

The Symbols of the Sacrament: Hannah, Angeles, Alex, Ryan (in that order)

- Christ's Body and Blood
- Putting others before yourself
- Sacrament Sheet is like covering a body
- Bread is a physical healing and Water is a Spiritual healing
- Renewing Covenants
- How Christ's atonement is free because of how cheap bread and water is
- Breaking of bread is like Christ's broken body
- Eating is taking Christ into ourselves and becoming more like Him; you are what you eat
- Continued hope for the future because partaking of the atonement is a desire to change
- Readily available to all. Christ's miracles are for all.
- Prayer is by the Spirit because they were given by the God.
- We can be sustained by bread and water
- We can help pass it to others; we didn't make it, but can still offer it to others
- We take sacrament when all are together; even when noisy children are there
- Taking it with your right hand; being on the right hand of God
- Bishop takes the sacrament first; We wait on him like we wait on the Savior
- Sacrament is brought to home-bound individuals; Christ meets you where you're at
- Deacons are the least experienced priesthood holders; Small and simple things great things still come to pass
- Water is used for cleaning
- Several priesthood offices are used to bless and pass the sacrament; working together; we all have a part to play
- Words of the prayer don't necessarily be perfect; Bishop is to be aware of the capabilities of the one blessing; Grace is given; We do not need to be perfect to partake of holy ordinances
- Christ went through suffering and being broken to perform the atonement; We can be broken and still represent Jesus Christ
- Praying for a portion of Christ's spirit; like taking a little bread and water; a little for Christ is plenty to change us
- The deacons go into the foyers; it's like looking for the lost sheep
- Screwtape Letters: Want them to pray against not the enemy, but who they think the enemy is. People are given silence to focus on an actual event and actual person.
- The altar is used for sacrifice; we accept that Jesus Christ offered himself for us; the lamb on the altar
- Small bread; some bigger; some smaller; It doesn't matter if your sins are big or small. Christ Covers you

- God trusts us; and gives us responsibilities that we can grow; people may be surprised that 12-year-old boys are given such a vital role in our worship service
- Disciples kept falling asleep in Gethsemane; Often I may be distracted during the sacrament; a time when we are supposed to be focused on Christ; Can we wait with Him even 10 minutes?
- Being late for the sacrament; Surfer friend saw the altar and thought someone died; Christ died; We can come together and mourn his passing; mourn with those who mourn; If you're feeling sad about Jesus Christ dying; there is at least one other around the world who feels the same; if you can't take it but want to; there is someone else like you; there is companionship in the church; we are not alone
- John 4:14 Whosoever drinks of the water that Christ shall give, shall have a well of everlasting life springing up in them; they shall no longer thirst
- Bread is sustenance; the atonement not only cleanses like water, but builds us up anew
- Renewing covenants is an act of joy; a fresh new starting place; we can be better;
- The priests are upon a stand and pass down the sacrament; like blessings from coming down from heaven; Head down to the hands
- Bonus one from Angeles: Every gets the same thing; No one is treated special; The salvation given is the same for all