



Faith Value 4

Personal Progress

Activity Instructions

1. Read Ensign article "Reflections on the Sacrament Prayers" John S. Tanner Ensign April 1986 (in folder)
2. Read Conference Talk: "Sacrament Meeting and the Sacrament" Elder Dallin H. Oaks November 2008 (in folder)
3. Read: Matthew 26: 26-28
4. Read: Mark 14: 22-24
5. Read: Luke 22:17-20
6. Record your thoughts (in the journal provided) about the "Last Supper" ie. what is its significance, why did Jesus do the last supper
7. Read the Sacrament prayer (found on the inside covers of the journal provided) write in your journal some of the promises you make as you partake of the sacrament.
8. What are your baptismal covenants...write these in your journal
9. What can you do (each day) to remember and keep your baptismal covenants...write these in your journal
10. Make your sacrament book. You are to carry this with you to church each week. To help you remember our Savior during the Sacrament... study the pictures in the book. After three weeks write in your journal how your faith has been strengthened by pondering Christ during the Sacrament.
11. Refreshments.