

Promises for Sacrament



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Always Have His Spirit

And because of your diligence and your faith and your patience with the word in nourishing it, that it may take root 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.

[Sacrament Prayer - Doctrine and Covenants 20:77-79](#)

Keep His Commandments

41 But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold it shall be a tree springing up unto everlasting life.

As we come to the ordinance of the sacrament prayerfully prepared, remembering the Savior and being willing to take upon us His name and keep His commandments, we have the promise that we will "always have his Spirit to be with [us]"

["The Promise of the Sacrament" - Ensign July 2016](#)

Comfort of His Holy Spirit

When we take the sacrament each week, we promise that:

1. We are willing to take upon ourselves Jesus's name and always remember Him (this means that we try to represent Jesus through our words and actions).
2. We will keep His commandments.

If we keep the commitments we have made to the Lord, we are promised the guidance and comfort of His Holy Spirit. Having the Holy Spirit with us is one of the greatest blessings in this life.

[The Sacrament - Comeuntochrist.org](http://Comeuntochrist.org)

The Ordinance of the Sacrament

This is a commandment with a promise. By participating weekly and appropriately in the ordinance of the sacrament we qualify for the promise that we will "always have his Spirit to be with [us]" (D&C 20:77). That Spirit is the foundation of our testimony. It testifies of the Father and the Son, brings all things to our remembrance, and leads us into truth. It is the compass to guide us on our path. This gift of the Holy Ghost, President Wilford Woodruff taught, "is the greatest gift that can be bestowed upon man"

[Dallin H. Oaks - "Sacrament Meeting and the Sacrament" - General Conference October 2008](#)

Feeling of a Pure Soul

Do you remember the feeling you had when you were baptized—that sweet, clean feeling of a pure soul, having been forgiven, washed clean through the merits of the Savior? If we partake of the sacrament worthily, we can feel that way regularly, for we renew that covenant, which includes his forgiveness.

John H. Groberg - "The Beauty and Importance of the Sacrament" - General Conference April 1989

Inspires Gratitude

The sacrament inspires gratitude for the Savior and a desire to remember Him. When we focus on the Savior in this way, the Spirit fills our hearts with love and turns our thoughts and actions outward to others.

"The Promise of the Sacrament" - Ensign July 2016

Provides Light

The sacrament prayers have the promise that we will have the Spirit to be with us, and the Spirit provides the light we need to make our life's journey. But was I getting the light I needed from the sacrament? And if not, how could I get it? What could be the stones that I, like the brother of Jared, should bring with me to sacrament meeting? The Lord said that He wants from us a broken heart and a contrite spirit. So it would not be enough to come to the sacrament; I would need to bring my own stones—my broken heart and contrite spirit.

I learned that when I approach the sacrament seeking for the Lord as the brother of Jared did, and bring my stones of a broken heart and a contrite spirit, I leave the sacrament meeting with light.

"The Promise of the Sacrament" - Ensign July 2016

Warms the Soul

I am a witness that there is a spirit attending the administration of the sacrament that warms the soul from head to foot; you feel the wounds of the spirit being healed, and the load being lifted. Comfort and happiness come to the soul that is worthy and truly desirous of partaking of this spiritual food.

Blessings of the Sacrament - Elder Don R. Clarke - October 2012
