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## Chapter XLIX

Author(s): George Reynolds

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**Abstract:** The Sacrament Administered—The Savior's Teachings Regarding it—He Confers on His Disciples the Power to Give the Holy Ghost—He Ascends into Heaven

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the hearts of these Nephites as they beheld the angels of heaven descending from the courts of glory and ministering to their little ones? How deep must have been their love for the Savior who had brought these blessings to them? how strong must have grown their faith in him? We cannot recall a circumstance in recorded history that draws earth nearer to heaven than this, or that seems to bind the ties so strongly that unite the powers of eternity with the children of mortality.

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## CHAPTER XLIX.

THE SACRAMENT ADMINISTERED—THE SAVIOR'S TEACHINGS REGARDING IT—HE CONFERS ON HIS DISCIPLES THE POWER TO GIVE THE HOLY GHOST—HE ASCENDS INTO HEAVEN.

JESUS next commanded his disciples to bring him some bread and wine. While they were gone to obtain them, he caused the multitudes to sit down upon the earth. When the disciples returned with the bread and wine, he took of the bread, and brake and blessed it. This he gave to the disciples and they did eat and were filled. He then commanded them to give unto the multitudes.

When the multitudes had eaten and were filled, Jesus began to instruct the people with regard to the meaning of the bread they had just partaken of. He said:

And this shall ye always observe to do, even as I

have done, even as I have broken bread, and blessed it, and gave it unto you.

And this shall ye do in remembrance of my body, which I have shewn unto you. And it shall be a testimony unto the Father, that ye do always remember me. And if ye do always remember me, ye shall have my Spirit to be with you.

After this he gave of the wine to his disciples, and they drank thereof, and then, by his direction, they gave it to the people.

After they had done this Jesus continued his teachings; Blessed are ye, said he, for this thing which ye have done, for this is fulfilling my commandments, and this doth witness unto the Father that ye are willing to do that which I have commanded you.

And this shall ye always do to those who repent and are baptized in my name; and ye shall do it in remembrance of my blood, which I have shed for you, that ye may witness unto the Father that ye do always remember me. And if ye do always remember me, ye shall have my Spirit to be with you.

And now behold, this is the commandment which I give unto you, that ye shall not suffer any one, knowingly, to partake of my flesh and blood unworthily, when ye shall minister it;

For whoso eateth and drinketh my flesh and blood unworthily, eateth and drinketh damnation to his soul: therefore if ye know that a man is unworthy to eat and drink of my flesh and blood, ye shall forbid him;

Nevertheless ye shall not cast him out from among you, but ye shall minister unto him, and shall pray for him unto the Father, in my name, and if it so be that he repenteth, and is baptized in my name, then shall

ye receive him, and shall minister unto him of my flesh and blood;

But if he repent not, he shall not be numbered among my people, that he may not destroy my people, for behold I know my sheep, and they are numbered.

The Lord also gave the people much instruction regarding prayer. Among other things he told them:

Behold, verily, verily, I say unto you, ye must watch and pray always, lest ye enter into temptation; for Satan desireth to have you; that he may sift you as wheat;

Therefore ye must always pray unto the Father in my name;

And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you.

Pray in your families unto the Father, always in my name, that your wives and your children may be blessed.

And behold, ye shall meet together oft, and ye shall not forbid any man from coming unto you when ye shall meet together, but suffer them that they may come unto you, and forbid them not;

But ye shall pray for them, and shall not cast them out; and if it so be that they come unto you oft, ye shall pray for them unto the Father, in my name;

Therefore hold up your light that it may shine unto the world. Behold I am the light which ye shall hold up—that which ye have seen me do. Behold ye see that I have prayed unto the Father, and ye have witnessed;

And ye see that I have commanded that none of you should go away, but rather have commanded that

ye should come unto me, that ye might feel and see; even so shall ye do unto the world; and whosoever breaketh this commandment, suffereth himself to be led into temptation.

When Jesus had made an end of his sayings, he touched with his hand the disciples whom he had chosen, one by one. As he touched them he gave them power to give the Holy Ghost. When he had done this a cloud overshadowed the multitude, and they saw Jesus no more that day; but the disciples saw him, and bore record that he ascended into heaven.

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## CHAPTER I.

JESUS RETURNS AND RENEWS HIS TEACHINGS—HE ADMINISTERS THE SACRAMENT—HE EXPLAINS THE TEACHINGS OF THE PROPHETS—THE WORDS OF MALACHI.

WHEN JESUS had ascended into heaven the multitudes dispersed, every one returning home.

All that evening and all that night was the news spread from mouth to mouth that Jesus had come. Many were too excited to sleep, and labored diligently all night spreading the news far and wide, so that when the morning came the whole people were astir, wending their way to the place where Jesus was expected.

When the multitude had gathered together their number was found to be so great that the disciples