



**EAGLE MOUNTAIN UTAH,
SILVER LAKE STAKE
ADULT INSTITUTE CLASS**

**“FORGIVING YOURSELF AND
OTHERS”**

25 March 2021

THE PROCESS OF REPENTANCE:

- Conditions

Broken heart and contrite spirit

Godly sorrow

- Actions

Cry out in faith

Offer your whole soul

- Manifestations

Confess

Forsake

Restitution

Forgive yourself and others



Manifestations of repentance are:

Confess

Forsake

Restitution

Forgive yourself and others

Restitution

Try to restore what was lost as the result of our sins

Exercise of faith and trust that through Christ, all that was lost may be restored because of His Atonement

In sacrifice we serve Christ, love Him, and obey Him, understanding that our debt to justice is transferred to Him, who paid and met all the demands of justice.

The Divine Commandment to Forgive Others:

Doctrine and Covenants 64:9-10; 82:1

Mosiah 26:31

3 Nephi 12:43-44; 13:9-15

Colossians 3:12-14

Jesus prayed:

And forgive us our debts, as we forgive our debtors.

Then He taught:

For if ye forgive men their trespasses, your Heavenly Father will also forgive you, but if ye forgive not men their trespasses, neither will your Father forgive your trespasses.



Matthew 6:12, 14-15



President Uchtdorf, April 2012 Conf.

Remember, heaven is filled with those who have this in common: They are forgiven. And they forgive.

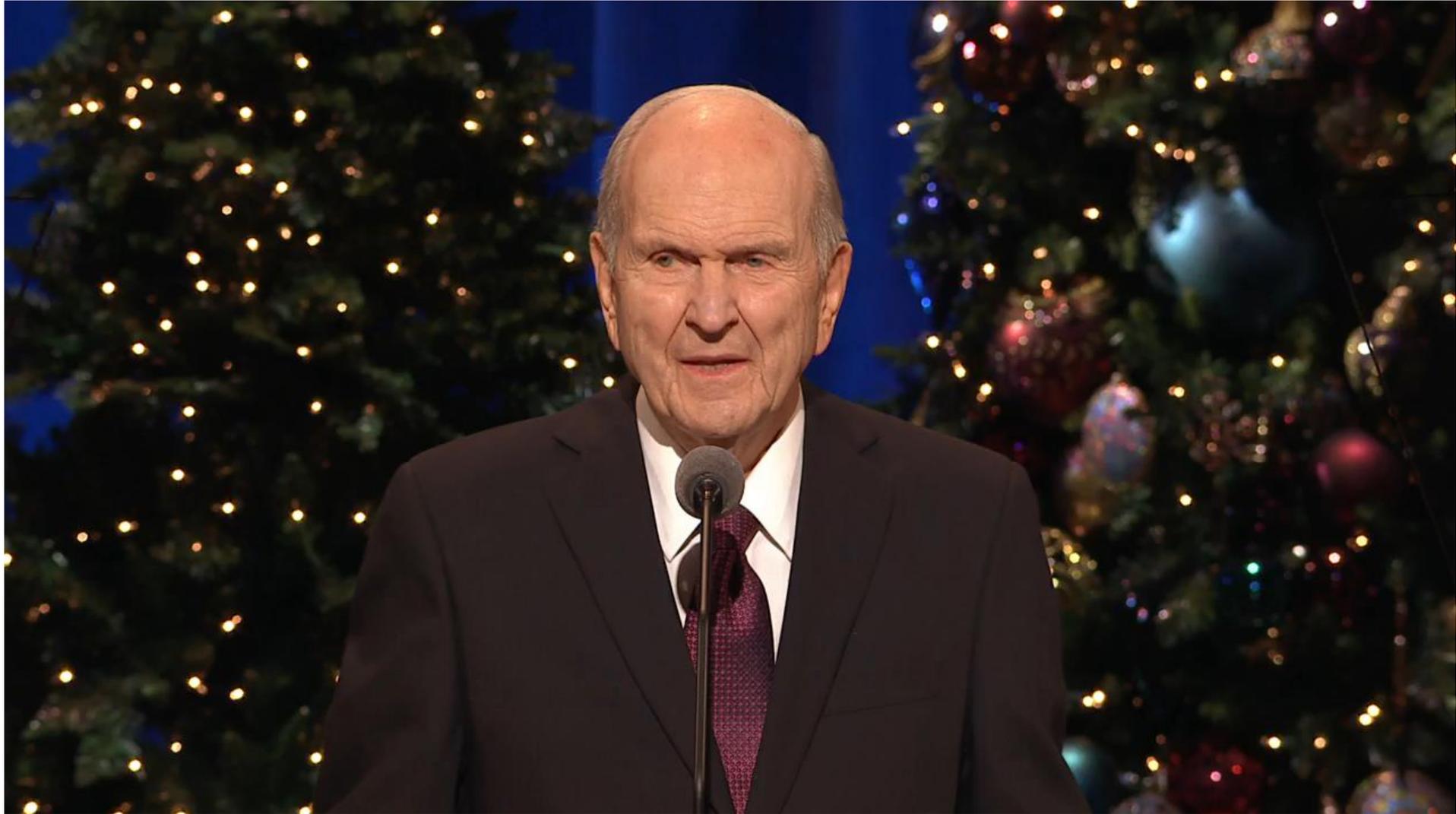
Lay your burden at the Savior's feet. Let go of judgment. Allow Christ's Atonement to change and heal your heart. Love one another. Forgive one another.

