

As you partake of the sacrament, you witness that you are willing to take the name of Jesus Christ upon you. This means that you are willing to be baptized, proclaim gospel truths, and represent him in doing his work on the earth. You also witness that you will always remember him and keep his commandments.

These are sacred commitments.

In return, as you keep your promises, you are blessed that you may always have his spirit to be with you.

Glue
Picture of Savior's
baptism here
"I'll make and
keep sacred covenants"

Jesus gathered his apostles around him. He took some bread blessed it, broke it, and gave it to the apostles saying, "Take, eat; this is in remembrance of my body which I give a ransom for you." (Joseph Smith-Matthew 26:22)

He then took a cup, gave thanks, and gave it to them saying, "Drink ye all of it." (Matthew 26:27)

"For this is in remembrance of my blood of the new testament, which is shed for as many as shall believe on my name, for the remission of their sins." (Joseph Smith-Matthew 26:24)