

# Repentance and Obtaining Forgiveness

Recognize that an attitude or action is out of harmony with God's will

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Remorse, feel genuinely sorry with a broken heart and contrite spirit

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Resolve and truly desire to make a permanent change

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Report, confess sins to the Lord or bishop and talk with people whom you trust

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Rely on the merits and mercy of God and put yourself in his hands

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Respond to priesthood guidance

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Request forgiveness from the Lord

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Receive God's gift of forgiveness

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Restitution, repair all possible damage to relationships with God or man

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Renew your life through a realization of redemption

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Reform your conduct by adopting new patterns of behavior

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Reciprocate by forgiving others

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Retain a remission by giving generously to those in need

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Reinstatement in the household of faith by making new commitments

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Repeat the resolve, especially during the sacrament

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Rejoice, expressing thanks to God and testimony to others

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## Explanation

Over and over, Jesus and John the Baptist called people to repentance. When Jesus sent forth his twelve, “they went out, and preached that men should repent” (Mk 6:12). Jesus said, “Except ye repent, ye shall all likewise perish” (Lk 13:5). Some of his most notable parables, including the stories of the prodigal son and the unmerciful servant, deal with the crucial themes of repenting and obtaining forgiveness. Chart 9-11 helps readers to identify some of the key steps of repentance that are reflected in the scriptures that guide people through the process of obtaining forgiveness and reconciliation through the atonement of Jesus Christ.

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## Reference

Spencer W. Kimball, *The Miracle of Forgiveness* (Salt Lake City: Bookcraft, 1969).