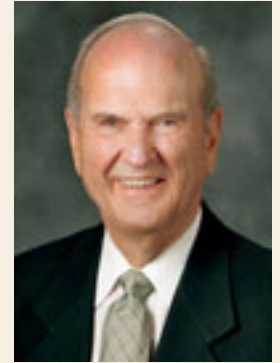


How do I repent?



Elder Russell M. Nelson of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

- The Lord has commanded us to repent, to change our ways, to come unto Him, and be more like Him.
- There must first be recognition, remorse, then confession.
- Confession is to be made to the person who has been wronged. Confession should be sincere and not merely an admission of guilt.
- The next step is restitution—to repair damage done.
- Then come steps to resolve to do better.
- Thanks to . . . the Atonement of Jesus Christ, full forgiveness is given to the sinner who repents and remains free from sin.

