

**THE  
SACRAMENT**

“Windows must be washed regularly to clean away the dust and dirt....Just as earthly windows need consistent, thorough cleaning, so do the windows of our spirituality....By partaking of the sacrament worthily to renew our baptismal covenants, we clarify our view of life’s eternal purpose and divine priorities. The sacrament prayers invite personal introspection, repentance, and rededication as we pledge our willingness to remember our Savior, Jesus the Christ.”

**Joseph B. Wirthlin**

(member of the Quorum of the Twelve Apostles)