

# Worth of Souls

A Deep Dive into Living the  
Gospel of Jesus Christ



A Brendrea Production



# Worth of Souls

## Lesson 11



## Thought Habit #9

*Daily Repentance:  
Turn Back To God  
And Live*

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# Lesson 10 Review – I Have No Power Over What Others Think, Feel & Do

I am temple president over my own temple, I am accountable for what I think, feel & do inside my temple.

I am NOT accountable for what others think, feel & do inside of their temple.

I Am Not Accountable For:

- My Spouse
- My Child
- My Boss/Coworker
- My Mom/Dad
- Member of My Ward
- My Friend
- Or Any Other Person



# How Was Your Parenting This Week?

## Stewardship Responsibilities

1. Teach My Children Correct Principles – D&C 68:25-28
2. Raise My Children in Light and Truth – D&C 93:40
3. Influence My Children in Righteousness – D&C 121:41-43

## Parent Programs

Step 1 - What is the desired outcome?

Step 2 – What are your expectations? What Feelings are generated inside your temple when your child doesn't follow your program?

Step 3 – Evaluate what conditions can be set up so it is a Win-Win

Perfect Parents  
Lost 1/3 Part



Use “I” Statements – Not “You” Statements



“We were having a lot of rebellion from our oldest daughter and I was just twisted up inside about it. I was receiving SEVERAL phone calls weekly from different school officials or neighbors about “something else” she had done. I didn’t know what to do and I was beside myself. I was trying to OWN the emotions of everyone around me and trying to control her choices. Then the Lord, in stake conference, gave me a big tender mercy. A brother gave a talk about his children. He shared how they did everything they thought was “right” in raising their kids. But after their kids left home, several of their children left the church. I was on the edge of my seat while he was talking because of so many similar emotions I was going through. He then said this, “One day the spirit came to me and told me, ‘you are not required to save your children. You are only required to love your children. Leave the saving to the Savior. There is only one Savior, and it’s not you.’” That statement hit my heart so much. I went home and prayed and turned to the Lord about what HE wanted me to do in these hard situations with my daughter. The spirit told me the next time I received a phone call from a parent about something my daughter did, that I didn’t need to own it or try to solve their feelings. I only needed to say, “thank you so much for telling me. I just love her, isn’t she amazing?” Soon the Lord gave me the opportunity to practice this. A couple days later someone called me and told me something else they saw her involved in. I listened and then I said, “thank you for telling me. I just love her so much, isn’t she amazing?”. My reply shocked the mother on the phone, and then she softened and she replied, “Holly, I think she is amazing too. I love her too.” When I STOPPED trying to be in charge of what other’s were telling me about my daughter, I started finding peace. I stopped trying to be in charge of their opinion about her, and I just focused on loving her. We have a long road ahead of us with her behaviors, but I know Jesus is working on saving her, and I am working on loving her. That is my work. - Holly



@WorthOfSoulsPodcast



# 12 Thought Habits Of Christ



1. Holy Ghost  
Confirming Daily  
You Are On The  
Path

2. Separating Your  
Worth from Your  
Performance

3. Using Daily  
Performance For  
Spiritual Growth

4. Viewing  
Everything in this  
World as a  
Stewardship

5. Using  
Enticements For  
Spiritual Growth

6. Being Truly  
Grateful During  
Adversity

7. I Have Power  
Over What I Think,  
Feel, & Do

8. I Have No Power  
Over What Others  
Think, Feel, & Do

9. Daily  
Repentance: Turn  
Back To God &  
Live

10. Choosing Godly  
Sorrow Keeps Me  
Spiritually Focused

11. Love God With  
All My Heart, Mind  
& Soul

12. Forgiving &  
Judging Righteously  
Help Me Progress

## Be Prepared To Meet Him!



# Repent



“Therefore, whoso repenteth and cometh unto me as a little child, him will I receive, for of such is the kingdom of God. Behold, for such I have laid down my life, and have taken it up again; therefore repent, and come unto me ye ends of the earth, and be saved.” – *3Nephi 9:22*

How do we become “as a little child”?

