Powerfully Teaching
Your Children
Gospel Principles

Lesson Plan: “I Will Take the Steps of Repentance”

Objectives:
- Talk about the steps of repentance.
- Emphasize that repentance is made possible through the atonement of Jesus Christ

Reinforces Principles of:
- Repentance

Each lesson contains 5 timed activities:

(Choose the activities that fit your family’s schedule. Additional resources are provided as extra time may be available.)

Reverence Time: Song, prayer, scripture and video clip
Lesson Time: Lesson summary and points to ponder
Story Time: Story
Activity Time: Object lesson or activity
Treat Time: Prayer, theme related recipe & music video
Sing Together: Children’s Songbook #98, “Repentance.”
If you wish to have an online music file to accompany you visit:
http://www.lds.org/churchmusic
(Note: Navigate to the *Interactive Church Music Player* where you can listen to and print Church hymns and children’s songs.)

Prayer:

Scripture Time: Mosiah 16:13

13. And now, ought ye not to tremble and repent of your sins, and remember that only in and through Christ ye can be saved?

Video Clip: Watch chapter 4 from The Complete Learning System *Abinadi and King Noah* DVD.
Lesson Summary:

(For younger children, it may be helpful to summarize the following ideas):

King Noah and his priests were not living the commandments and they were teaching the people to be wicked. The Lord sent Abinadi to warn King Noah and his people to repent.

**Why didn’t King Noah want his people to obey the commandments?** (Discuss ideas.)

**Has anyone ever tried to get you to do something wrong** (cheat, disobey parents, lie, steal, be disruptive at school or church, etc.)? (Share experiences.)

Like King Noah and his priest, people who are doing wrong may try to get others to follow them. This is Satan’s plan. He want’s us to be miserable like him. He will try to trick us into thinking that doing wrong will make us happy.

**Can breaking the commandments bring us happiness?** (Discuss ideas. Give examples of how sin can bring temporary happiness.)

“Those who yield to the enticing of Satan may, as the scripture says, ‘enjoy the pleasures of sin for a season’ (Heb. 11:25), but that kind of pleasure can never lead to lasting happiness or eternal joy. ...”

*Dallin H. Oaks, Ensign, Nov 1991 © Intellectual Reserve, Inc. All rights reserved.*

**What happens after the temporary happiness of sin is gone?** (Discuss ideas.)

“... The spirit and influence of Satan bring feelings of confusion, contention, darkness, disorder, anger, hate, and misery. Persons who pursue Satan’s way are certain to have Satan’s misery. Unless they repent they will ‘remain with the father of lies, in misery, like unto himself.’ (2 Ne. 9:9.)”

*Dallin H. Oaks, Ensign, Nov 1991 © Intellectual Reserve, Inc. All rights reserved.*

Heavenly Father knew that we would all make mistakes and because He loves us, He gave us a Savior to atone for our sins. When we repent we are following Him.

“True repentance brings us back to doing what is right. To truly repent we must recognize our sins and feel remorse, or godly sorrow, and confess those sins to God. ... We need to ask God for forgiveness and do all we can to correct whatever harm our actions may have caused. Repentance means a change of mind and heart—we stop doing things that are wrong, and we start doing things that are right. It brings us a fresh attitude toward God, oneself, and life in general.” Dieter F. Uchtdorf, General Conference, April 2007 © Intellectual Reserve, Inc. All rights reserved.

**What happened to King Noah when he refused to listen to Abinadi and repent?** (Discuss.)

**Which one of King Noah’s priests listened to Abinadi?** (Alma.)

Because Alma knew that Abinadi’s teachings were true, he repented of his sins. After writing down the things that Abinadi had taught, Alma shared the truth with others, who also repented.
Points to Ponder:

How did Alma know that Abinadi was teaching the truth? (Discuss ideas.)

“And by the power of the Holy Ghost ye may know the truth of all things.” (Moroni 10:5)

Alma also knew Abinadi was right because he was a priest who knew scripture. He couldn’t deny that witness. Therefore it is not just through feelings that we know right and wrong, but also through the testament of prophets in Holy Scripture.

What kind of feeling does the Holy Ghost give us when we choose the right? (Discuss ideas.)

What kind of feeling does the Holy Ghost give us when something is wrong? (Discuss ideas.)

Is it a commandment to repent? (Yes.)

“How difficult it must be for Jesus Christ, our Savior and Redeemer, to see so many needlessly suffer, because His gift of repentance is ignored. It must pain Him deeply to see the pointless agony both in this life and beyond the veil that accompany the unrepentant sinner after all He did so that we need not suffer.” Richard G. Scott, Liahona, Jan 2001

Quote:

“The evil influence of Satan would destroy any hope we have in overcoming our mistakes. He would have us feel that we are lost and that there is no hope. In contrast, Jesus reaches down to us to lift us up. Through our repentance and the gift of the Atonement, we can prepare to be worthy to stand in His presence.” James E. Faust, Liahona, Jan 2002
“Watch this,” eight-year-old Derek whispered to Ben. Derek tore a corner off the piece of paper Ben was coloring and shoved it in his mouth. When Sister Call wasn’t looking, he blew the spit wad into Madison’s thick black curls. Ben started to laugh, but quickly stopped when Sister Call looked up and placed her finger to her lips.

Derek tore two more corners off Ben’s paper, chewed them up, and spit them into Madison’s hair. Ben held his breath to keep from giggling at the three wads, dangling from Madison’s hair. Derek tore the last corner from Ben’s paper and handed it to him.

“It’s your turn,” he whispered.

Ben slowly chewed the piece of paper, but he didn’t spit it. A feeling inside of him told him it wasn’t right.

“What’s wrong? Afraid you’ll miss? or is it because she’s your girlfriend?” Derek quietly taunted.

