

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

**“Conditions of Repentance”**

# Repentance is an Exchange of Gifts

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Offering up our sins is our gift to Him

His suffering for sin is His gift to us



**Question: *Who is righteous?***

**Answer: Anyone who is repenting!**

***No matter how bad he has been, if he is repenting, he is a righteous man. There is hope for him. And no matter how good he has been all his life, if he is not repenting, he is a wicked man. The difference is which way you are facing. The man on the top of the stairs facing down is much worse off than the man on the bottom step who is facing up. [When] the direction we are facing [is toward Jesus Christ], that is repentance; and that is what determines whether we are good or bad.***

*Of All Things! Classic Quotations from Hugh Nibley*, 2nd ed., rev. and expanded, compiled and edited by Gary P. Gillum, p.7



How do we begin  
to repent?

Yet grace, if thou repent, thou canst not lack;  
But who shall give thee that grace to begin?  
O make thyself with holy mourning black,  
And red with blushing, as thou art with sin;  
Or wash thee in Christ's blood, which hath this might  
That being red, it dyes red souls to white!

John Donne

1572-1631

Holy Sonnets IV, 248



## Three Parts of Repentance

- Conditions
- Actions
- Manifestations



# The Process of Repentance

## 1. Conditions of Repentance

- Sacrifice of a “Broken heart and contrite spirit”
- True Godly Sorrow

## 2. Actions of Repentance

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

## 3. Manifestations of Repentance

- Confess
- Forsake
- Restitution
- Forgive yourself and others

# “Conditions of Repentance”

Alma 17:15; 42: 13;  
Helaman 5:11;  
14:18; D&C 18:12

- **2 Nephi 2:6-7; 4:32**
- **3 Nephi 9:20-22;  
12:19-20**
- **Mormon 2:13-14**
- **Moroni 6:2**
- **Doc. & Cov. 20:37**
- **2 Corinthians 7:9-10**

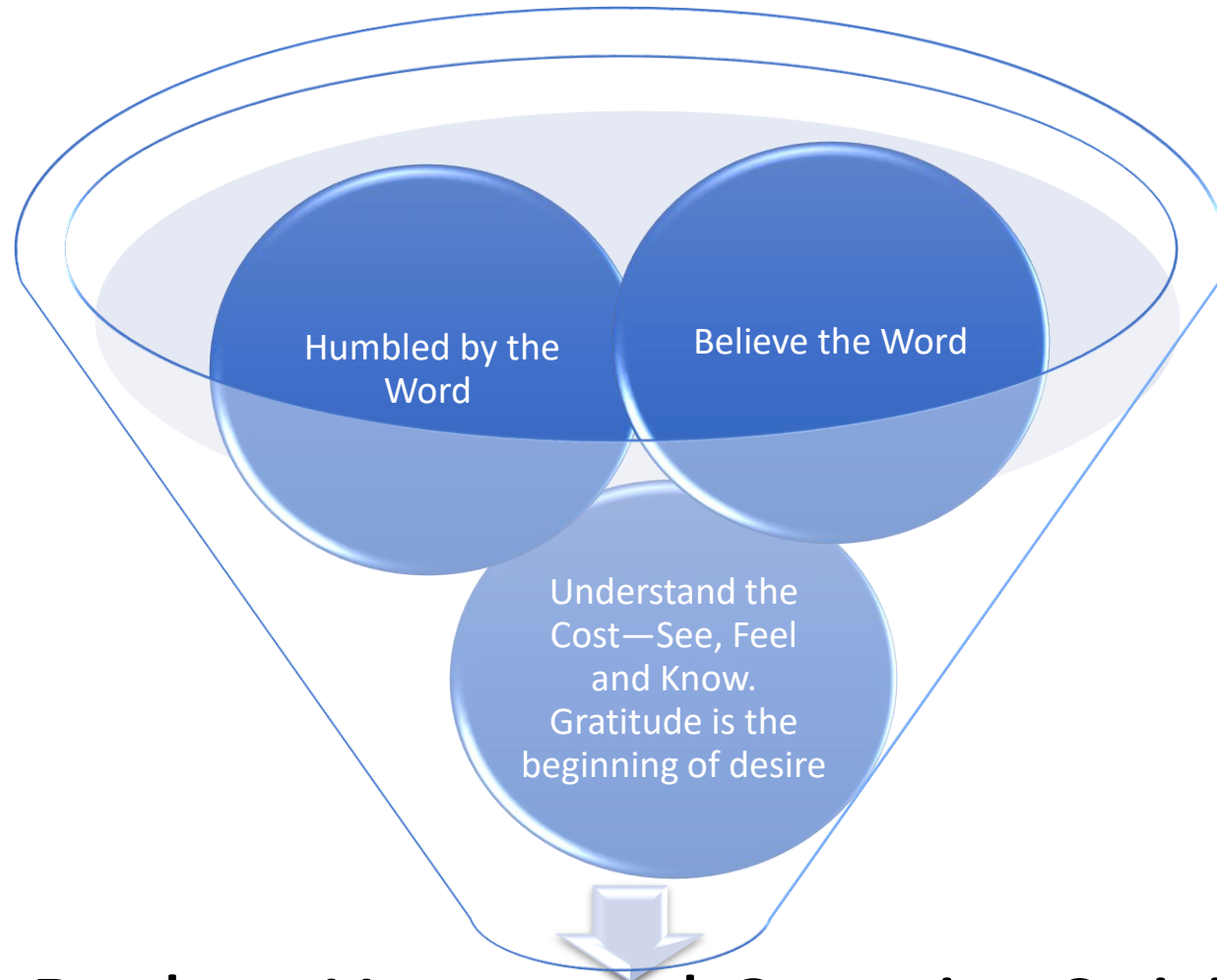
• What are the  
“Conditions of  
Repentance?”



