

INSIGHTS

from YOUNG ADULTS

on making mistakes and trying again



“The best advice I’ve ever received was to **accept the gospel of Jesus Christ** and to partake of the sacrament every Sunday—to renew and remember the covenants I’ve made with God.”

—Ella Yanker, Sierra Leone

“Repent with the **intent to change**—not because of shame or feeling guilty.”

—Jessica Francisco, West Midlands, UK

“Repentance isn’t failure. It might feel like that, but **repentance is wonderful and healing.**”

—Heather Zacher, Washington, USA

from CHURCH LEADERS

“Repentance is not an event; it is a process. . . .

“Whether you are diligently moving along the covenant path, have slipped or stepped from the covenant path, or can’t even see the path from where you are now, I plead with you to repent. Experience the strengthening power of daily repentance—of doing and being a little better each day.

“When we choose to repent, we choose to change! We allow the Savior to transform us into the best version of ourselves. We choose to grow spiritually and receive joy—the joy of redemption in Him. When we choose to repent, we choose to become more like Jesus Christ!”

President Russell M. Nelson, “We Can Do Better and Be Better,” *Ensign*, May 2019, 67.

SHARE YOUR INSIGHTS

What has helped you find hope in your **struggles with mental health**?

Send us your response at ensign.ChurchofJesusChrist.org by January 31, 2020.