

“I keep giving in to the same temptations. How can I move past those sins?”



“Even if we’ve been a conscious, deliberate sinner or have repeatedly faced failure and disappointment, the moment we decide to try again, the Atonement of Christ can help us. . . .

“ . . . As we try, persevere, and help others to do the same, we are true Latter-day Saints. As we change, we will find that God indeed cares a lot more about who we are and about who we are becoming than about who we once were.”

Elder Dale G. Renlund of the Quorum of the Twelve Apostles, “Latter-day Saints Keep on Trying,” April 2015 general conference.



Get Away from the Source of the Temptations

If it’s your phone that you’re addicted to, try to

get rid of that or get your parents to put restrictions on it. Or if your friends are the ones who are tempting you, find good friends and try to be surrounded by good people who help you feel the Spirit always. If you have the Spirit with you and you’re surrounded by good friends, then it’s easier to be able to resist the temptations. Temptations come to everyone, but as long as we resist them, then we’ll be good.

Kolten B., age 17, Alberta, Canada



Pray Often

I’m a convert, and the temptations were strong for me because I had different customs from those of the

Church. Little by little, I began to understand that the communication I had with my Heavenly Father strengthened me and made it easier for me to overcome everything.

Pamela S., age 19, Llanquihue Province, Chile

Control Your Thoughts

Our thoughts are a gateway to our actions. Temptations, just like the melody of a song you remember, can penetrate our minds. When they come to your mind, try moving away from these thoughts by teaching yourself how to act and think. You have the power to do it!

Taynara S., age 19, São Paulo, Brazil

PHOTOGRAPH OF BOY FROM GETTY IMAGES



Get Support from Others

Always stay with someone you love, like your family and close friends, who

have the same standards as you. This might help you in staying away from the temptation. Involve yourself in family and Church activities, especially missionary and family history work. Don't be frustrated; the Lord's hand is always extended to those who have a desire to repent.

Elder Tuca, age 20, Ghana Cape Coast Mission

Find Comfort through Prayer

Something I would recommend doing is praying about it. I know that answers don't come immediately, but comfort always can. You can also find comfort by taking your mind off the thing that's bothering you and thinking of something that makes you happy. Whatever way you find comfort, I know you can find it through Jesus Christ.

Anna P., age 12, Utah, USA

Responses are intended for help and perspective, not as official pronouncements of Church doctrine.

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.