



I still remember sins I've repented of, and I feel guilty. Why can I not forget my sins?

Jesus Christ's Atonement makes forgiveness possible if we repent. True repentance includes humility, confession, forsaking of sins, and a commitment to keep the commandments.

The Lord has said, "He who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more" (Doctrine and Covenants 58:42). But what if *our* memory of our sins still haunts us? Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles has taught: "God did not promise that *we* would not remember our sins. Remembering will help us avoid making the same mistakes again. But if we stay true and faithful, the memory of our sins will be softened over time. This will be part of the needed healing and sanctification process" ("Point of Safe Return," *Ensign* or *Liahona*, May 2007, 101).

As we truly repent and focus on following the Savior, the Holy Ghost will be our companion and we will be moved to love and serve others. The sting of shame will be replaced by gratitude and hope. And we will glorify God for His kindness, love, and mercy.

What Do You Think?

"How can I enjoy church when I'm having issues with people there?"

Submit your answer and, if desired, a high-resolution photograph by March 15, 2019, at liahona.lds.org (click "Submit an Article or Feedback").

Responses may be edited for length or clarity.