

Repentance

Kyle Eggleston
Zone Conference
Monday July 10, 2000

The words of a children's hymn, though simple, carry an important message to us all.

"I am sorry" is not always easy to say
When I know I've been thoughtless
and done something wrong
I'll try to repent, to do better, to pray
That Heavenly Father will help me be strong
[1]

What is repentance? The children's song mentions the need to strive to do better, to try to be a better person. The Bible Dictionary states that repentance "denotes a change of mind, ie a fresh view about God, about oneself, and about the world... repentance comes to mean a turning of the heart and will to God." [2]

The reason we repent is because of the wrong things we do in this life that go against God and His ways. We are not perfect, all of us sin and falls short of the example of Jesus Christ. As we teach in the 2nd discussion, sin makes us unhappy and unworthy. After Nephi returned to his father's tent from a vision, he talked with his brothers who were having a difficult time understanding some of Lehi's teachings. As he was speaking with them, he stated the

following: "...the kingdom of God is not filthy, and there cannot any unclean thing enter into the kingdom of God..." [3]

After one is off the path back to God, they can get back to the straight and narrow path through repentance. It is through the Atonement of Jesus Christ that we are forgiven of our sins. Our hearts have to be in it, we must choose to repent, we must take that step willingly and not by force.

Also in the 2nd discussion, we teach people how to repent. These can be put under five different words starting with the letter R:

1. Recognize - Admit our sins
2. Remorse - Feel sorrow, a Godly sorrow
3. Request - Ask forgiveness
4. Restitution - Make things right
5. Refrain - Do not sin again

The Lord gives us a very powerful promise when we repent.

"...he that repents and does the commandments of the Lord shall be forgiven." [4]

"Come now and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." [5]

“Behold, he who has repented of his sins,
the same is forgiven, and I the Lord,
remember them no more.” [6]

1. Repentance, Children’s Hymns #98
2. Bible Dictionary pg 760
3. 1 Nephi 15:34
4. D&C 1:32
5. Isaiah 1:18
6. D&C 58:42