

Always Have His Spirit to be with them

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Intro – Sacrament in Remembrance of the Savior

- When the Savior instituted the sacrament after he brake bread, he gave to the disciples saying:
 - Luke 22:19
" *This is my body which is given for you: **this do in remembrance of me***"
- After taking the cup and giving it to them he said:
 - 1 Corinthians 11:25
"This cup is the new testament in my blood: ***this do ye, as oft as ye drink it, in remembrance of me.***"
- Thus, we partake of the sacrament in remembrance of the Savior
- That is we remember Christ, his life, his example and what He has done for us
- In particular it means
 - To remember His atonement
 - And to apply his atonement in our lives

We make covenants with the Sacrament

- Every time we partake of the sacrament we make a covenant with God which contains 3 parts:
- D&C 20:77
" *... and witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; ...*"
- Note: The three things we covenant to do have to do with keeping Christ "in Remembrance"
- In return God promises
- D&C 20:77
" **...that they may always have his Spirit to be with them... "**

What is meant by "His Spirit"?

- What does "His Spirit" mean in that promise?
- The simple answer is the same as was received at baptism – the Gift of the Holy Ghost
- After baptism we were given the gift of the Holy Ghost by the laying on of hands
- This gift is the right to constant companionship of the Holy Ghost we are worthy
- The statement "Receive the Holy Ghost" is a directive to strive for the baptism of the spirit
- Elder David A Bednar
"We were baptized by immersion in water for the remission of sins. We must also be baptized by and immersed in the Spirit of the Lord, "and then cometh a remission of your sins by fire and by the Holy Ghost" (2 Ne. 31:17)" ("That We May Always Have His Spirit to Be with US", April 2006 General Conference)

Prepare with a Broken Heart and Contrite Spirit

- Preparing to take the sacrament "in remembrance" of Christ "focuses" us on the atonement and the need to repent
 - Do we "just show up" for baptism? With no preparation
 - No we repent and prepare
 - Do we "just show up" when doing the temple ordinances for ourselves?
- These are ordinances where we are making covenants
- In the same way in partaking of the sacrament we are making covenants – we shouldn't "just show up" and take mindlessly
- To do it in remembrance of Christ and his atonement is to come in preparation for the sacrament with a broken heart and a contrite spirit!

Renew our qualification for the Spirit

- We sometimes think of sacrament as renewal of our baptismal covenant, However
 - Elder Neil Andersen
"The title 'renewing our baptismal covenants' is not found in the scriptures. It's not inappropriate... it is not something that is used in the scriptures and it can't be the keynote of what we say about the sacrament. (General Conference Leadership Training, April 2015)
- Since hearing and pondering that statement my understanding and focus has become this:
- As I partake and keep the covenant I make I can become worthy or qualify for the promised blessing of the Spirit with me
- Elder Dallin H Oaks
"as we partake of the sacrament, we renew our qualification for the promise "that [we] may always have his Spirit to be with [us]" ("Always Have His Spirit ", October 1996 General Conference)
- As we take on the sacrament worthily we can receive remission of our sins.
- As we are cleansed from our sins we are worthy to have His spirit to be with us
- That is to say as we worthily partake of the sacrament we meet the conditions to "have his Spirit with" us.
- The need to be clean in order to have the companionship and guidance of the Holy Ghost explains why we are commanded to "meet together oft" to partake of the sacrament

Covenants and spirituality are not stagnate

- Elder Neil Andersen
"Spirituality is not stagnate and neither are covenants. (General Conference Leadership Training, April 2015)
- The way I think my sacrament covenants are not stagnant is this:
 - As we partake often of the sacrament, and grow spiritually, over time the covenants we make take on a deeper meaning to us – and thus are not stagnant
- Spirituality, the "baptism of the Spirit", that is to say how immersed we are to the Spirit is also not a stagnate thing
 - I like the description of spirituality as our degree of immersion in the Spirit
 - It seems that we are always moving either toward greater immersion or spirituality or perhaps away from it.
 - It is not usually a black and white thing
 - It seems to be a matter of degree and what is important is what direction am I headed – toward greater or lesser immersion in the Spirit
- Baptism of the Spirit, or sanctification, or purification, should not be a one-time event after baptism.
 - It should be an ongoing process
- Again this points to the importance of the sacrament as part of the process wherein the atonement is applied and we are cleansed and purified

Immersed in the Spirit, Offending the Spirit

- The intensity with which we feel the Spirit is not always the same and is not necessarily an indication of how spiritual we are
 - Dramatic or strong impressions do not come frequently
 - The scriptures describe the influence of the Holy Ghost as "a still small voice"
 - We usually receive communications from the Holy Ghost as feelings and in a way that is quiet, delicate and subtle.
- Besides striving to recognize the communications of the Spirit and move toward the Spirit we should also strive to recognize when we, as King Benjamin put it in
 - Mosiah 2:36 "withdraw [our]selves from the Spirit of the Lord, that it may have no place in [us] to guide you in wisdom's paths that ye may be blessed, prospered, and preserved"
- In other words, we need to pay attention and learn what separates us from the Holy Spirit
- Elder David A Bednar

"The standard is clear. If something we think, see, hear, or do distances us from the Holy Ghost, then we should stop thinking, seeing, hearing, or doing that thing. If that which is intended to entertain, for example, alienates us from the Holy Spirit, then certainly that type of entertainment is not for us. Because the Spirit cannot abide that which is vulgar, crude, or immodest, then clearly such things are not for us. Because we estrange the Spirit of the Lord when we engage in activities we know we should shun, then such things definitely are not for us." ("That We May Always Have His Spirit to Be with US", April 2006 General Conference)
- This all may seem daunting
- We think "Nobody can live so that the presence of the Holy Ghost is with us every second, of every minute, of every hour of every day
- This may be true but listen to Elder Bednar:
- Elder David A Bednar

"The Holy Ghost can tarry with us much, if not most, of the time—and certainly the Spirit can be with us more than it is not with us. As we become ever more immersed in the Spirit of the Lord, we should strive to recognize impressions when they come and the influences or events that cause us to withdraw ourselves from the Holy Ghost." ("That We May Always Have His Spirit to Be with US", April 2006 General Conference)

Closing

- In this world we live in taking the Holy Spirit as our guide is essential for our
 - Spiritual growth
 - Spiritual survival
 - Navigation through confusing things
- We sometimes think that having the Spirit with us is an exceptional event, reserved for only occasional or important things
- The promise in the sacrament is that we may ***always*** have His Spirit to be with us
- In order for us to have power in our priesthood we need to have the Spirit with us - ***always***
- Spirituality *is not* something we put on and take off like our Sunday shirt and tie
- *It is not* a switch we can flip on and off at our whim or need
- We need to be righteous, spiritual, priesthood bearers 24/7
- It is who we are and should be
- We never know when we will be in need of "having his Spirit with us"
- We should strive to live up to this blessing and privilege by partaking the sacrament as the Savior said: "This do in remembrance of me"
 - By coming to the sacrament with a broken heart and contrite spirit
 - By taking upon us the name of Christ
 - By always remembering Him
 - By Keeping his commandments
- I testify that his promise is sure, we can have His Spirit to be with us always