

# How do you know that Heavenly Father has forgiven you?



*“When we choose to repent, we choose to change! We allow the Savior to transform us into the best version of ourselves. We choose to grow spiritually and receive joy—the joy of redemption in Him.”*

President Russell M. Nelson, “We Can Do Better and Be Better,” April 2019 general conference (*Ensign* or *Liahona*, May 2019, 67).



## Feeling the Spirit

I know I’ve been forgiven whenever I am able to feel the Spirit. Especially as a missionary, it’s always important to have the Spirit in our lives. If we’re living righteously, we’ll always have the Spirit with us, and He’ll help us know our standing with God.

*Elder Bakker, 23, Brazil Vitória Mission*



## Reassurance That Christ Is with Me

In the Garden of Gethsemane, Jesus Christ endured all of the pains and sins of the world so we could be forgiven of our sins and one day be worthy to enter the celestial kingdom. I feel forgiven when I feel a reassurance that Christ is with me and is touching me spiritually.

*Alex H., 15, Idaho, USA*

*Responses may be edited for length or clarity. Published responses are intended for help and perspective, not as official pronouncements of Church doctrine.*



### Love and Happiness

I love the gift of repentance because I often feel an overwhelming sense of guilt and heartache whenever I

make a mistake. When I take the time to kneel down and ask my Heavenly Father for forgiveness with sincere intent, I am overcome with a strong feeling of love, peace, and happiness! I no longer feel alone, and that is how I know Heavenly Father has forgiven me.

*Brynlee H., 17, Utah, USA*

### Peace in My Heart

Feeling peace in my heart is how I recognize I've been forgiven. I will always remember that I've done something wrong, but this helps me learn not to do it again. The Lord has made us a wonderful promise: "Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more" (Doctrine and Covenants 58:42).

*David E., 19, Chihuahua, Mexico*

### What Do You Think?

"How can I use the gospel to help me overcome depression?"

Send your answer and photo by September 15, 2020.

Go to [newera.ChurchofJesusChrist.org](http://newera.ChurchofJesusChrist.org), click "Submit Your Work." Sign in with your Church Account and then select "New Era" under "Choose Magazine." Click "Add File" to select your file and photos, and then click "Submit" to upload and send us your file. Or send an email to [newera@ChurchofJesusChrist.org](mailto:newera@ChurchofJesusChrist.org).

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FUN STOP ANSWERS (from pages 42-43): Scripture Sudoku: See the solution in this month's Fun Stop at [ChurchofJesusChrist.org](http://ChurchofJesusChrist.org) or on the Gospel Library. Presidential Smile: President Howard W. Hunter. Hink Pink Think—the Sequel: 1. sister blister 2. fiddle riddle 3. taken bacon 4. flashlight cash fight 5. wheel zeal 6. bug spray hug day