

The truth table for implication is

p	q	$p \rightarrow q$
T	T	T
T	F	F
F	T	T
F	F	T

So the only way an implication is false is if the first part is true and the second part is false. So the way that I find works best for me to figure out which way the implication goes is to try to figure out which situation corresponds to this case; which truth assignment makes the statement as a whole false?

“r is necessary for s”

This means it is necessary that r be true in order for s to be true. So if r is true and s is false, that's fine since the behavior of s depends on r, not the other way around. If r is false and s is true, that is a violation, so the statement is false. This means the implication is $s \rightarrow r$.

“ a necessary condition for r is s”

This means it is necessary that s be true in order for r to be true (but it's OK if s is true and r is false!) So if r is true and s is false, that is a violation, so the statement is false. This means the implication is $r \rightarrow s$.

“r only if s”

This means r can be true only if s is true. So if r is true and s is false, r being true when s is false is a violation, so the statement is false. This means that the implication is $r \rightarrow s$.

“r is sufficient for s”

This means that r being true is sufficient to make s true. So if r is false and s is true, that's ok since our statement is making a promise about what happens when r is true. If r is true and s is false, that is a violation since r being true was supposed to be enough to ensure that s was true. So the implication is $r \rightarrow s$.