

Eagle Mountain Utah  
Silver Lake Stake  
Adult Institute Class  
25 February 2021

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# What Repentance Is

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

# WHAT REPENTANCE IS . . .



Repentance is turning around, facing the Savior, moving toward Him, laying your sins at His feet, relying on His merits by receiving His Atonement and giving yourself wholly, completely to Him.

Repentance is exercising your faith in Christ, knowing that He will forgive you and understanding that the ultimate display of your gratitude for His suffering is to receive His forgiveness as a gift, which you could never earn on your own merits.

# The Merits of Christ

2 Nephi 2:3-4, 6-8; 31:19

Mosiah 2:19-24

Alma 22:13-14; 24:10-11

Helaman 14:13

Moroni 6:4

Doctrine and Covenants 3:20

When we understand that we are saved and redeemed, by **His** merits not ours, we will worry less about us being good enough to repent and be forgiven, but rather we will focus more on the truth that because **He** was good enough we can repent and be forgiven. We will learn to rely on **Him**, to cry out to **Him** for **His** mercy and grace. We are saved and redeemed, by **His** righteousness not our own.

# What's Your Focus and Who's Your Focus?

What if you focused less on your badness and more on the goodness of Christ?

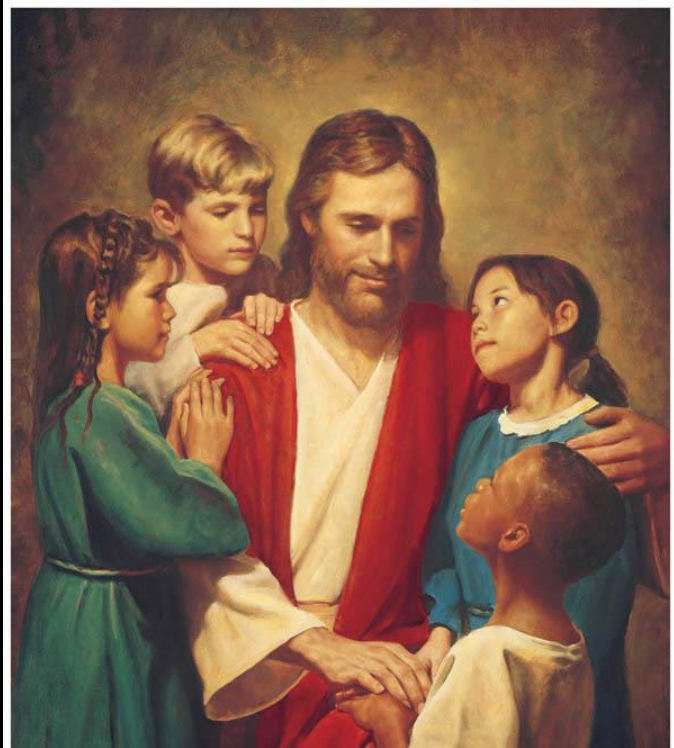
What if you focused less on your sins and more on His sacrifice

How would this change your approach to repentance?

How would your heart be more broken and your spirit more contrite?



# “Come unto Me”



Six times in the New Testament

Twenty-nine times in the Book of Mormon

- **3 Nephi 9:13-14,22**
- **3 Nephi 12:3,19,20,23-24**
- **3 Nephi 18:25,32**
- **3 Nephi 21:6**
- **3 Nephi 30:2**
- **Doctrine and Covenants 10:67-68**

What if the invitation of Christ to  
*“Come unto me,”*  
is really a call to follow Him to  
Gethsemane, to see Him suffering  
there and then on the Cross, to  
witness His infinite love for us, and  
infinite suffering for our sins?  
*following Him and being a disciple*  
means so much more than just  
keeping His commandments.

It means

**REPENT!**

*“...After you have been to Gethsemane  
and back, you will understand  
what true repentance is.”*

Story from Elder Vaughn J. Featherstone,  
Quoted in The Infinite Atonement, Tad R. Callister, 185.