The merciful will obtain mercy.

Elder Holland, October 2018

“Forgive, and ye shall be forgiven,” Christ taught in New Testament times. And in our day: “I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.” It is, however, important for some of you living in real anguish to note what He did *not* say. He did *not* say, “You are not allowed to feel true pain or real sorrow from the shattering experiences you have had at the hand of another.” *Nor* did He say, “In order to forgive fully, you have to reenter a toxic relationship or return to an abusive, destructive circumstance.” But notwithstanding even the most terrible offenses that might come to us, we can rise above our pain only when we put our feet onto the path of true healing. That path is the forgiving one walked by Jesus of Nazareth . . .”

Christmas Devotional 2018



President Nelson

Let us focus on *four* of the gifts Jesus Christ gave to all who are willing to *receive* them. First, He gave you and me an unlimited capacity *to love*. That includes the capacity to love the unlovable and those who not only do *not* love you but presently persecute and despitefully use you.

Ask for the Lord's help to love those He needs you to love, including those for whom it is not always easy to feel affection. You may even want to ask God for His angels to walk with you where you presently do not want to tread.

A second gift the Savior offers you is the ability *to forgive*. Through His infinite Atonement, you can forgive those who have hurt you and who may never accept responsibility for their cruelty to you.

It is usually easy to forgive one who sincerely and humbly seeks your forgiveness. But the Savior will grant you the ability to forgive anyone who has mistreated you in any way. Then their hurtful acts can no longer canker your soul.

2018 Christmas Devotional

***As our understanding of
the Atonement increases,
our ability to forgive
ourselves and others
increases.***

Elder Tad. R. Callister, The Infinite Atonement, 197



The Efficacy and Power of the Atonement of Christ

Christ not only paid for all the sins of the world, He also suffered for all the consequences of sin.

Through Christ's Atonement sinners may receive divine forgiveness from God if they repent; and victims may receive compensatory blessings from God if they forgive.

Note: Therefore, if we do not repent of our sins, or forgive others, we either lack adequate faith in, or appreciation for Jesus Christ and His Atonement; we may even make a mockery of it by not forgiving or repenting.

**Evidence of our receiving the
Atonement and mercy of
Christ in our life is our
willingness and desire to
administer the mercy and
forgiveness of Christ's
Atonement to others.**

Joseph Smith, The Prophet

All the religious world is boasting of righteousness; it is the doctrine of the devil to retard the human mind, and hinder our progress, by filling us with self-righteousness. The nearer we get to our Heavenly Father, the more we are disposed to look with compassion on perishing souls; we feel that we want to take them upon our shoulders, and cast their sins behind our backs... if you would have God to have mercy on you, have mercy on one another.

Teachings of the Prophet Joseph Smith, p.240-241

Why is it that we sometimes have trouble accepting the Christ's Atonement as recompense for the harms we suffer at others' hands?

. . . The Atonement has two sides: 1) Because of Christ's Atonement mercy can satisfy the demands that justice would impose upon us. We are typically quicker to accept [this side of the Atonement]—the idea that when we sin and make mistakes the Atonement of Christ is available to pay our debts.