Question asked by a missionary in an  
exit interview before he left the MTC  
to return home because of  
unworthiness:

***Well then, tell me, how can  
I break my own heart?***

# How do we fulfill the conditions of repentance?



**Broken Heart and Contrite Spirit**

**Godly sorrow is not as deep as it could be, or should be, if we are only sorry because of our disobedience in breaking a commandment.**

**Deep Godly sorrow, the kind that leads to a *broken heart and contrite spirit*,**

**is the result of understanding the real consequences of our sins—the pain and suffering we have caused others, especially the price that was paid, and the pain that was suffered by Christ for us individually in Gethsemane and on the Cross.**

# Elder Quentin L. Cook, Oct. 2009

- President Ezra Taft Benson defined a broken heart and a contrite spirit this way: “Godly sorrow . . . Is a deep realization that our actions have offended our Father and our God. It is the sharp and keen awareness that our sins caused Him [the Savior] to bleed at every pore. This very real mental and spiritual anguish is what the scriptures refer to as having a ‘broken heart and a contrite spirit’”

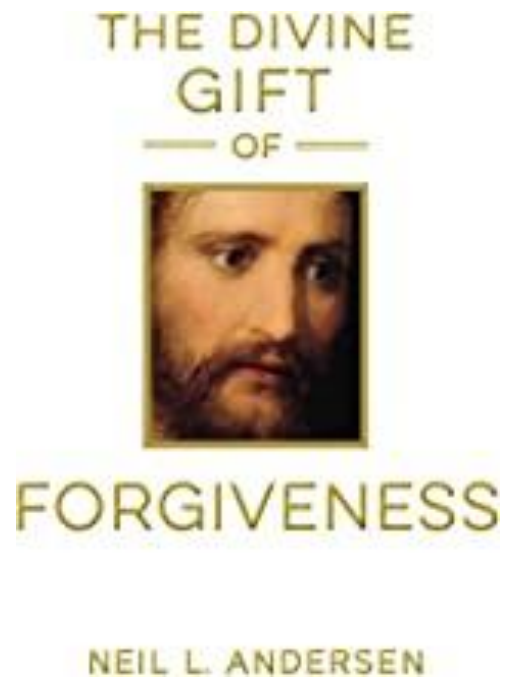
(Ensign, Oct. 1990, 4)

