Lesson 10: Repentance

Our opening prayer will be given by

(Enter name here)
Attention Activity

• Have any of you ever had a cut?
• How did it feel?
• What should we do when we get a cut?
  – Clean and bandage it.
Attention Activity

• Why should we clean and bandage a cut?
  – To help it heal faster.
• When we do something wrong, it is like having a cut.
• It hurts inside and makes us sad because we know we have done wrong.
Attention Activity

• Repentance can help us when we have made a mistake.

• It is a way of cleaning and healing a spiritual hurt.
Repentance
Story

• Ricardo was at the store to get some thread for his mother. He saw some candy for sale on the counter. He wanted some but did not have enough money. While the storekeeper went to find the thread, Ricardo put some candy in his pocket. When the storekeeper returned, Ricardo paid for the thread. He ate the candy on his way home. Later Ricardo began thinking about something his parents had taught him.
In Exodus 20:15 (Old Testament) we read:

15 Thou shalt not steal.
• How do you think Ricardo felt?
  – Unhappy.

• What has Ricardo done wrong?
  – He stole some candy.

• What can Ricardo do to get rid of this unhappy feeling?
  – Repent.
Feel Sorry

Repentance
• When we realize that we have done something wrong, we should admit that we’ve done wrong and feel sorry that we did it.

• This feeling is Heavenly Father’s way of helping us to know we have done something wrong.

• The next thing Ricardo has to do is to ask forgiveness for what he has done.
Feel Sorry

Repentance

Ask Forgiveness
• Of whom does Ricardo need to ask forgiveness?
  – Heavenly Father and the storekeeper.

• When we repent of our wrong choices, we must ask our Heavenly Father and the person we have wronged to forgive us.

• We need to admit that we have made a wrong choice and then ask to be forgiven for what we have done.
• How do we ask Heavenly Father to forgive us?
  – We ask in prayer.
• The third thing Ricardo has to do is to try to right the wrong.
Feel Sorry

Repentance

Ask Forgiveness

Right the Wrong
• We need to try to correct any problems we have caused because of our wrong choice.

• Sometimes we cannot correct the problems (such as replacing something that we ruined), but we need to do the best we can.
• How could Ricardo make right his wrong?
  - Return to the store and pay for the candy or do some work for the storekeeper without pay.
• Another thing Ricardo must do is to decide not to make that wrong choice again.
Repentance

Feel Sorry

Ask Forgiveness

Right the Wrong

Don’t repeat the wrong
• Ricardo has to decide never to make that wrong choice again.

• He will know he has truly repented if he feels sorry for doing wrong and is willing to admit it, asks to be forgiven, tries to right the wrong, and decides never to make that wrong choice again.
Song

• Let’s sing the Song “Help me Dear Father”
• Listen carefully to the second verse about repentance.
Song

1. Help me, dear Father, to freely forgive
All who may seem unkind to me.
Help me each day, Father, I pray;
Help me live nearer, nearer to thee.

2. Help me, dear Father, to truly repent,
Making things right, and changing my ways.
Help me each day, Father, I pray;
Help me live nearer, nearer to thee.

Words and music: Frances K. Taylor, 1870-1952
Added text (verse 2) (c) 1989 IRI
Faith in Jesus Christ

Repentance

Jesus Christ wants us to know how to repent so that when we become members of his Church, we can repent of our mistakes.
In a previous lesson you learned about one step in becoming a member of the true Church. That step is faith in Jesus Christ.
Have the children say aloud these two steps that are necessary to become members of the true Church—faith and repentance.
Explain that after we are baptized we should repent throughout our lives whenever we make a wrong choice.
The Savior promised us that whenever we truly repent, he will forgive us and he will remember our sins no more.
Let’s read Doctrine

42 Behold, he who has a repented of his b sins, the same is c forgiven, and I, the Lord, remember them no more. and Covenants 58:42

What is the great promise that Jesus gives to us if we repent?
• Repentance should be an important part of our lives.
• After we reach eight years old, we are responsible for the choices we make.
• Jesus knows we will not always make the right choices.
• He loves us and has given us a way to overcome our wrong choices.
• He has told us that we must repent so we can return to live with him and Heavenly Father.
Enrichment Activity 1

Can you remember the (4) steps to Repentance?
Enrichment Activity 1

1.
2.
3.
4.
Enrichment Activity 1

- 1. Feel Sorry
- 2.
- 3.
- 4.
Enrichment Activity 1

- 1. Feel Sorry
- 2. Ask Forgiveness
- 3.
- 4.
Enrichment Activity 1

• 1. Feel Sorry
• 2. Ask Forgiveness
• 3. Right the Wrong
• 4.
Enrichment Activity 1

• 1. Feel Sorry
• 2. Ask Forgiveness
• 3. Right the Wrong
• 4. Don’t repeat the Wrong
Testimony

• I want to bear my testimony of the principle of repentance.
• I invite you to ask your parents to explain repentance to you again at home.
• I am grateful that Heavenly Father and Jesus Christ have made it possible to correct our mistakes so that we can enjoy life here on earth and eventually return to live with them forever.
Our closing prayer will be given by

(Enter name here)
THE END