Ben’s face turned red. “She is not,” he protested. “and I won’t miss.”

After he spit the wad and hit Madison right on the cheek, Ben quickly returned to coloring his paper.

“Ooo, yuck!” Madison said as she wiped the gooey wad from her cheek.

Madison glanced at the boys sitting behind her. Ben was busy coloring his paper, but his red face gave him away. Hurt and embarrassed, Madison fought back the tears.

When Madison’s back was turned, Sister Call, noticed the three spit wads, still dangling in her hair. She knelt down next to Madison’s chair and inconspicuously fished the wads from the little girl’s hair.

“Are you okay, Madison?” she asked.

Madison quickly lowered her eyes. Even though she nodded, yes, a tear rolled down her cheek, onto the paper she was coloring. Sister Call looked at Derek and Ben. She noticed, Ben’s cornerless paper, but she was prompted to leave it in the Lord’s hands.

Derek smiled, “Good thinking, Derek, using Ben’s paper instead of your own,” he thought to himself. “Sister Call and Madison will never know you started it.”

Ben felt terrible. He prayed silently for Heavenly Father to forgive him and to give him the courage to make it right. Ben raised his hand.
“Yes, Ben?” Sister Call asked.

“Sister Call, I need to apologize to Madison for hitting her with a spit wad and the only way I can think of to right the wrong is to apologize in front of the class.”

Sister Call gave Ben a warm smile. “I think Heavenly Father would approve, Ben. Go ahead.”

Derek couldn’t believe his ears. “What if he tells on me?” he worried.

Ben then turned to Madison. “I’m really sorry, Madison. It was a stupid thing to do. I’m sorry I hurt you and I’ll never do it again,” he apologized.

After class, Derek whispered to Ben, “You might be a dope, but at least you’re not a squealer.”

Ben smiled. He knew he had done what was right and even Derek’s teasing couldn’t change the good feeling he had inside.

“I’m pretty sure Sister Call knew what I did, but she left it up to me to make the right choice. I figured I’d do the same for you.”

“Yeah, but Sister Call doesn’t know what I did, so I guess I’m in the clear. Right?”

But Derek wasn’t in the clear. He knew what he had done and Heavenly Father knew what he had done. He tried hard to shrug off the bad feelings he was having, but they continued to bug him. When Derek tried to pray about it, Satan filled his head with lies like, “You can’t ask Heavenly Father for help. You’re not good enough,” “You should have apologized when Ben did. It’s too late now,” and “It was just a few spit wads. It’s not that big of a deal.”

Then one night, during FHE, Derek’s family talked about the steps of repentance and how Satan uses his lies to keep us from repenting. That night Derek knelt down and pleaded with Heavenly Father for forgiveness, not only for what he had done to Madison and Ben, but for neglecting his prayers. For the first time in two weeks, Derek felt good inside. The next day, Derek apologized to Madison and Ben. On Sunday Derek followed Ben’s example and apologized to his entire primary class.

by Margie Nauta Lee © 2008 Living Scriptures, Inc.
What you need: A copy of the “Steps of Repentance” activity (artwork included with this lesson,) scissors and glue.

Preparation

1. **Print** out the artwork.
2. **Cut** along all dotted lines.

Activity: (Younger children will need help from an older sibling or parent.)

1. Ask: What did King Noah build to save his people? (A tower.)

2. Ask: What did Abinadi tell the people they needed to be saved? (That only in Jesus Christ can they be saved, if they repent and keep the commandments.)

3. Ask: Which one of King Noah’s priests believed Abinadi? (Alma.)

4. Ask: Did Alma repent? (Yes.)

5. Ask: What did Alma do after he repented? (Discuss ideas.)

6. Ask: Did King Noah’s tower save the people? (No.) Why? (Discuss ideas.)

7. Why were the people saved? (They accepted Jesus Christ and repented.)

8. Explain: If King Noah had listened to Abinadi and built his kingdom on the principles of obedience and accepting Jesus, who saves, he too would have been saved.

9. Explain: Jesus Christ atoned for our sins. By accepting that gift He gives us strength to repent, taking each step as we follow Him. His love helps us to change and not to be held off until we’ve mastered it.

10. Discuss each step of repentance while you build the “Steps of Repentance” by gluing the steps in the correct order. Use examples appropriate to your children’s age to help them understand each step. Emphasize that repentance is made possible through the atonement of Jesus Christ.
Jesus Christ Atoned
For My Sins.

He gives me strength
to take the Steps
of Repentance.

“And now, ought ye not to tremble and repent of your sins, and remember
that only in and through Christ ye can be saved?” (Mosiah 16:13)
Atonement of Jesus Christ

1. Feel sorry for the wrong

2. Ask for forgiveness

3. Right the wrong

4. Don't repeat the wrong
Approximate Time: 15 minutes

Prep Time: 3 minutes
Cook Time: 4 minutes

“White as Snow” Candy
(Candy Coated Cinnamon Bears)

3-ounces regular cream cheese (softened)
1 pound powdered sugar
3 tablespoons plain yogurt
1/2 cup white chocolate chips
1-pound cinnamon bears (chilled)

Combine cream cheese, confectioner’s sugar and yogurt in microwavable bowl. Cook in microwave at medium power for 1 1/2 minutes. Remove from microwave and stir. Cook at medium power for an additional 1 1/2 minutes. Remove from microwave and stir white chocolate chips. Cook at medium power for 1 minute. Stir until smooth and creamy.

Treat Time: Stick a toothpick into cinnamon bears. Dip cinnamon bears in mixture until completely coated. Re-stir mixture if it starts to get too thick. Eat immediately or place on waxed paper and chill in refrigerator.

“Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.” (Isaiah. 1: 18)

Closing Prayer and blessing on the food.