



## Alma 36–38

JULY 20–26

# How Does Repentance Turn Sorrow to Joy?

**A**lma shared his conversion experience with his son Helaman. Alma told him how he was “racked with eternal torment” because of “all [his] sins and iniquities” (Alma 36:12–13). How do you feel when you experience guilt from sin?

### Born of God

After three days of internal torment, Alma had a thought that eased the torment he had felt (see Alma 36:19). He testified that he had “been born of God” (Alma 36:23). What thought led to his being born of God? (See verse 18.)

### Joy after Great Sorrow

Alma experienced great sorrow because of his sins, but when he remembered and called upon Jesus Christ, his sorrow was replaced with the sweet and exquisite joy of forgiveness (see Alma 36:20).

### Trust in God

By remembering the Atonement of Jesus Christ, Alma learned to trust in God and knew he would be lifted up at the last day (see Alma 36:3). How has remembering and relying on the Savior’s Atonement brought you joy?

### DISCUSSION

What can you do to continually trust in the Lord and remember His atoning sacrifice?

How can you bring more souls unto repentance that they might also experience great and everlasting joy?