

3 Nephi 17-19 (3 Nephi 18:1-12)
Come, Follow Me: Book of Mormon

*the
love(d)welling*

Remember Him

“Mom?” May waited until she had her mother’s attention. “Why do you pull out that book of Jesus pictures when we take the sacrament?”

“Well,” Mom began. “What are we supposed to do when we take the sacrament?”

“Remember Jesus?” May answered.

“Yes. The sacrament is very important,” Mom explained. “Jesus asked us to remember His body when we eat the bread. And when we drink the water, He asked us to remember His blood that he shed for us. I take the pictures out to help you remember Him.”

“Oh that’s really nice of you to do that!” May smiled.

“I know I bring snacks and quiet activities for you to use during sacrament meeting,” Mom mentioned. “However, when it’s time to partake of the sacrament, all those distractions need to be put away so we can focus on the Savior. Can you think of another way we remember Jesus when we take the sacrament?”

“Ummm,” May thought for a moment. “We sing a song about Jesus before the sacrament is blessed!”

“Right!” Mom grinned. “Singing songs and looking at pictures can help us remember the Savior when we take the sacrament. And if we always remember Him, we will have His Spirit with us and we will be blessed.”