



The Process of Repentance

Eagle Mountain Utah,
Silver Lake Stake
Adult Institute Class
18 March 2021

The Process of Repentance

Conditions of Repentance

- Broken heart and contrite spirit
- True Godly Sorrow

Actions of Repentance

- Cry out in faith upon His holy name
- Offer your whole soul and sins to God

Manifestations of Repentance

- Confess
- Forsake
- Restitution
- Forgive yourself and others

Actions of Repentance

1. Cry out to God with faith and hope in the name of Christ, pleading for His mercy, grace, and forgiveness.

Enos 1:4; Mosiah 4:2; 29:19-20; Alma 22:17; 34:17-18; 36:18; 38:8; Helaman 5:40-42; 3 Nephi 11:16-17

2. Offer your whole soul and sins to God.

Omni 1:26; Enos 1:9; Mosiah 2:20-21; Mosiah 26:14; Alma 22:18

President Boyd K. Packer, April 1997 Conference

It was through reading the scriptures, and listening, that I could understand, at least in part, the power of Christ's Atonement. Can you imagine how I felt when finally I could see that if I followed whatever conditions the Redeemer had set, I need never endure the agony of being spiritually unclean? Imagine the consoling, liberating, exalting feeling that will come to you when you see the reality of Christ's Atonement and the practical everyday value of it to you individually.

You need not know everything before the power of the Atonement of Christ will work for you. Have faith in Christ; it begins to work the day you ask!

