



Lesson 11 Sample Prayer

Father,

I feel so grateful to have an understanding about the joy of repentance. I know, as I repent, it helps me become as a little child, just like Jesus Christ has asked me to do.

I admit, Father, that in the past I have had a negative paradigm about what repentance really is. That negative paradigm has come because of associating repentance with punishment and suffering. But I now understand that the Savior suffered so I don't have to suffer! Because of the joy of repentance, I can feel His perfect love and peace anytime I choose to "turn to God and live".

I praise Thee Father for helping me to change my thought habits about repentance. I ask Thee today to help me understand more fully how repentance every day is helping me to change - through repentance Thou art inviting me to change my mind, my habits, my knowledge and my spirit to become more like Thee and like Thy Son.

I praise Thee for the liberation of daily repentance! I praise Thee for helping me change even the way I breathe!

I also know repentance is a process. Help me to understand this process more fully. And help me to be kind to those around me who are going through the process of repentance from major sin. Help me to treat them as Christ treats them and invite them to always be part of the flock of Christ.

I know, as I repent and understand repentance more fully, that I can feel Thy love more abundantly. I can feel forgiven constantly when I turn to Thee, I receive answers to my prayers when I am humble enough to repent, and Angels are always surrounding me and bearing me up! I praise Thee for how repentance helps me to receive personal revelation, and how the beauty of repentance builds my personal worth! I am firmer and more steadfast in Jesus Christ, and I am able to handle the storms of life, because of the glorious power of repentance. I feel my very nature changing.

I am experiencing the strengthening power of daily repentance and I praise Thee for transforming who I am because of the power of the Atonement of my Savior Jesus Christ. I am choosing to become like Jesus Christ when I daily repent!



I am truly surrendering to Thee and I care only about what Thou thinks of me. I pray to Thee Father, to make Thyself and My Heavenly Mother known unto me in a more complete way - I will give up all my sins to know Thee! I praise Thee for the love I feel from Thee and how great the worth of my soul is in Thy sight.