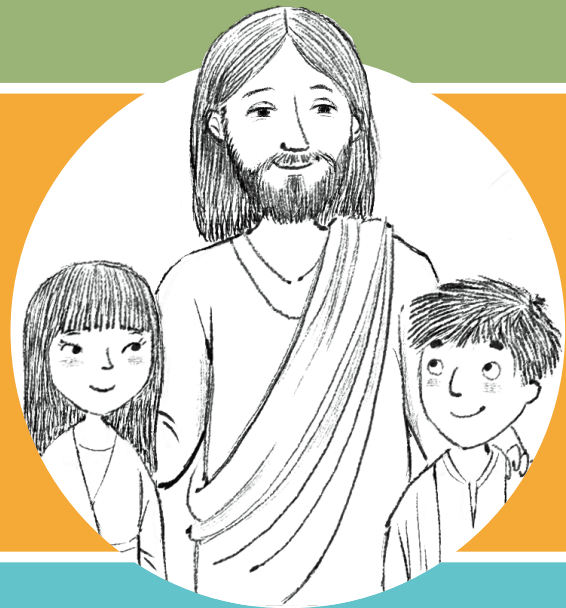


## BEFORE I take the sacrament, I can . . .

- Sing a hymn
- Watch the bread and water being prepared
- Listen to the sacrament prayers

## DURING the sacrament, I can . . .

- Take the bread and water reverently
- Think about what Jesus did for me and how much He loves me
- Remember my baptismal covenant



## AFTER the sacrament, I can remember and follow Jesus all week long by . . .

- Keeping His commandments
- Being kind to others
- Following promptings from the Holy Ghost
- Asking myself, "What would Jesus do?"