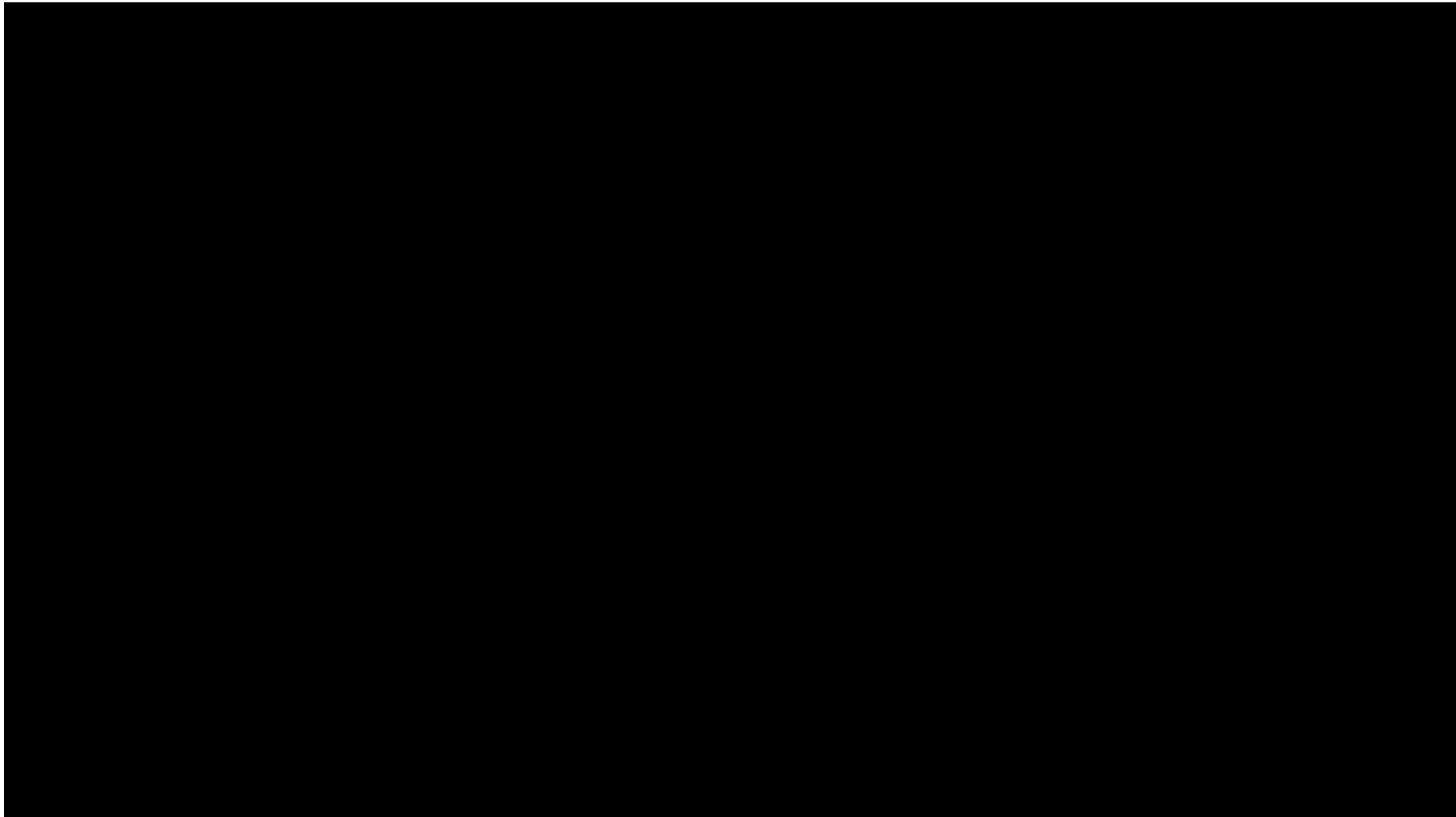
President Boyd K. Packer

The Atonement has practical, personal, everyday value; apply it in your life. It can be activated with so simple a beginning as prayer. You will not thereafter be free from trouble and mistakes but can erase the guilt through repentance and be at peace.

General Conference, April 2001

Sister Sharon Eubank, October 2017





“Will you let me take this?”

Elder Holland, October Conference 1998

If some few of you are carrying such wounds—and I know that you are—to you is extended the peace and renewal of repentance available through the atoning sacrifice of the Lord Jesus Christ. In such serious matters the path of repentance is not easily begun nor painlessly traveled. But the Savior of the world will walk that essential journey with you. He will strengthen you when you waiver. He will be your light when it seems most dark. He will take your hand and be your hope when hope seems all you have left. His compassion and mercy, with all their cleansing and healing power, are freely given to all who truly wish complete forgiveness.



Overcoming the world
April 2017

Elder Oaks

When a person has “a broken heart and a contrite spirit,” the Savior does more than cleanse that person from sin. He gives him or her new strength.

That strengthening is essential for us to realize the purpose of the cleansing, which is to return to our Heavenly Father. To be admitted to His presence, we must be more than clean. *We must also be changed [redeemed].*

(June 2001 mission presidents' seminar)

Ezekiel

36:26

The Lord does not
mend your broken
heart, He gives you
a new one.

No one is more on our side than the Savior. He allows us to take and keep retaking His exams. To become like Him will require countless *second chances* in our day-to-day struggles with the natural man, such as controlling appetites, learning patience and forgiveness, overcoming slothfulness, and avoiding sins of omission, just to name a few. If to err is human nature, how many failures will it take us until our nature is no longer human but divine? Thousands? More likely a million.

Knowing that the strait and narrow path would be strewn with trials and that failures would be a daily occurrence for us, the Savior paid an infinite price to give us as many chances as it would take to successfully pass our mortal probation. The opposition which He allows can often seem insurmountable and almost impossible to bear, yet He doesn't leave us without hope.

(Elder Robbins, April 2018)

Elder Neil L. Andersen, April 1995, General Conf.



**“We must become
converted to daily
repentance.”**



Elder Jörg
Klebingat
October 2014

Become really, really good at repenting thoroughly and quickly. Because the Atonement of Jesus Christ is very practical, you should apply it generously 24/7, for it never runs out. Embrace the Atonement of Jesus Christ and repentance as things that are to be welcomed and applied daily according to the Great Physician's orders. **Establish an attitude of ongoing, happy, joyful repentance by making it your lifestyle of choice.** ... *Spiritual confidence increases when you voluntarily and joyfully repent of sins, both small and great, in real time by applying the Atonement of Jesus Christ.*

Each day, ours is the challenge to access the power of Christ's Atonement so that we can truly change, become more Christ-like, and qualify for the gift of exaltation and live eternally with God, Jesus Christ, and our families.

Elder Russell M. Nelson, April 2012 Conference

Repentance is the process of qualifying ourselves, by grace, to receive the power and mercy of Christ through His Atonement; and to have it administered in our lives through the power and gift of the Holy Ghost.



If you have felt the influence of the Holy Ghost today, you may take it as evidence that the Atonement is working in your life.

President Eyring,

Ensign, June 2007

**What does it mean to be the children of Christ?
(Point out that we are spirit children of Heavenly
Father and also children of our earthly parents. But,
as President Joseph Fielding Smith taught, Jesus
Christ also “becomes our Father, in the sense in
which this term is used in the scriptures, because he
offers us life, eternal life, through the atonement
which he made for us. [See Mosiah 5:7.] ... We become
the children, sons and daughters of Jesus Christ,
through our covenants of obedience to him”**

[Doctrines of Salvation, comp. Bruce R. McConkie, 3 vols. (1954–56), 1:29].)

Manifestations of Repentance:

Confess

Forsake

Restitution

Forgive Yourself and Others

See: D&C 58:42-43; Mosiah 26:29; 27:35;
Helaman 5:17; Enos 1:11; D&C 61:2

Confessing our Sins

Why?
To Who?
For What?

