

## *“Love One Another, As I Have Loved You”*

Elder Jeffrey R. Holland said: “Since that upper room experience on the eve of Gethsemane and Golgotha, children of the promise have been under covenant to remember Christ’s sacrifice in this newer, higher, more holy and personal way. ... If remembering is the principal task before us, what might come to our memory when those plain and precious emblems are offered to us?” (in Conference Report, Oct. 1995, 88, 90; or Ensign, Nov. 1995, 67, 68).

Elder Dallin H. Oaks tell us; This is a commandment with a promise. By participating weekly and appropriately in the ordinance of the sacrament we qualify for the promise that we will “always have his Spirit to be with [us]” (D&C 20:77). That Spirit is the foundation of our testimony. It testifies of the Father and the Son, brings all things to our remembrance, and leads us into truth. It is the compass to guide us on our path. This gift of the Holy Ghost, President Wilford Woodruff taught, “is the greatest gift that can be bestowed upon man” (Deseret Weekly, 1889)

From the Life of John Taylor. President John Taylor frequently taught the Saints the importance of not only believing, but also practicing the Saviour’s plea to love our neighbour. “Love one another,” he encouraged, “and work the works of righteousness, and look after the welfare of all, and seek to promote the happiness of all. That is what God is doing.”<sup>2</sup> He believed strongly in the role of the Spirit in nurturing our love for others. “When you get the Spirit of God,” he taught, “you feel full of kindness, charity, long-suffering, and you are willing all the day long to accord to every man that which you want yourself. You feel disposed all the day long to do unto all men as you would wish them to do unto you.

### *Next Weeks* Reading assignment

*John 14 - 17,*  
*3 Nephi 19, D&C 132*

### *Questions to ponder?*

What are the plain and precious emblems offered to us? Why is it important that we take the sacrament each week? How can we prepare ourselves spiritually before partaking of the sacrament?

What are some specific things we can do to follow Christ’s example of love? Jesus taught his disciples to show their love for others through service. What did he tell them to do to show their love for him? (See John 14:15.) How does our obedience demonstrate our love for the Lord?

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