2) Christ's Atonement also satisfies our demands of justice against others, to fulfill our rights to restitution and being made whole. We often don't quite see this side of the Atonement—how it satisfies our own demands for justice. Yet it does so. The Atonement heals us not only from the guilt we suffer when we sin, but it also heals us from the sins and hurts of others.

(Continued)

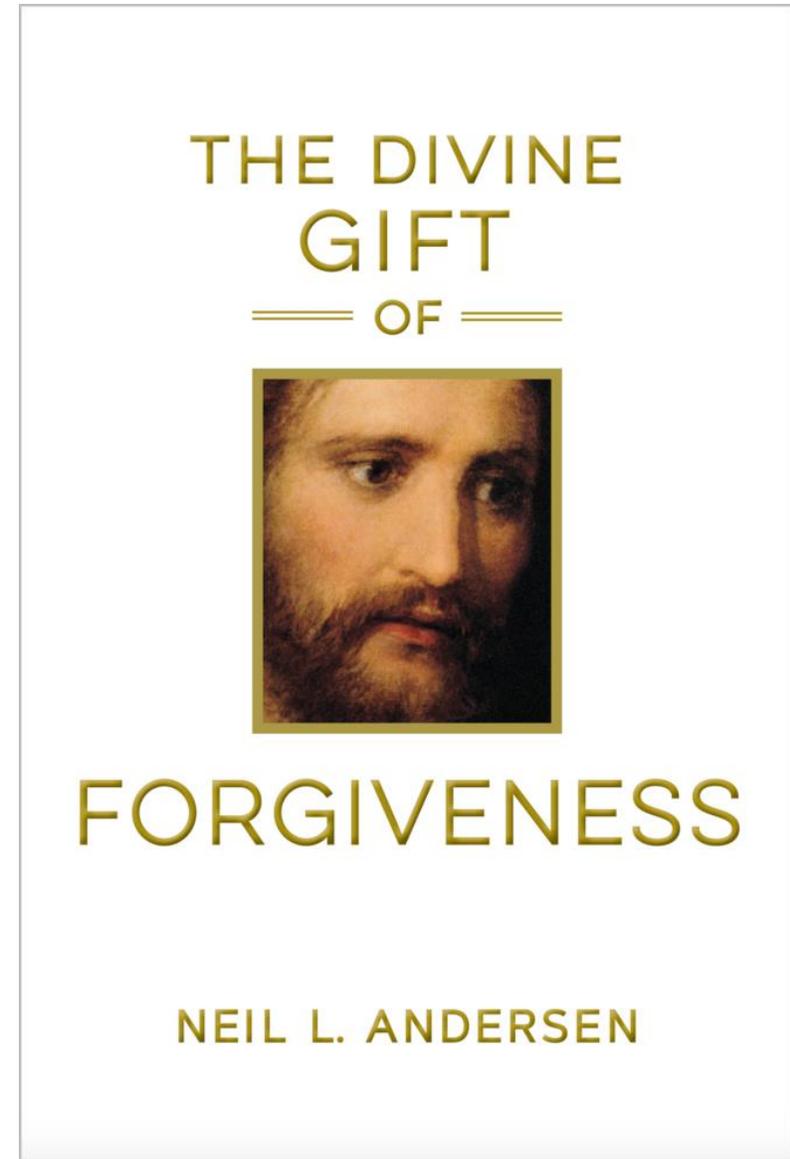
Faith in Christ and His Atonement must include both His power to pay for our sins and His power to pay for the sins of others [committed against us or our loved ones].

It is critical to understand that forgiving others is not just a practical virtue. It is *a profound act of faith in the Atonement* and the promise that the Savior's sacrifice repays not just our debts to others but also the debts of others to us.

. . . Forgiveness doesn't mean minimizing the sin; it means maximizing our faith in the Atonement of Jesus Christ.

