

Quote #1 (identification)

The first parallel is identification...When we take upon ourselves the name of Jesus Christ, we link our name with His. We identify with Him. We gladly become known as Christian. We acknowledge the Savior and unapologetically stand up to be counted as His.

Quote #2 (remembrance)

As we partake of the sacrament, we do so in remembrance of the price He paid to redeem us. We covenant anew to remember Him, recognize His greatness, and appreciate His goodness. We acknowledge repeatedly that it is only in and through His grace that we are saved from physical and spiritual death.

Remembrance means that we follow the advice given by the Book of Mormon prophet Alma. We “let all [our] doings be unto the Lord, and whithersoever [we go, we] let it be in the Lord; ... [we] let all [our] thoughts be directed unto the Lord; ... [and we] let the affections of [our hearts] be placed upon the Lord forever.” Even when we are occupied with other matters, we remain mindful of Him, just as we remember our own names, regardless of what else we focus on.

Quote #3 (emulation)

As His disciples, we change for the better when we focus on Him, more so than when we focus on ourselves. We strive to become like Him and seek to be blessed with His attributes. We pray fervently to be filled with charity, the pure love of Christ.

As President Nelson taught in April: “As charity becomes part of our nature, we will lose the impulse to demean others. We will stop judging others. We will have charity for those from all walks of life. Charity towards all ... is essential to our progress. Charity is the foundation of a godly character.” Alongside charity, we seek, “cultivate, ... and expand” other spiritual gifts from the Savior, including integrity, patience, and diligence.

Quote #4 (alignment)

Emulating Jesus Christ leads us to a fourth parallel—alignment with His purposes. We join Him in His work...For us, part of taking upon ourselves the name of Jesus Christ involves willingly, intentionally, and enthusiastically aligning our goals with His. We join Him in His work when we “love, share, and invite.” We join Him in His work when we minister to others, especially the

vulnerable and those who have been wounded, shattered, or crushed by their earthly experiences.

Quote #5 (empowerment)

Consequently, God blesses us with more of His power. As President Nelson taught: “Each person who makes covenants in baptismal fonts and in temples—and keeps them—has increased access to the power of Jesus Christ. ... The reward for keeping covenants with God is heavenly power ... that strengthens us to withstand our trials, temptations, and heartaches better.”

We become more spiritually receptive. We have more courage to confront seemingly impossible circumstances. We are strengthened more in our resolve to follow Jesus Christ. We more speedily repent and return to Him when we transgress. We become better at sharing His gospel with His power and authority. We help those in need while being less judgmental, far less judgmental. We retain a remission of our sins. We have greater peace, and we are more cheerful because we can always rejoice. His glory will be round about us, and His angels will have charge over us.