If we say that we have no sin, we deceive ourselves, and the truth is not in us.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John 1:7-9

When I kept silence, my bones waxed old through my roaring all the day long. ...I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin.

Psalms 32:3,5

Behold, verily thus saith the Lord unto you, O ye elders of my church, who are assembled upon this spot, whose sins are now forgiven you, for I, the Lord, forgive sins, and am merciful unto those who confess their sins with humble hearts.

Doctrine and Covenants 61:2

Elder Marion G. Romney

“We confess all our sins unto the Lord. For transgressions which are wholly personal, affecting none but ourselves and the Lord, such confession would seem to be sufficient.

“For misconduct which offends another, confession should also be made to the offended one, and his forgiveness sought.

“Finally, where one’s transgressions are of such a nature as would, unrepented of, put in jeopardy his right to membership or fellowship in the Church of Jesus Christ, full and effective confession would, in my judgment, require confession by the repentant sinner to his bishop or other proper presiding Church officer”

(in Conference Report, Oct. 1955, 125).

President Uchtdorf

True repentance brings us back to doing what is right. To truly repent we must recognize our sins and feel remorse, or godly sorrow, and confess those sins to God. If our sins are serious, we must also confess them to our authorized priesthood leader. We need to ask God for forgiveness and do all we can to correct whatever harm our actions may have caused. Repentance means a change of mind and heart—we stop doing things that are wrong, and we start doing things that are right. It brings us a fresh attitude toward God, oneself, and life in general.

Point of Safe Return April 2007

Richard G. Scott, October 1998 Conference

For a moment I speak to anyone that has succumbed to serious temptation. Please stop now. You can do it with the help from an understanding parent, bishop, or stake president. Serious transgression such as immorality requires the help of one who holds keys of authority, such as a bishop or stake president, to quietly work out the repentance process to make sure that it is complete and appropriately done. Do not make the mistake to believe that because you have confessed a serious transgression that you have repented of it. That is essential, but it is not all that is required. Nor assume that because someone did not ask you all the important details of a transgression, that you need not mention them. You personally must make sure that the bishop or stake president understands those details so that he can help you properly through the process of repentance for full forgiveness.

Judge in Israel

And also to be a judge in Israel, to do the business of the church, to sit in judgment upon transgressors upon testimony as it shall be laid before him according to the laws . . . This is the duty of a bishop. . . Thus shall he be a judge, even a common judge among the inhabitants of Zion, or in a stake of Zion, or in any branch of the church where he shall be set apart unto this ministry...

Note: A priesthood leader discerning forgiveness from the Lord is not the same as offering forgiveness from the Church. A priesthood leader may discern that an individual has been forgiven by the Lord, but no man can forgive another on behalf of the Lord.

President Packer, October 2013

Jesus Christ has prescribed a very clear method for us to repent and find healing in our lives. The cure for most mistakes can be found by seeking forgiveness through personal prayer. However, there are certain spiritual illnesses, particularly those dealing with violations of the moral law, which absolutely require the assistance and treatment of a qualified spiritual physician.

Matthew 18:15

**Moreover if thy brother shall
trespass against thee, go and tell
him his fault between thee and
him alone . . .**

By this ye may know if a man
repenteth of his sins—behold, he will
confess them and forsake them.

Doctrine and Covenants
58:42

How is confessing and forsaking
our sins connected?

CONFESS

To own; to acknowledge;
to declare to be true, or to
admit or assent to in
words; opposed to deny.

Noah Webster 1828 Dictionary

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See: D&C 58:42-43; Mosiah
27:35; Helaman 5:17; Enos 1:11

Forsaking sin means
you will not repeat it;
not in action or word,
not even in your mind.

Elder Holland, *Remember Lot's Wife*, BYU Speeches, 1/13/2009

When something is over and done with, when it has been repented of as fully as it can be repented of, when life has moved on as it should and a lot of other wonderfully good things have happened since then, ***it is not right to go back and open up some ancient wound that the Son of God Himself died trying to heal.***

Let people repent. Let people grow. Believe that people can change and improve. Is that faith? Yes! Is that hope? Yes! Is it charity? Yes! Above all, it is charity, the pure love of Christ. If something is buried in the past, leave it buried.

. . . Such dwelling on past lives, including past mistakes, is just not right! It is not the gospel of Jesus Christ.



If you through poor judgment, were to cover your shoes with mud, would you leave them that way? Of course not. You would cleanse and restore them . Would you then gather the residue of mud and place it in an envelope to show others the mistake that you made? No! Neither should you continue to relive forgiven sin. Every time such thoughts come into your mind, turn your heart in gratitude to the Savior.