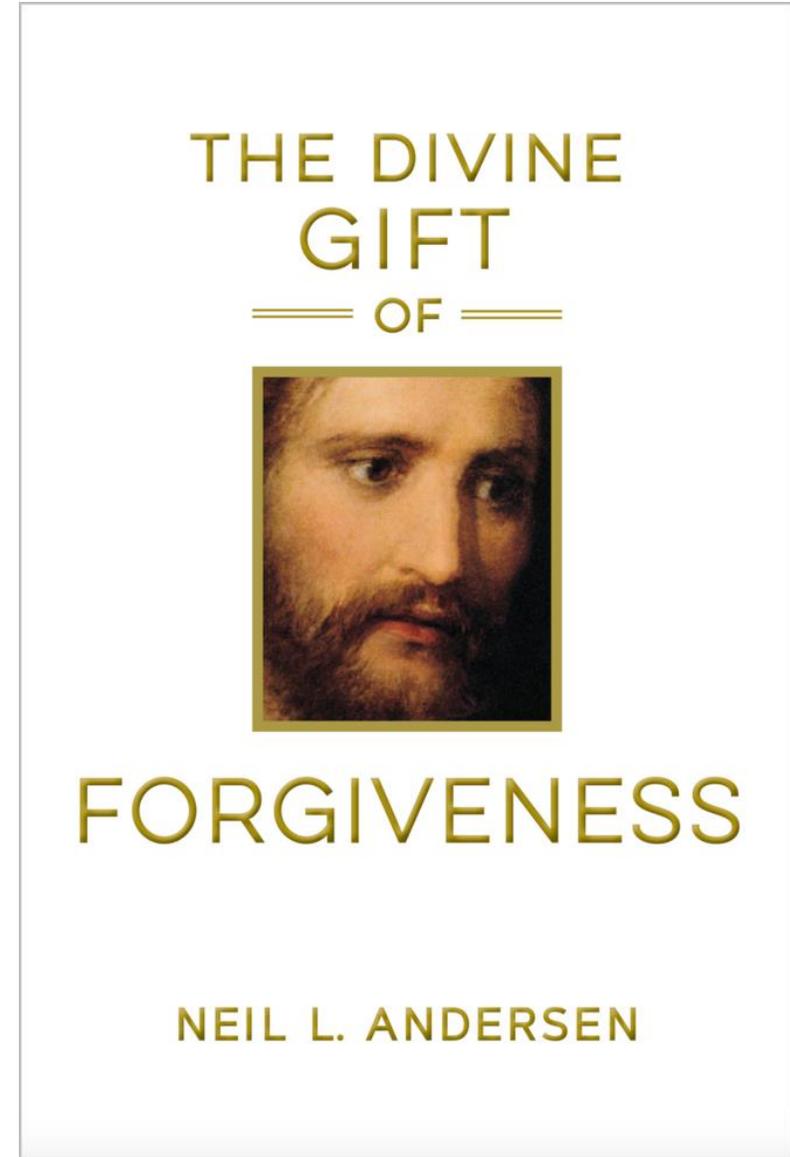
(James R. Rasband [Dean of BYU Law School], October 23, 2012, BYU Devotional, "Faith to Forgive Grievous Harms: Accepting the Atonement as Restitution"). Elder Rasband is currently a member of the Seventy.

Forgiveness is not excusing accountability or failing to protect ourselves our families, and other innocent victims. Forgiveness is not continuing in a relationship with someone who is not trustworthy. Forgiveness is not condoning injustice. Forgiveness is not dismissal the hurt or disgust we feel because of the actions of others. Forgiveness is not forgetting but remembering in peace.