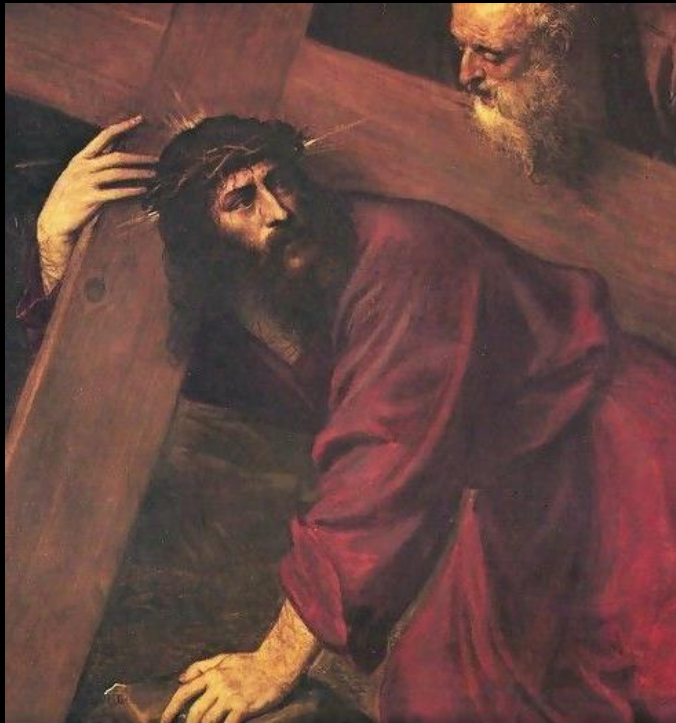


*It is the **wounded Christ** who is the captain of our soul—He who yet bears the scars of sacrifice, the lesions of love and humility and forgiveness. Those wounds are what He invites young and old, then and now, to step forward and see and feel. . . .*

“This Do in Remembrance of Me,”  
October 1995 General Conference

# *When we adore Him, we abhor sin.*

*See Alma 13:12*



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**When you witness, with an eye of faith, the suffering of Christ, when you stand at the foot of the cross and hear Him cry out, “Why hast thou forsaken me,” you will not want to forsake Him and sin against Him anymore. But you will want to run to His aid and succor Him, knowing that His suffering was motivated by His desire to succor you. When you begin to feel what your sins have cost Him, you will adore Him and abhor sin.**

# The Great Irony

The closer we get to Christ the further our sins  
move away from us.

**And yet . . .**

The closer we get to Christ  
the more aware of our sins and weakness we become,  
and the less righteous we may feel.

That is why no one repents more than the prophets.

## C.S. Lewis

“When a man is getting better he understands more and more clearly the evil that is still left in him. When a man is getting worse he understands his own badness less and less. A moderately bad man knows he is not very good: a thoroughly bad man thinks he is all right. This is common sense, really. You understand sleep when you are awake, not while you are sleeping. . . . You can understand the nature of drunkenness when you are sober, not when you are drunk. Good people know about both good and evil: bad people do not know about either.”

Mere Christianity





April 2016





Elder Renlund, April 2016

# What is Repentance?



Repentance,  
then, is His gift to  
us, purchased at  
a very dear price.

October 2016 Conference

# Repentance is an Exchange of Gifts

His suffering and sacrifice  
for our sins is His gift to us



Offering up our sins and  
hearts is our gift to Him  
(Alma 22:18; 3 Ne. 9:20)

**Elder Christofferson,** April 2004 Conference

**In ancient times when people wanted to worship the Lord and seek His blessings, they often brought a gift. For example, when they went to the temple, they brought a sacrifice to place on the altar. After His Atonement and Resurrection, the Savior said He would no longer accept burnt offerings of animals. The gift or sacrifice He will accept now is “a broken heart and a contrite spirit.” As you seek the blessing of conversion, you can offer the Lord the gift of your broken, or repentant, heart and your contrite, or obedient, spirit. In reality, it is the gift of yourself—what you are and what you are becoming.**

**Is there something in you or in your life that is impure or unworthy? When you get rid of it, that is a gift to the Savior. Is there a good habit or quality that is lacking in your life? When you adopt it and make it part of your character, you are giving a gift to the Lord. Sometimes this is hard to do, but would your gifts of repentance and obedience be worthy gifts if they cost you nothing? Don't be afraid of the effort required. And remember, you don't have to do it alone. Jesus Christ will help you make of yourself a worthy gift. His grace will make you clean, even holy.**

(Elder Christofferson, "When Thou Art Converted," April 2004)

# Repent + Obedience = Conversion



Repent means to “Turn from” or  
“Turn back,” or “Return.”

Conversion means to “Turn with.”  
Conversion is repentance coupled  
with obedience.

(Elder Nelson, Oct. 2005)

# Greek—New Testament

Μετανοέω = *metanoēō*

- 1) to change one's mind for the better
- 2) heartily to amend and change one's sinful past

# Hebrew—Old Testament

שׁוּב = Shuwb

- 1) to turn back, return to God
- 2) to restore, refresh, repair



Unfortunately, the original Hebrew and Greek were translated into Latin, the common language; 'shuwb' and 'metanoeo' were translated into 'Poenitere,' which means, 'to punish, make penance, be penitent,' and it came to eventually mean, 'hurting, whipping, cutting, mutilating, disfiguring, starving, or even torturing.'