

Conscientiously Prepare for the Sacrament

From President Ethan Willis, Stake President of the Gilbert Arizona Seville Stake

President Nelson recently spoke 23 prophetic words. If we live by them, they can make the difference between joy and unnecessary struggle in the year of 2023 and beyond.

“In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost.”

Today and in the days to come we will need the promised blessing in the weekly sacrament prayer, “...that they may always have His spirit to be with them.” (D&C 20:77). As we more intentionally renew our baptismal covenants through the ordinance of the sacrament we lay claim to this needed promise. According to Elder Dale G. Renlund, “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.”

Elder Dale G. Renlund of the Quorum of the Twelve Apostles, “That I Might Draw All Men unto Me,” Liahona, May 2016, 41.

I present the following question for each of us to consider:

What is my plan for a more meaningful experience with the Savior as I partake of the emblems of His sacrifice for me?

— INVITATION —

Step 1:

Gather with your family or household in a council and discuss the importance of the sacrament. Consider reading or watching “Behold the Lamb of God” by Jeffrey R. Holland, April 2019 General Conference.

Step 2:

Prayerfully consider collectively and individually your plan to make partaking of the sacrament more deeply meaningful to you. You can use the next page to record your plan.

— PROMISE —

I promise you that as you conscientiously prepare for and worthily partake of the sacrament you will stand upon the rock of the Redeemer and not fall. (3 Ne 18:7-13) You will have the guiding, directing, comforting, and constant influence of the Holy Ghost in your life.



My Sacrament Plan

Daily Repentance Prepares us for the Sacrament

“In preparation for the sacrament each week, Church members take time to examine their lives and repent of sins. They do not need to be perfect in order to partake of the sacrament, but they should have a spirit of humility and repentance in their hearts.” —Gospel Topics, Sacrament

During the week, I will...

On Sunday morning, I will...

During the sacrament, I will...

To enhance the sacrament experience of others, I will...
