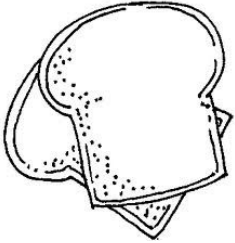


Welcome to Sacrament Meeting

Today in priesthood/Relief Society we will be discussion the ordinance of the sacrament. I ask that you participate in the following activity during the administration of the sacrament. This will help you have a more spiritual experience and will also help us today in our quorum meeting as we discuss the sacrament ordinance as a group.



Administration of the bread

“O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this bread to the souls of all those who partake of it, that they may eat in remembrance of the body of thy Son, and witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them. Amen.”

As the bread is being distributed among the congregation please consider the following questions (please write down any thoughts that come to mind):

1. Why was Jesus Christ on the cross?
2. What benefit comes to me because Jesus Christ was on the cross?
3. What suffering did Jesus Christ go through on the cross that I might be redeemed or relieved of my sins?



Administration of the water

“O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this wine to the souls of all those who drink of it, that they may do it in remembrance of the blood of thy Son, which was shed for them; that they may witness unto thee, O God, the Eternal Father, that they do always remember him, that they may have his Spirit to be with them. Amen.”

As the water is being distributed among the congregation please reflect on the following quotes by Joseph Fielding Smith:

“Well, naturally a person would think: He had nails driven in his hands and his feet and he hung there until he died. ... What else did he suffer? This is a thing I think that most of us overlook. I am convinced that his greatest suffering was not the driving of nails in his hands and in his feet and hanging on the cross, as excruciating and as terrible as that was. He was carrying another load that was far more significant and penetrating. How? We do not understand clearly, but I get a glimpse of it.”

“His greatest torment was not the nails in his hands or in his feet, as bad as they were, but the torment of mind in some way that is not clear to me. But he carried the burden—our burden. I added something to it; so did you. So did everybody else. He took it upon himself to pay the price that I might escape—that you might escape—the punishment on the conditions that we will receive his gospel and be true and faithful in it.”

“I am sure if we could picture before us—as I have tried many times to do—the solemn occasion when the Savior met with his apostles; if we could see them there assembled, the Lord in his sadness, sorrowing for the sins of the world, sorrowing for one of his apostles who was to betray him, yet teaching these eleven men who loved him and making covenant with them, I am sure we would feel in our hearts that we would never forsake him. If we could see them there assembled and could realize the weight of the burden which was upon our Lord; and after their supper and the singing of an hymn, their going forth, the Lord to be betrayed, mocked and scorned, the disciples to forsake him in the deepest hour of his trial—if we could understand all this, feebly though it be, and feebly it must be, I am sure, my brethren and sisters, we would forever more want to walk in the light of truth. If we could see the Savior of men suffering in the garden and upon the cross and could fully realize all that it meant to us, we would desire to keep his commandments and we would love the Lord our God with all our heart, with all our might, mind and strength, and in the name of Jesus Christ would serve him.”

Please bring these instructions (with your thoughts and impressions) to class today.