

BEHOLD YOUR LITTLE ONES

Lesson 27 • The Sacrament Helps Me Think about Jesus Christ

MAIN IDEA During the sacrament, I remember Jesus Christ. I can listen quietly, fold my arms, and think about Him.

BRING

- Picture of a deacon passing the sacrament
- Empty sacrament trays
- Picture of Jesus Christ

SAY IT SIMPLY

“The sacrament helps me remember Jesus.” • “I can be reverent.” • “I can think about Jesus Christ.”

LESSON FLOW

1. Set a reverent feeling Show the picture of Jesus and sing one line of “Reverently, Quietly.”
2. Explain the sacrament Tell the children that on Sunday we eat bread and drink water to remember Jesus.
3. Show the trays Let the children look at the empty sacrament trays. Remind them that sacrament meeting is a special, sacred time.
4. Practice reverence Have the children fold arms, use quiet voices, and sit still for a few seconds while looking at Jesus’s picture.
5. Listening hearts Say: “During the sacrament I think about Jesus.” Invite the children to put a hand on their heart.
6. Repeat & close Repeat the first line of “Reverently, Quietly.” Bear testimony that the sacrament helps us remember the Savior.

REPEAT TOGETHER “The sacrament helps me remember Jesus.”