

# The Sacrament

From Matthew 26:26–28

Before He died, Jesus Christ met with His Apostles.  
He gave them the sacrament.

Jesus broke bread and gave it to them.  
He asked them to eat it to help them remember  
that He gave His life for them.

Then Jesus gave them a cup.  
He asked them to drink from it.  
It would help them remember Him too.

Even after Jesus was not with His Apostles,  
the sacrament helped them think of Him.  
They could feel His love and remember  
to keep the commandments.