

TO THE POINT

How do I know if I've fully repented?

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles has taught that “repentance means striving to change” and that “real change may require repeated attempts.” He has also said that “for our turning to the Lord to be complete, it must include nothing less than a covenant of obedience to Him,” which is contained in the baptismal covenant and the sacrament (“The Divine Gift of Repentance,” *Ensign* or *Liahona*, Nov. 2011, 39). Full repentance also means making up for any harm you did to others. In addition, the Lord has said that a person who fully repents of his sins “will confess them and forsake them” (D&C 58:43). You should confess all sins to Heavenly Father and serious sins to your bishop as well. (When in doubt, talk to the bishop. He’s there to help.)

After doing these things, a way to know you’ve fully repented is to see and feel the effects of repentance—changes in your desires, feelings, outlook, relationships, and behavior. And, most importantly, full repentance will bring the companionship of the Holy Ghost. ■

Choosing a spouse will be a big decision, and it makes me nervous. How will I know I've made the right choice?

Deciding whom to marry is something that can affect your happiness in this life and in the eternities. But it shouldn’t cause you the kind of anxiety that could eventually paralyze you. You can have peace and joy about this decision if you keep the commandments and follow good counsel. Here are a few things that Church leaders have frequently taught about this:

There are many potentially “right” choices for whom you could marry. Get to know a lot of people. Date people with high standards. Live worthy. When you’re a young adult, date the kinds of people you could go to the temple with. A potential spouse is someone you get to know well enough to know if you could enter covenants with Heavenly Father together. Get advice from your parents. “Study it out in your mind” and then “ask [God] if it be right” (D&C 9:8). The confirmation you receive may come in a variety of ways, but the other person must also have a confirmation. Once you’ve committed to each other, you work to become each other’s “soul mates.” ■

