

3 Nephi 18:28-32

**John H. Groberg, *General Conference*, April 1989.**

**What does it mean to partake of the sacrament worthily?**

Or how do we know if we are unworthy? If we desire to improve (which is to repent) and are not under priesthood restriction, then, in my opinion, we are worthy. If, however, we have no desire to improve, if we have no intention of following the guidance of the Spirit, we must ask: Are we worthy to partake, or are we making a mockery of the very purpose of the sacrament, which is to act as a catalyst for personal repentance and improvement? If we remember the Savior and all he has done and will do for us, we will improve our actions and thus come closer to him, which keeps us on the road to eternal life. If, however, we refuse to repent and improve, if we do not remember him and keep his commandments, then we have stopped our growth, and that is damnation to our souls. The sacrament is an intensely personal experience, and we are the ones who knowingly are worthy or otherwise.

(*Cf.* 1 Corinthians 11:24-29)