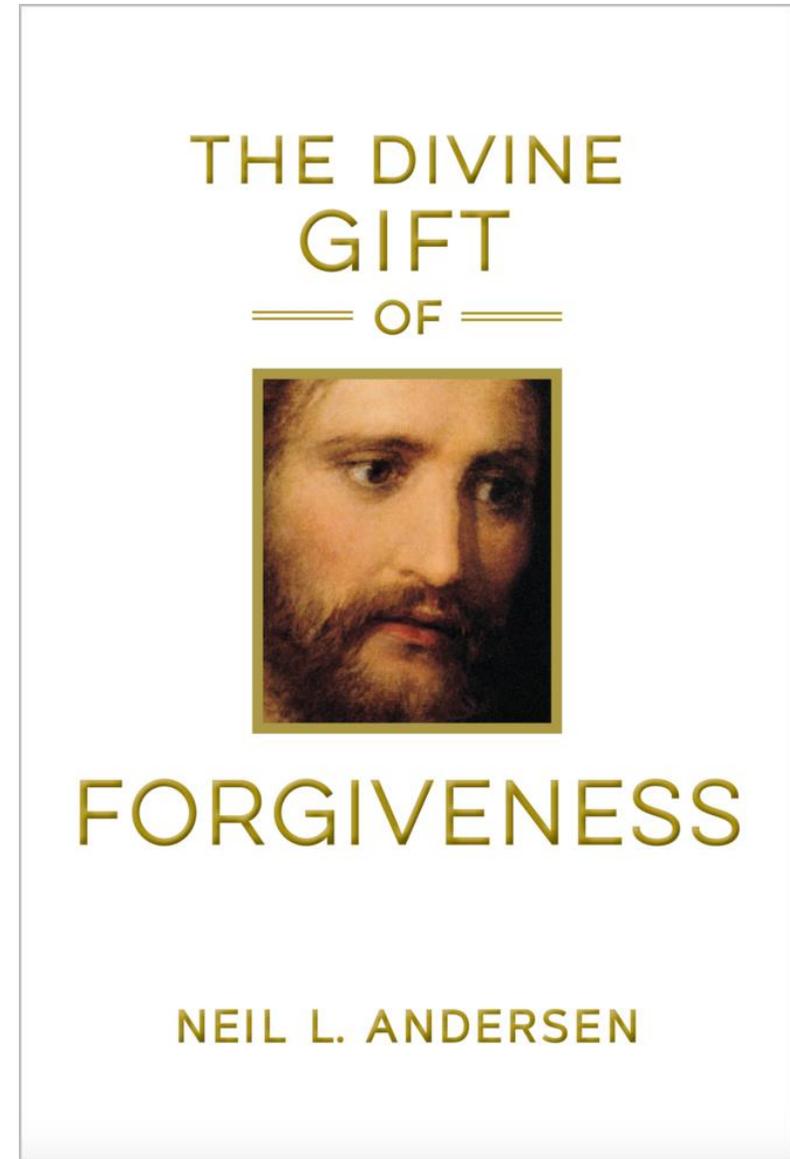
Forgiveness is putting more faith in Jesus Christ and His Atonement. In His time and in His way, His love and sacrifice for us will take away our pain and heal our souls. As we wait upon His healing, remembering how unjustly the Savior of the world was treated , we move forward in faith, believing that in this world or the next, God will generously and justly bless all who have been treated unjustly

