You Can Repent and Forgive

After you are baptized and confirmed, you are responsible to choose the right. Because of Jesus Christ's Atonement, when you do something wrong, you can repent and do better!

- Think about what you did.
- Pray to Heavenly Father. Ask Him to forgive you and help you do better next time.
- Apologize and do something to help make it better. If you need help, talk to a parent about it.
- When you have repented, Heavenly Father forgives you and you don't need to keep worrying about it. Try your best to do what Heavenly Father would want you to do.

If someone does something that upsets you, here's how to forgive so you can feel better!

- Try to think about why the other person might have done what he or she did.
- Think of something good about the other person.
- Pray for help to forgive when it's hard.
- Don't keep being angry at the person.

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