Elder Scott, April 1986

Satan will try to use our memory of any previous guilt to lure us back into his influence. We must be ever vigilant to avoid his enticements. . . . It [is] imperative to protect [yourself] spiritually from any attraction to the memory of past sins.

Elder Richard G. Scott

October 2013 Conference
“Personal Strength through the Atonement”

The Scapegoat—Leviticus 16

21 And Aaron shall lay both his hands upon the head of the live goat, and confess over him all the iniquities of the children of Israel, and all their transgressions in all their sins, putting them upon the head of the goat, and shall send him away by the hand of a fit man into the wilderness:

22 And the goat shall bear upon him all their iniquities unto a land not inhabited: and he shall let go the goat in the wilderness.



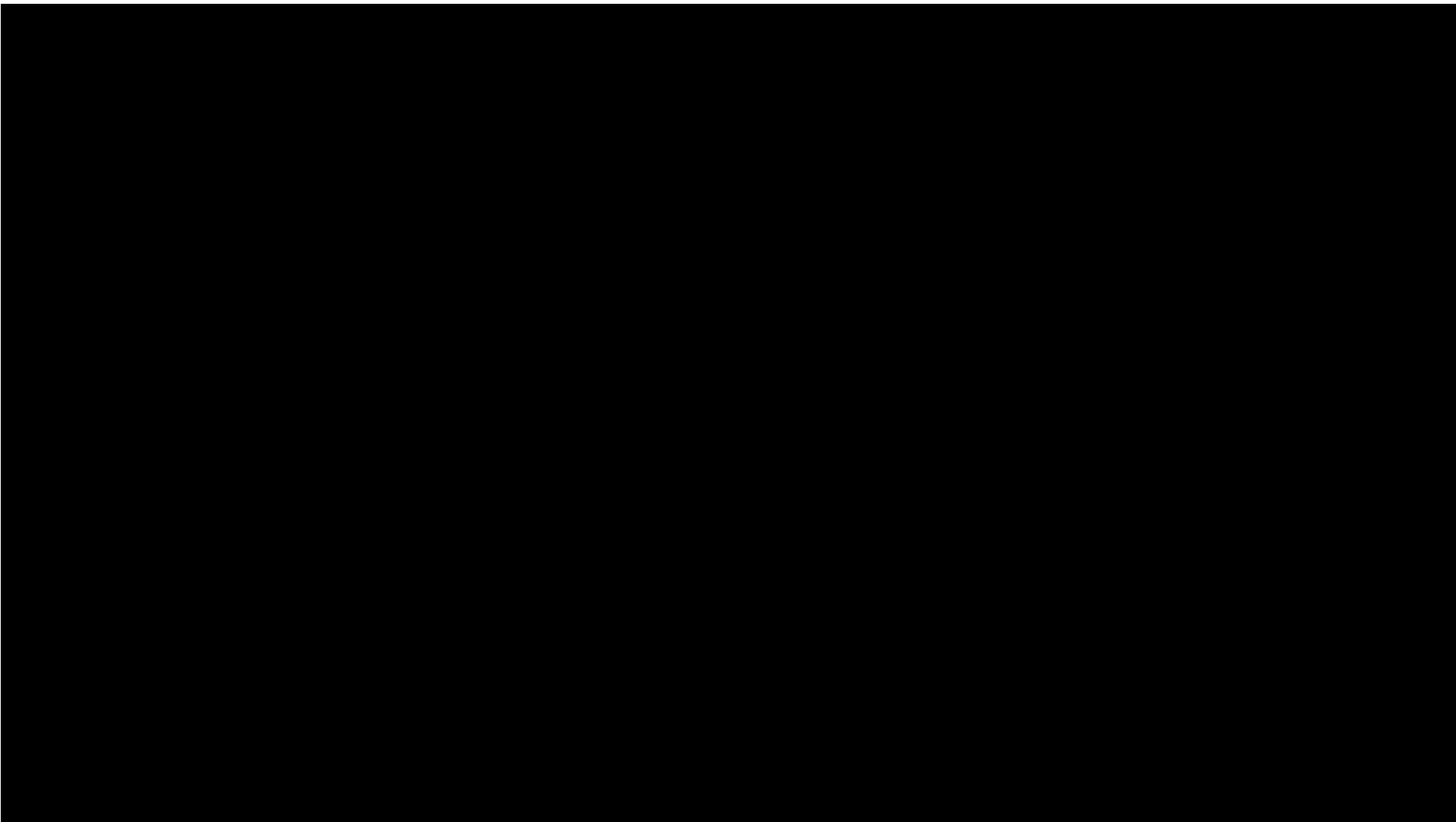
Leviticus 16:20-22

The Scapegoat

A Fit Man

Wilderness, not
inhabited





Elder Shayne Bowen, October 2006
