



Establish a pattern of pondering during the sacrament by listening carefully to the sacrament hymn and prayers.

- Think about why we partake of the bread and water.

After three weeks of following this pattern,

- write in your journal some of the promises you make as you partake of the sacrament and remember your baptismal covenants and what you do to keep those promises.
- Record in your journal how your understanding of these promises has strengthened your faith in the Savior.