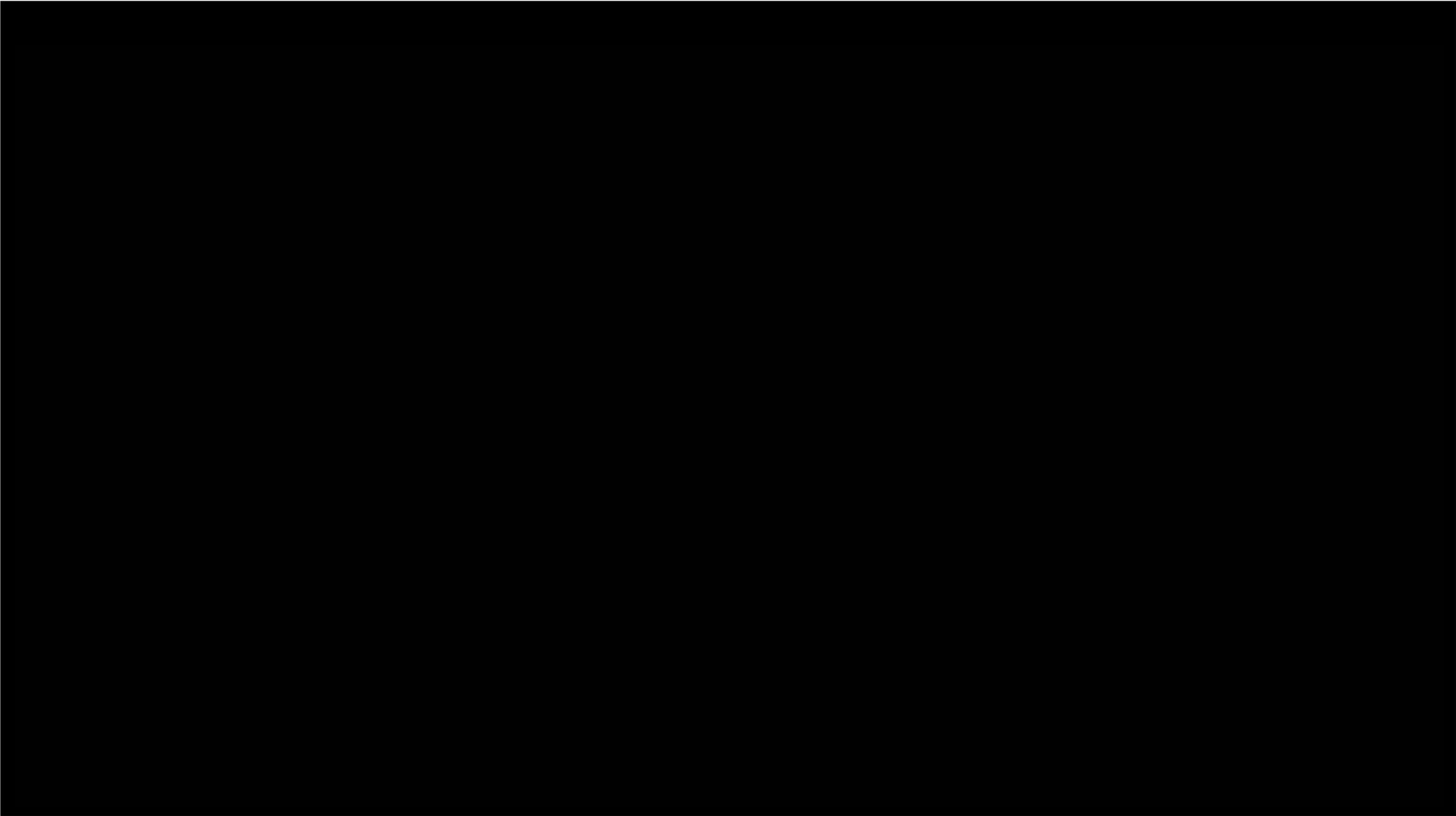
P.225



Our faith in the Atonement of Jesus Christ not only includes faith in the Savior's ability to pay for our sins, but also His ability to heal our wounds when others have sinned against us. Christ paid for all the sins of the world, including the effects of those sins. Forgiveness is not excusing sin; it is trusting in the Atonement of the Lord Jesus Christ.

P. 226





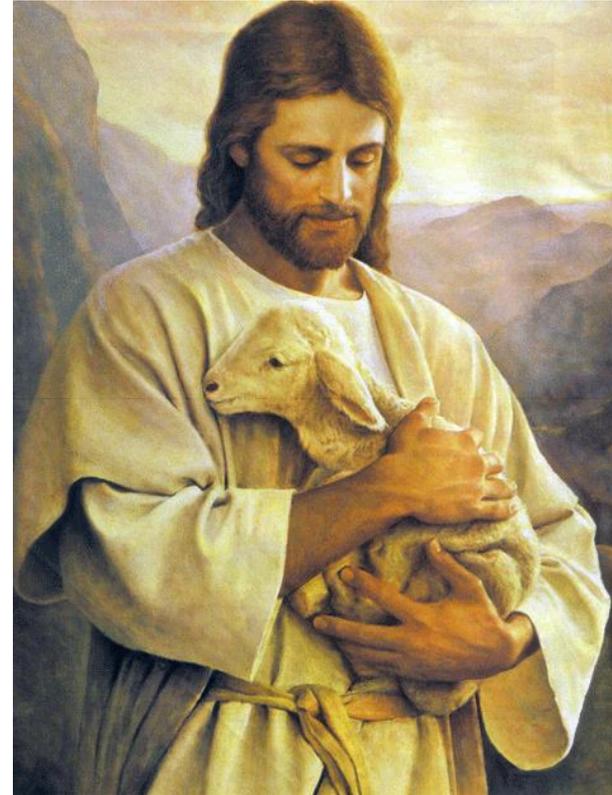
***As our understanding of the
Atonement of Jesus Christ
increases, our ability to
forgive ourselves and others
increases.***

Elder Tad. R. Callister, The Infinite Atonement, 197

**I think that if God forgives us
we must forgive ourselves.
Otherwise, it is almost like
setting up ourselves as a
higher tribunal than Him.**

C.S. Lewis, *Quotable Lewis*, 221

**The sheep is worthy
of divine rescue
simply because it is
loved by the Good
Shepherd.**



Pres. Uctdorf, April 2016



Pres. Uctdorf, April 2016

I testify that God sees us as we truly are—and He sees us worthy of rescue. You may feel that your life is in ruins. You may have sinned. You may be afraid, angry, grieving, or tortured by doubt. But just as the Good Shepherd finds His lost sheep, if you will only lift up your heart to the Savior of the world, He will find you. He will rescue you. He will lift you up and place you on His shoulders. He will carry you home.



