

By Karen Ashton  
Illustrated by Denise Kirby

**For behold, I, God, have suffered  
these things for all, that they might not  
suffer if they would repent  
(Doctrine and Covenants 19:16).**

Heavenly Father and  
Jesus Christ.

The Lord Jesus Christ  
has promised that if you

**W**hat is the second principle of the gospel, listed in the fourth article of faith? If you said "Repentance," you are right!

Repentance is turning from doing wrong to doing right. The Savior wants you to turn away from wrong and turn to Him. (See 3 Nephi 30:1-2.) He gave His life

repent, He will bless you and remember your wrongs no more. (See Helaman 13:11; Doctrine and Covenants 58:42.)

### Instructions

(1) Mount page 37 on heavier paper and color each scene. (2) Cut along the heavy black lines and fold on the broken



# REPENTANCE

## Turning from Wrong to Right

to pay for your sins so that if you repent, you can be forgiven and be clean again.

When you disobey the commandments or hurt others, the Holy Ghost cannot be with you and you may feel sad, guilty, lonely, or afraid. To change these feelings, you need to turn from doing wrong to doing right. Heavenly Father and Jesus Christ will help you change. This changing is called repentance.

Repentance begins inside of you—in your thoughts and in your heart. When you know you have done something wrong, think about it until a feeling of sorrow comes into your heart. Do not excuse yourself or blame someone else. Tell Heavenly Father what you have done and how you feel. Tell Him how much you love Him, and ask for His help. If you have hurt someone or something, try to make it better. Promise Heavenly Father that you will try, with all your heart, to do what is right from now on.

Repentance begins on the inside, but usually it shows on the outside as well. When you promise Heavenly Father that you will do what is right, you keep your promise by changing the way you act. You treat others with more love and kindness. You keep the commandments. These actions will help you feel good about yourself and others.

You will need to repent many times throughout your life. As you turn away from wrong and try to do what is right, you will grow closer and closer to

lines. Glue Tab 1 to the edge of the third scene. (3) Make small holes, as indicated, in Tabs 2, 3, and 4, and overlap the tabs to align the holes (see illustration). Tie a double knot in a string, then thread the string through the holes with the knot on the bottom. (4) Hang your Repentance Reminder where you can see it each day.

### SHARING TIME IDEAS

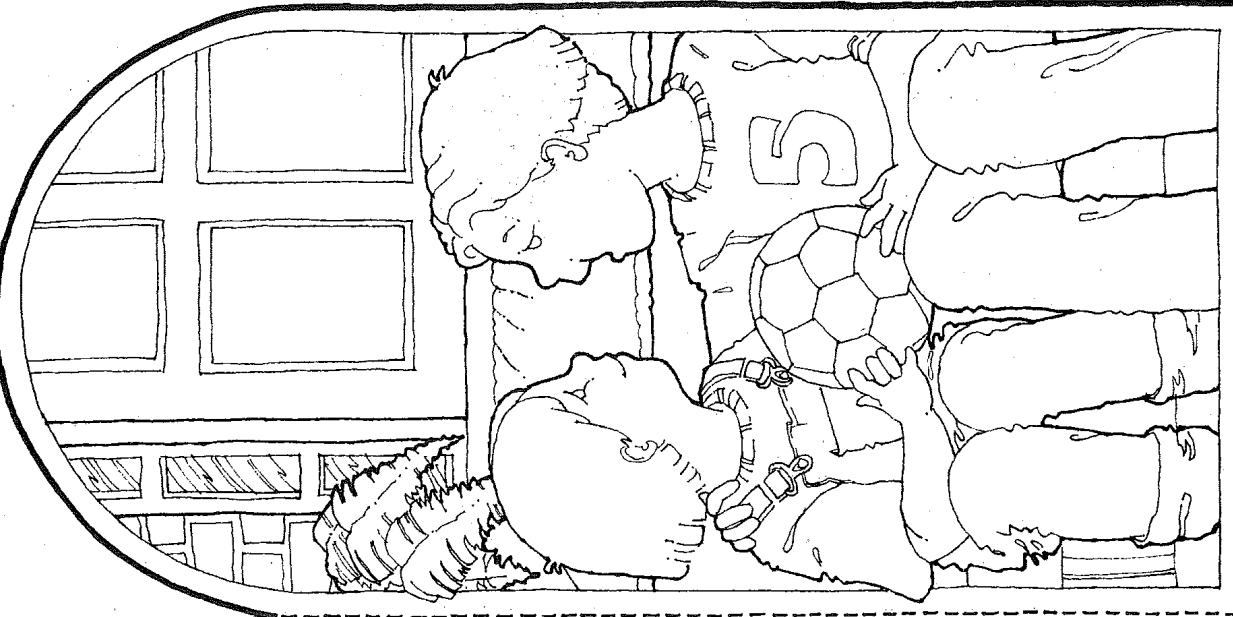
Note: The practice song this month might be "To Think about Jesus" (*Children's Songbook*, p. 71).

