

Eagle Mountain Utah,
Silver Lake Stake,
Adult Institute Class

18 February 2001

“What Repentance is NOT”

Repentance is NOT

The punishment, penalty,
or price of sin

Repentance is NOT

A checklist or an
institutional event

Repentance is NOT

A change of behavior

Repentance is NOT

What saves us

Repentance is NOT

The punishment, penalty,
or price of sin



Our Savior, Jesus Christ took upon himself all the punishment, penalty, and payment for sin.

Man . . . could not merit anything of himself.

Alma 22:14



“Our repentance does not pay for one ounce of the sins we have committed.”

Elder Andersen, TDGofF, p. 134



You may feel discipline
and some suffering in the
process of repentance, but
the cause of all suffering
is sin,
NOT repentance!

The Price, Penalty, Payment and Punishment of Sin



Our Cost:

Negative, Personal
Consequences;
Loss of Blessings,
Light and Spirit;

Guilt and Fear



His Cost:

Infinite, Vicarious,
Sinless, Blood
Sacrifice; Suffered
for and Satisfied
All the Demands of
Justice;

Totally Forsaken



The Pain of Sin

There are always negative consequences resulting from our sins. However, Jesus paid the penalty, suffered the punishment, and made the payment for all sin, so we don't have to.

The Gift of Repentance

Suffering and Repentance are completely opposite!

See: [Doctrine and Covenants 19:4,17](#)

Note:

As President Kimball taught, “If there is not pain or suffering . . . there can be no repentance.”

BUT, the pain and suffering are caused by the sin, NOT by the repentance!



General Conference
Leadership Meeting
4 April 2019

“True repentance is focused on the Lord Jesus Christ and the joy that comes through His redeeming power. . . Repentance is the Lord’s process for gaining spiritual growth and joy—the joy of redemption in Him.”

Suffering for sin does not by itself change anything for the better. Only repentance leads to the sunlit uplands of a better life. And, of course, only through repentance do we gain access to the atoning grace of Jesus Christ and salvation.

Repentance is NOT

A checklist or an
institutional event

Attempts to create a list of specific steps of repentance may be helpful to some, but it may also lead to a mechanical, check-off-the-boxes approach with no real feeling or change. True repentance is not superficial.

Repentance is **NOT** a list of things you should do or not do.

“Checklist Repentance”

is ritualistic not redemptive.

Of all the *R*'s of repentance the
'*R*' that is seldom mentioned is:

Rely on your Redeemer

Repentance is NOT

A change of behavior



[We must understand] the relationship of repentance to the principle of faith.

Repentance is the **second** fundamental principle of the gospel. The **first** is that we must have faith in the Lord Jesus Christ.

Why is this so? Why must faith in the Lord precede true repentance?

Even the most just and upright man cannot save himself solely on his own merits, for . . . If it were not for Jesus Christ, there could be no remission of sins. Therefore, **repentance means more than simply a reformation [or change] of behavior**



Many men and women in the world demonstrate great will-power and self-discipline in overcoming bad habits and the weaknesses of the flesh. Yet at the same time they give no thought to the Master. Such changes of behavior, even if in a positive direction, do not constitute true repentance.



Faith in the Lord Jesus Christ is the foundation upon which sincere and meaningful repentance must be built. If we truly seek to put away sin, we must first look to Him who is the Author of our salvation.

(“A Mighty Change of Heart,” October 1989 Ensign)



April 2007

To repent fully is to
convert completely to
the Lord Jesus Christ
and His holy work.



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Too often we teach repentance as simply putting a stop to sin. For example, we advise an unwedded couple to repent and become married. Such a single act, however, is only the beginning toward a complete change of mind, knowledge, and spirit. With the Savior as our continuing standard, repentance is magnified to a complete change of heart. Repentance is the Lord's process for gaining spiritual growth and joy—the joy of redemption in Him. He literally wants us to change—to become less like the natural man and more like He is! When we choose to repent, we choose to change! We turn away from worldly ways and turn to the Savior. Then we can be forgiven, healed, and cleansed from sin and error by His redeeming power. We choose to be transformed and take upon us the name of Jesus Christ.



President Packer, October 2012

President Joseph F. Smith taught: “Men cannot forgive their own sins; they cannot cleanse themselves from the consequences of their sins. Men can stop sinning and can do right in the future, and so far [as] their acts are acceptable before the Lord [they become] worthy of consideration. But who shall repair the wrongs they have done to themselves and to others, which it seems impossible for them to repair themselves? By the Atonement of Jesus Christ the sins of the repentant shall be washed away; though they be crimson they shall be made white as wool [see Isaiah 1:18]. This is the promise given to **YOU.**” (*Teachings of Presidents of the Church: Joseph F. Smith* (1998), 99–100).

Elder B. H. Roberts, *Seventy's Course in Theology*, 4:87

**“The Helplessness of Man in the
Presence of Broken Law:”**

. . . How can satisfaction be made to justice in order that redemption may reach fallen man? Admittedly man, the transgressor of law, is powerless to make such satisfaction. True, it is conceivable that he might, through struggle, maintain himself in righteousness for the future. But that does not reach the past. If he should by struggle maintain himself in righteousness for the future, that is no more than he ought to do. Man owes that duty every day in the present and in the future.

Elder Roberts (cont.)

It is the breach in the law that must be mended. Man is under the sentence of eternal death, spiritual and temporal, for a past transgression of the law of God.

Doing what is merely his duty in the present and the future will not make satisfaction for the past. Man is helpless in the presence of that broken law; no act of his can atone for the transgression of Adam or stay the effects of the fall upon the race or redeem them from the penalty of death.

Repentance is NOT

What saves us



“Christ is the
power behind
all repentance”

(Jeffrey R. Holland, *However Long and Hard the Road* [1985], 85).



It is *not* repentance
per se that saves
man. It is the blood of
Jesus Christ that
saves us.

President Uchtdorf, April 2007



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What else is repentance
NOT ?

Anything that does not involve
the Redeemer is not repentance!