



Recognize Your Improvement

Heavenly Father does not expect us

to be perfect yet, so I use my mistakes as learning experiences. Satan tries to bring us down by overwhelming us with guilt, but he doesn't have any other power besides that. Now that I know that, I try to see how I am improving instead of focusing on my sins.

Luke M., 14, Utah, USA



Peace in the Scriptures

If you feel like you've already repented,

search for peace in the scriptures. The words of the Lord were given to us so we could feel peace in our lives. If you pray to have the Holy Ghost with you as you read, He will guide you.

Emma M., 19, Spain



Uplifting Music

I like to listen to inspirational songs to help uplift and encourage me.

When I pray to Heavenly Father to ask for His help, and then put on some uplifting music, I feel the Spirit really strongly and it helps me move on.

Elma P., 18, Negros Occidental, Philippines

“What should I do if I’ve repented but can’t stop thinking about what I did wrong?”



Forgive Yourself

When you forgive yourself, you will feel the love that the

Savior has for you, because He has already forgiven you. Satan wants to put discouraging thoughts in your head, but you are stronger. Those thoughts don't come from Heavenly Father, so tell them to get out!

Camila A., 18, Dominican Republic



Remembering Can Help

In Alma 36:17–19, the prophet Alma

described remembering his sins, but that only made him more excited about how much he'd changed and improved. Like Alma, remembering our past mistakes helps us not to fall into them again.

Júlia M., 18, Bahia, Brazil

“God cares a lot more about who we are and who we are becoming than about who we once were.”

Elder Dale G. Renlund of the Quorum of the Twelve Apostles, Apr. 2015 general conference (*Ensign* or *Liahona*, May 2015, 56).

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