# Elder Oaks, October 2008

- The sacrament is the ordinance that replaced the blood sacrifices and burnt offerings of the Mosaic law, and with it came the Savior's promise: "And whoso cometh unto me with a broken heart and a contrite spirit him will I baptize with fire and with the Holy Ghost." (3 Ne. 9:20)

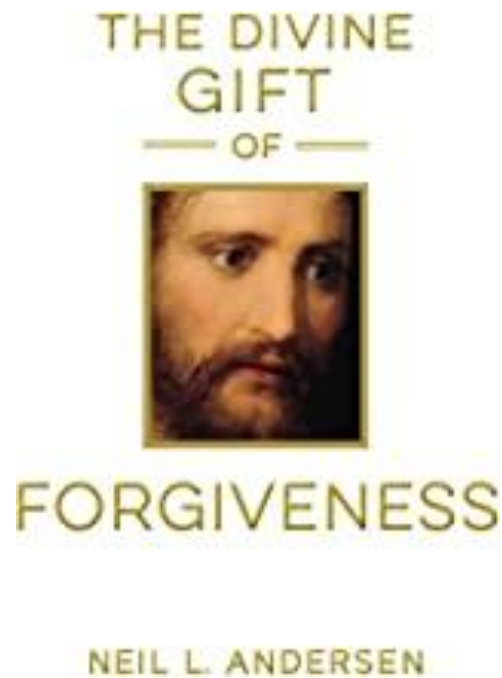
# Sister Neill F. Marriott

- True worship [and repentance] begins when our hearts are right before the Father and the Son. What is our heart condition today? Paradoxically , in order to have a healed and faithful heart, we must first allow it to break before the Lord.
- October 2015



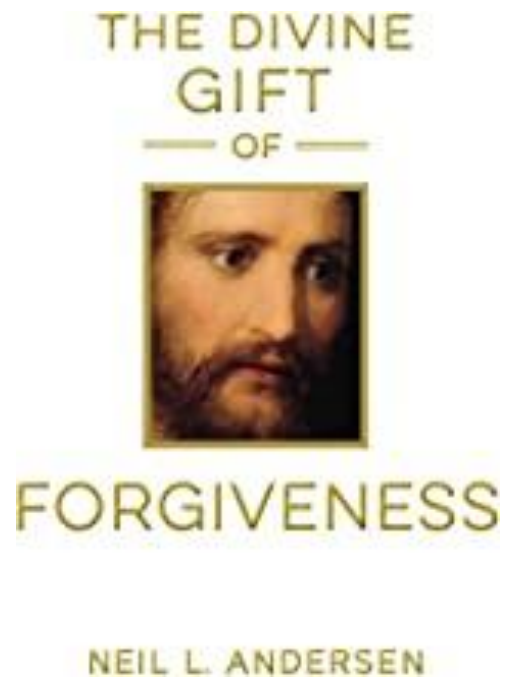
“President Boyd K. Packer said, ‘Restoring what you cannot restore, healing the wound you cannot heal, fixing that which you broke, and you cannot fix is the very purpose of the Atonement of Christ. When your desire is firm, and you are willing to pay [but knowing you can’t] the ‘uttermost farthing (Matthew 5:25-26) the law of restitution is suspended. Your obligation is transferred to the Lord. He will settle your accounts.’”

P. 155-56



“Perhaps the greatest awakening of this life to a spiritually sensitive son or daughter of God is the uniquely personal realization that Jesus Christ’s payment for sin is very real and that His suffering is not just for everyone else—but also for you and me! . . . As we spiritually understand that He has suffered for our sins, we feel sadness for our part of His pain. We realize that it is part of the plan of our Father, but we are overwhelmed with the gift He is offering to us. This wonder, this appreciation, this adoration of a Savior who has done this for us, takes us to our knees as our spirit is filled with godly sorrow, embracing the feeling of broken heart and a contrite spirit.”





A broken heart, a contrite spirit, and sorrow after a godly manner allow us to begin to feel the power of our Savior's marvelous bestowal of mercy.

P. 160