1. Prepare a set of colored paper flowers. Glue a stem (a straw or a stick) to each flower. On the back of each, write the title of a song from the *Children's Songbook* that teaches about the Atonement. (Examples: "On a Golden Springtime," verse 2, p. 88; "He Sent His Son," p. 34; "He Died That We Might Live Again," p. 65; "The Third Article of Faith," p. 123; "I Lived in Heaven," p. 4.) Place the flowers all around the room. Tell the children that during this wonderful time of year, we celebrate the most important event of all time. Many songs tell of this event. Let the children take turns choosing a flower and putting it in a vase at the front of the room. Sing the songs as each flower is chosen. Have the children guess what the most important event of all time is (the Atonement of the Savior, Jesus Christ). Bear your testimony about what this means to you in your life.

2. Discuss with the older children what the word *poison* means. Tell them that it is like sin. Just as poison destroys the body, sin destroys the spirit. Explain that if you were to take poison, you might immediately realize what you had done, be sorry, tell someone, and not take any more. But that would not save you from the effects of the poison already in your body. Help the children understand that when you have sinned, or taken spiritual poison, Jesus has commanded you to repent. You must feel sorry for the sin, confess it to Heavenly Father, try to pay for what you have done, and try to not do it again. Jesus Christ suffered and paid for all our sins so that we can repent. This is called the Atonement. Just as taking an antidote (medicine that works against poison) can eliminate the bad effects of poison in our system, repentance and the Atonement together can eliminate sin from our lives. Have the children look up the scriptures, then verbally fill in the blanks in the following sentences with *repent*, *repentance*, *atone*, or *atonement*. Discuss each scripture as you fill

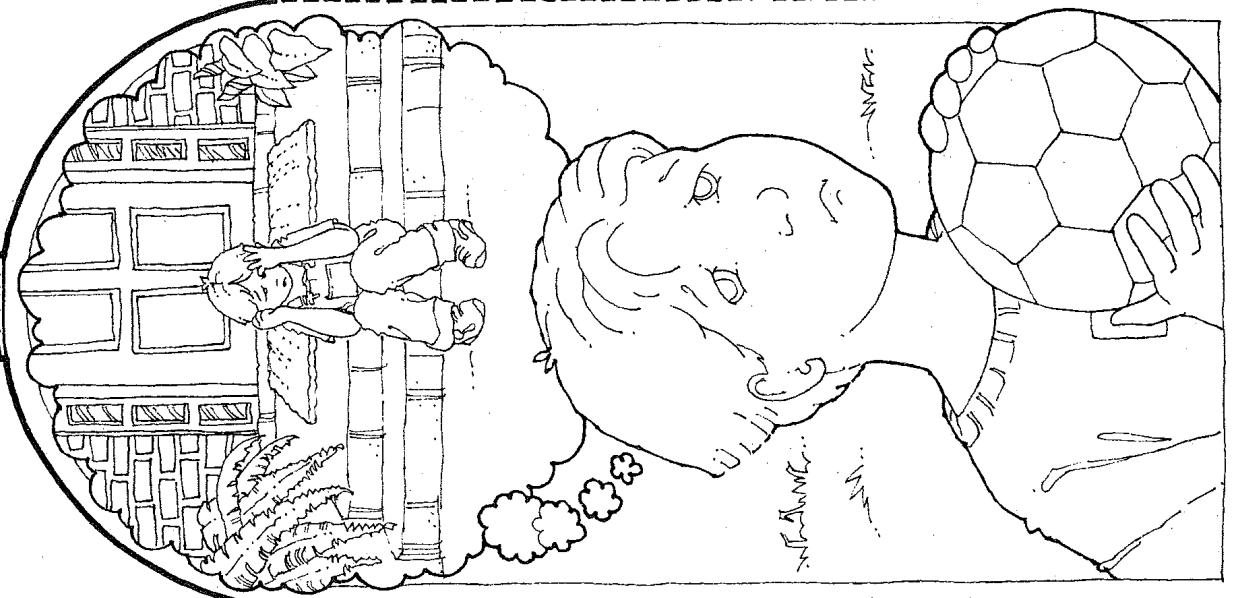
(Sharing Time Ideas continue on page 35.)

