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Why is the Savior's Atonement important?



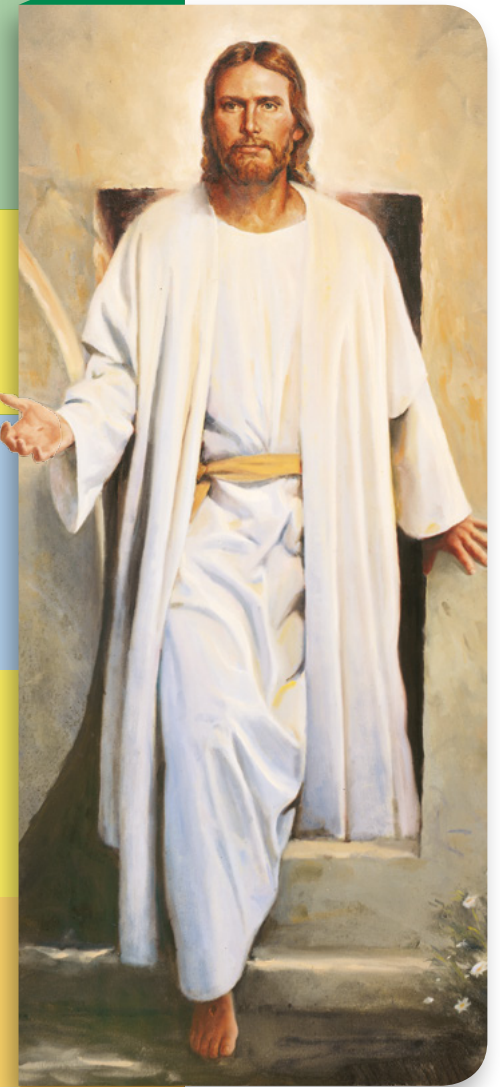
Our Savior's Atonement made resurrection possible so all of us will live again after we die.

It also made it possible for us to be clean from our sins if we repent.

As part of His Atonement, Jesus suffered challenges of every kind so He could know how to help us feel better when we are sad or struggling.

Jesus Christ can help and strengthen anyone who asks.

He understands our pain and suffering, and He is there for us.



From "Strengthened by the Atonement of Jesus Christ," Ensign or Liahona, Nov. 2015, 61–64.