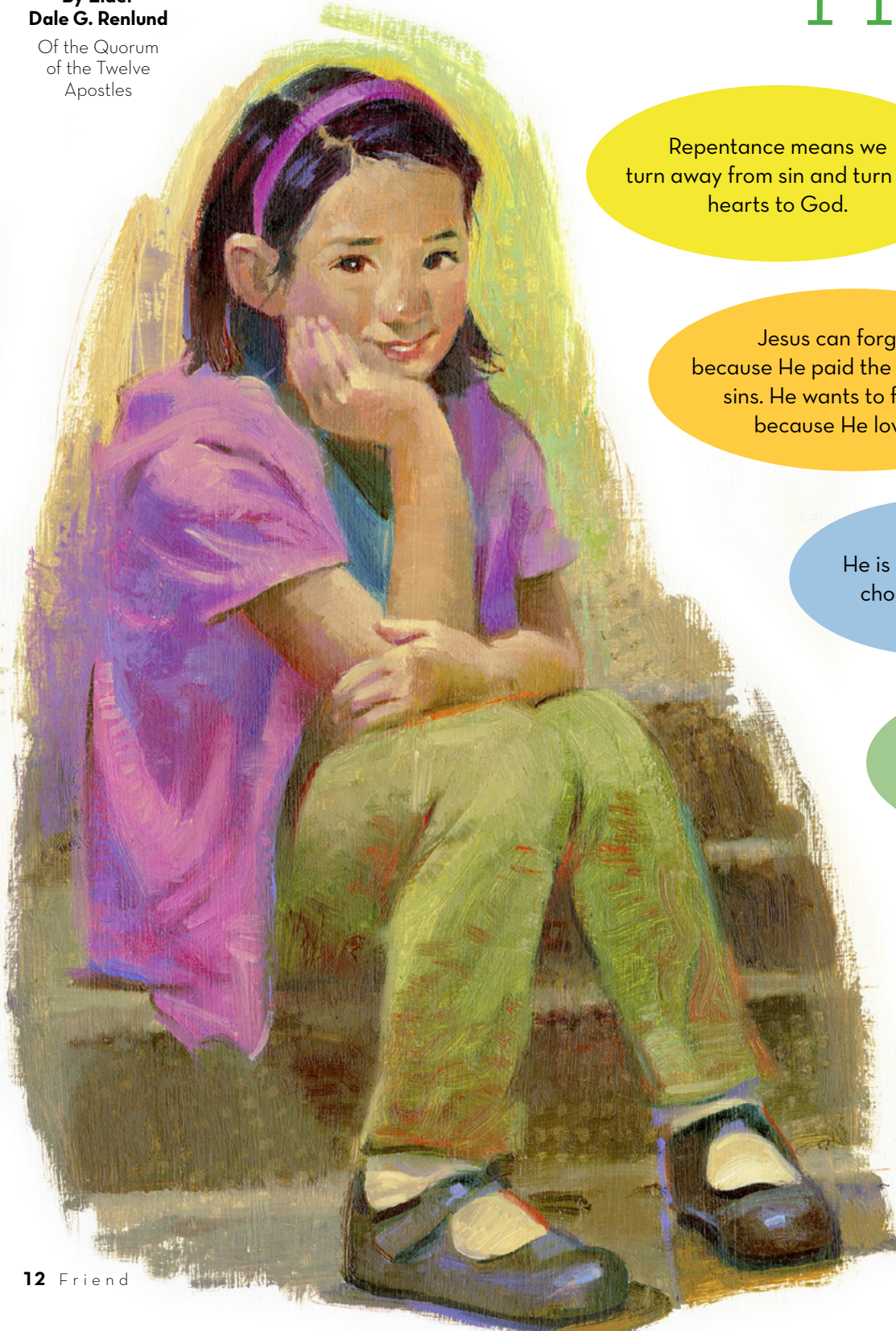




**By Elder  
Dale G. Renlund**

Of the Quorum  
of the Twelve  
Apostles

# How can repenting help me feel happy?



Repentance means we  
turn away from sin and turn our  
hearts to God.

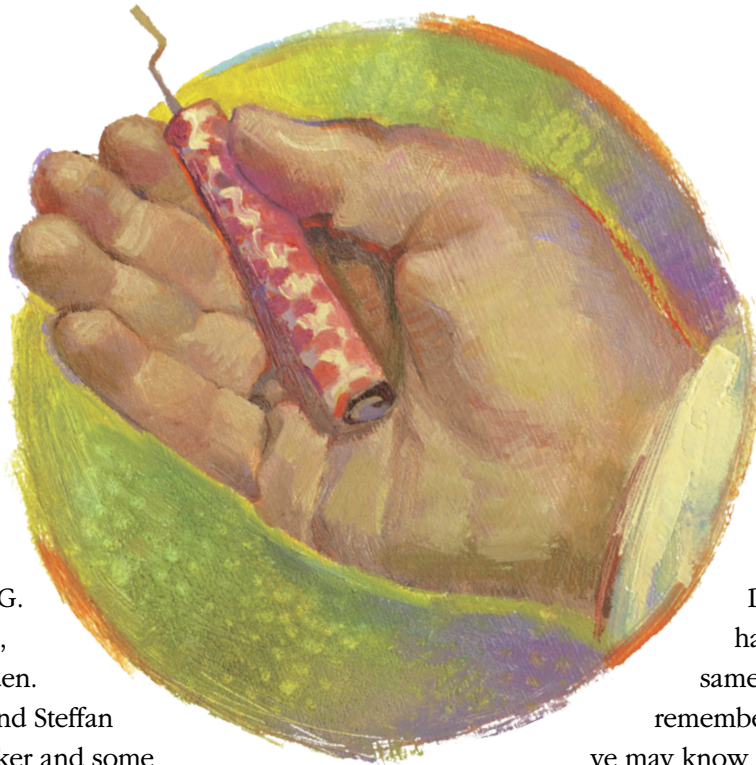
Jesus can forgive us  
because He paid the price for our  
sins. He wants to forgive us  
because He loves us.

He is happy when we  
choose to repent.

When He forgives us,  
we can feel happy too.

*Adapted from  
"Repentance: A  
Joyful Choice,"  
Ensign, Nov. 2016,  
121–124.*

# The Firecracker



When Elder Dale G. Renlund was 12, his family lived in Sweden. One Sunday, Dale's friend Steffan brought a large firecracker and some matches into the Church building. Dale was excited. Dale took the firecracker and lit the fuse. He was going to snuff out the fuse, but he burned his fingers and dropped the firecracker! Dale and Steffan watched in horror as the fuse kept burning.

The firecracker exploded! An awful smell filled the chapel. Dale and Steffan quickly picked up the pieces of firecracker and opened the windows to let the smell out. They hoped no one would notice.

As people came to sacrament meeting, they *did* notice. The smell was so strong that people couldn't focus on the meeting. Dale felt very embarrassed and ashamed. He knew that what he had done had disappointed Heavenly Father.

After church, President Lindberg, the branch president, asked Dale to come to his office because he could tell that something was wrong. Dale told President Lindberg how sorry he was about the firecracker.

President Lindberg was kind. He opened the scriptures and asked Dale to read some underlined verses.

Dale read, "Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more. By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them" (D&C 58:42–43).

When Dale finished reading, he saw President Lindberg smile. As Dale left the office, he felt happy.

Elder Renlund learned that he could be forgiven when he did something wrong. He could feel happy when he repented and kept Heavenly Father's commandments. ♦