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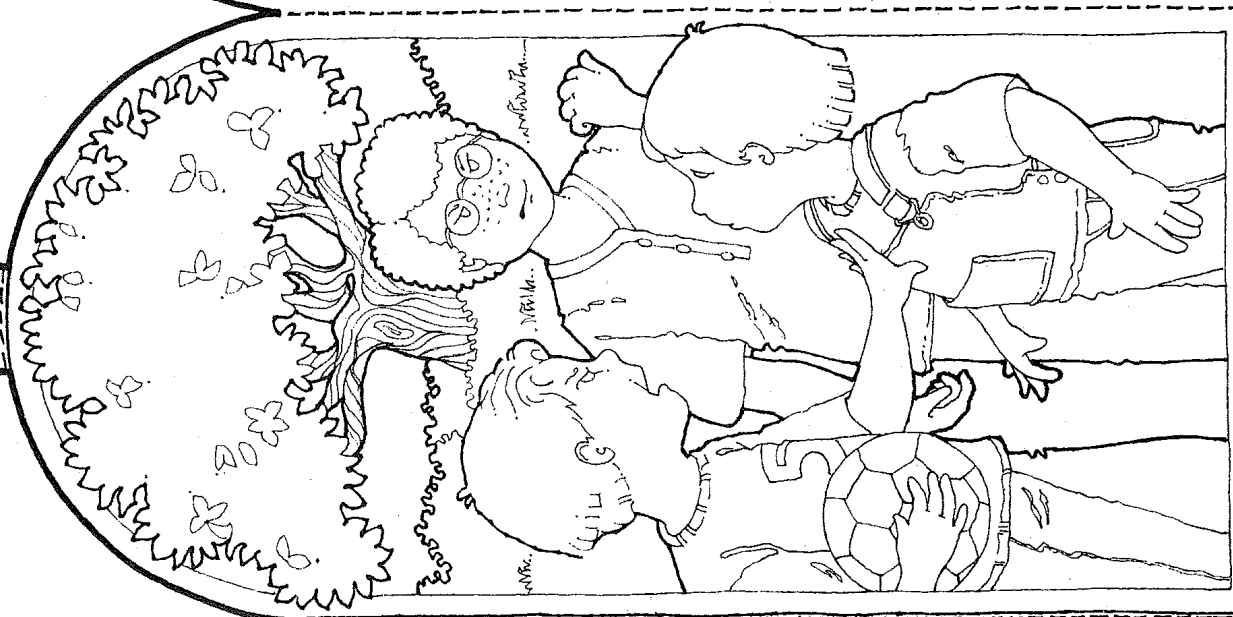
TO RIGHT.

3



TURNING FROM WRONG

2



REPENTANCE IS

TAB 1 (GLUE)