

Prayerfully study this material and seek to know what to share. How will understanding the life and roles of the Savior increase your faith in Him and bless those you watch over through visiting teaching? For more information, go to reliefsociety.lds.org.



Faith, Family, Relief

The Attributes of Jesus Christ: Without Sin

This is part of a series of Visiting Teaching Messages featuring attributes of the Savior.

Our Savior, Jesus Christ, was the only one capable of making an atonement for mankind. “Jesus Christ, the Lamb without blemish, willingly laid Himself on the altar of sacrifice and paid the price for our sins,” said President Dieter F. Uchtdorf, Second Counselor in the First Presidency.¹ Understanding that Jesus Christ was without sin can help us increase our faith in Him and strive to keep His commandments, repent, and become pure.

“Jesus was . . . a being of flesh and spirit, but He yielded not to temptation (see Mosiah 15:5),” said Elder D. Todd Christofferson of the Quorum of the Twelve Apostles. “We can turn to Him . . . because He understands. He understands the struggle, and He also understands how to win the struggle. . . . The power of His Atonement can erase the effects of sin



in us. When we repent, His atoning grace justifies and cleanses us (see 3 Nephi 27:16–20). It is as if we had not succumbed, as if we had not yielded to temptation. As we endeavor day by day and week by week to follow the path of Christ, our spirit asserts its preeminence, the battle within subsides, and temptations cease to trouble.”²

Additional Scriptures

Matthew 5:48; John 8:7; Hebrews 4:15; 2 Nephi 2:5–6

From the Scriptures

The Savior paid the price of our sins through His divine Sonship, His sinless life, His suffering and the shedding of His blood in the Garden of Gethsemane, His death on the cross and His Resurrection from the grave. Through the Atonement of Jesus Christ, we can become clean again as we repent of our sins.

King Benjamin taught his people of the Atonement of Jesus Christ and then asked if they believed his words. “They all cried with one voice, saying: . . . the Spirit . . . has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually. . . .

“And we are willing to enter into a covenant with our God to do his will, and to be obedient to his commandments in all things” (Mosiah 5:1–2, 5).

We too can have a “mighty change” like the people of King Benjamin, who “had no more disposition to do evil, but to do good continually” (Mosiah 5:2).

Consider This

How does being pure differ from being perfect?

NOTES

1. Dieter F. Uchtdorf, “You Can Do It Now!” *Ensign* or *Liahona*, Nov. 2013, 56.
2. D. Todd Christofferson, “That They May Be One in Us,” *Ensign* or *Liahona*, Nov. 2002, 71.