President Monson, October 2013 General Conference

Your Heavenly Father loves you—each of you. That love never changes... It is there for you when you are sad or happy, discouraged or hopeful. God's love is there for you whether or not you feel you deserve love. **It is simply always there.**

. . . We do not ever walk alone. I promise you that you will one day stand aside and look at your difficult times, and you will realize that He was always there beside you.



“God doesn't care nearly as much about where you have been as He does about where you are and, with His help, where you are willing to go.”

(Remember Lot's Wife, BYU Speeches)

“Surely the **thing God enjoys most** about **being God** is the thrill of **being merciful**, especially to those who don't expect it and often feel they don't deserve it.”

(April 2012, Gen Conf.)

While it may be true that God's willingness to forgive us is dependent upon our willingness to forgive others, including ourselves; it is so natural to forgive when you know you are forgiven.

My experience has taught me that usually God forgives His children before they forgive themselves, and the key to forgiving themselves is knowing that God has already forgiven them.

**The Lord will
not force you to
feel forgiven.**

Refusing to forgive oneself is a form of
self-condemnation,
self-recrimination,
self-contempt,
self-loathing,
self-criticism,
self-disdain,

All of these forms of **self-abuse** are the result of false beliefs and perspectives, and their source is Satan who wants us to believe that our sins define who we are, and we will never be good enough, or be able to suffer enough to be forgiven by someone as good as Jesus.

(See: “Forgiving Oneself,” by Elder Richardson, Ensign March 2007)

Forgiving oneself of a sin does not mean excusing oneself for sinning. When we forgive a sin, we neither say it is OK nor that payment will not be required. Rather, forgiveness allows us to turn both the final judgment of guilt and the full payment of the debt over to the Lord. The Lord has said, “Leave judgment alone with me, for it is mine and I will repay.” (D&C 82:23)

(See: “Forgiving Oneself,” by Elder Richardson, Ensign March 2007)

Elder Jeffrey R. Holland

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.

(Cont.)

When repentance is sincere, when honest effort is being made to progress, we are guilty of the greater sin if we keep remembering and recalling and rebashing someone with their earlier mistakes—and that “someone” might be ourselves. We can be so hard on ourselves, often much more so than with others!

BYU Speeches, 13 January 2009, “Remember Lot’s Wife”

**False ideas, Ignorance, Negative Emotions, and the
Inability to recognize the Spirit keep us from
Forgiving Ourselves:**

- 1) Being too dependent on our own efforts and not dependent enough on the Atonement makes it extremely difficult to forgive ourselves. This is a deadly form of pride.
- 2) If we do NOT understand the doctrine of the Fall and the doctrine of the Atonement it may seem too hard to work out our repentance and to feel forgiven.
- 3) If we lack the faith that the Lord will forgive us, it may be impossible to forgive ourselves.
- 4) Fear may be at the root of not being able to forgive ourselves: fear of repeating the sin, fear that we have not fully repented, fear of moving on and fear of change, fear, fear, fear.
- 5) If we feel the Lord has not forgiven us, it is not easy to forgive ourselves.

The Antidotes for the reasons we choose not to forgive ourselves:

1) Humility helps us to be more dependent on Christ and His redeeming Atonement than upon our own efforts

2) Searching the scriptures and understanding the universal effects of the Fall and the power of the Infinite Atonement will help us see things (ourselves and sins) as they really are.

3) Praying with all energy of heart will fill us with perfect love which casteth out all fear and negative emotions

4) Learning of Christ, His character, His mercy and grace will help us to feel forgiven and forgive

5) Knowing that when we feel the Holy Ghost in our life the Atonement of Christ is doing it's work in our life.