

1. Watch chapter 10 from the Animated Complete Learning System, The Conversion of Alma the Younger DVD. (Also available for viewing online.)

2. Heavenly Father sent us to earth to be tested.

“And we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them...” (Alma 42:4)

3. During our test on earth there will be times when we make mistakes.

When you make mistakes (sin) how does it make you feel?

“Yea, I did remember all my sins and iniquities, for which I was tormented with the pains of hell; yea, I saw that I had rebelled against my God, and that I had not kept his holy commandments.” (Alma 36:13)

4. How does sin affect our relationship with Heavenly Father?

Sin slows or stops our spiritual growth and moves us away from Heavenly Father and Jesus. Repentance allows us to return back to Heavenly Father and Jesus. “Therefore, blessed are they who will repent and hearken unto the voice of the Lord their God; for these are they that shall be saved.” (Helaman 12:23).

5. We can be forgiven of these mistakes through repentance.

“Repentance means to turn from transgression and back to our loving Father in Heaven—to leave unhappiness, sorrow, regret, and despair behind and turn back to our Father’s family. There we can find happiness, joy, and acceptance.” Theodore M. Burton, Tambuli, Nov. 1988 © 2006 Intellectual Reserve, Inc. All rights reserved. (See recipe/activity)

6. The blessing of repentance is made possible only through the atoning sacrifice of the Savior.

Jesus Christ made it possible for us to repent through his atonement and suffering. “And we talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins.” (2 Nephi 25:26)

7. Why is the atonement of Jesus Christ so important?

Through the atonement of Jesus Christ we will overcome physical death. Jesus Christ atoned for our sins and if we repent and keep His commandments, we will also overcome spiritual death and obtain the greatest gift of all, eternal life.

8. How do you feel after you have truly repented?

“What relief! What comfort! What joy! Those laden with transgressions and sorrows and sin may be forgiven and cleansed and purified if they will return to their Lord, learn of him, and keep his commandments” Spencer W. Kimball, The Miracle of Forgiveness © 1969, Bookcraft, Inc.