“... and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.” – *Mosiah 3:19*



# What Is Repentance?

“My present assignment as a General Authority is to assist the First Presidency. I prepare information for them to use in considering applications to readmit transgressors into the Church and to restore priesthood and/or temple blessings. Many times a bishop will write: “I feel he has suffered enough!” But suffering is not repentance. Suffering comes from *lack* of complete repentance. A stake president will write: “I feel he has been punished enough!” But punishment is not repentance. Punishment *follows* disobedience and *precedes* repentance. A husband will write: “My wife has confessed everything!” But confession is not repentance. Confession is an admission of guilt that occurs *as* repentance begins. A wife will write: “My husband is filled with remorse!” But remorse is not repentance. Remorse and sorrow continue because a person has *not* yet fully repented. But if suffering, punishment, confession, remorse, and sorrow are not repentance, what *is* repentance? – Elder Burton, “*The Meaning of Repentance, BYU Devotional*”



“Too many people consider repentance as punishment—something to be avoided except in the most serious circumstances. But this feeling of being penalized is engendered by Satan... The word for *repentance* in the Greek New Testament is *metanoeo*. The prefix *meta-* means “change.” The suffix *-noeo* is related to Greek words that mean “mind,” “knowledge,” “spirit,” and “breath.” Thus, when Jesus asks you and me to “repent,” He is inviting us to change our mind, our knowledge, our spirit—even the way we breathe. He is asking us to change the way we love, think, serve, spend our time, treat our wives, teach our children, and even care for our bodies.

Nothing is more liberating, more ennobling, or more crucial to our individual progression than is a regular, daily focus on repentance. Repentance is not an event; it is a process.

– “*We Can Do Better And Be Better,*” Pres. Nelson





## Greek “*metanoeo*”

“meta” = Change

“noeo” = Mind, Knowledge, Spirit, Breath

## Latin “*poenitere*” or “*poen*”

”poen” = Punish, Penance, Penitent, Repentance



## Hewbrew “shube”

”shube” = Turn Back

Ezekiel tells us what God wants us to do daily, –  
(shube) Turn back to Him, and LIVE – Ezek 33:8-11



# Consequences of Sin & Staying In Darkness

1. The Spirit withdraws from me (D&C 121:37)
2. Feeling remorse and guilt (Alma 42:18)
3. Not worthy to be in Heavenly Father's presence (Alma 42:18)
4. Low self-worth is produced (Christofferson: Oct 2011)
5. Feeling despair (Mor. 10:22)
6. Feeling disconnected with God (Mor. 10:22)
7. Self-centered feelings dominate (Mor. 10:22)
8. Feelings of guilt all the time
9. My freedom of choice in spiritual matters decreases
10. Feeling miserable, no hope for the future (2Ne. 1:13)
11. I become enslaved by sin (John 8:34)
12. Temptations for greater wrongs afflict me (Hales: Oct 1976)
13. I move away from the path of happiness (Alma 41:10)
14. Feeling afraid my sins will be discovered (Benson: Oct 1988)
15. I sneak and hide, and lie and cheat (Benson: Oct 1988)
16. Constantly looking for excuses for my sins (Alma 42:30)
17. My love begins to decrease and my relationships suffer (Alma 42:30)
18. Hatred, jealousy, bitterness grow within me (Alma 42:30)
19. Rejection of truth within my temple (1Ne. 16:2)
20. Loss of my spiritual gifts (Jones: Apr. 2003)
21. My countenance is changed (2Ne. 13:9)
22. Loss of previous light and knowledge (D&C 1:33)
23. Worldly pursuits are destined for failure (D&C 132:13)
24. Can't hear the spirit; become past feeling (1Ne. 17:45)
25. Blessings of Exaltation are lost (D&C 42:28)
26. I must pay for my own sins, and suffer as Christ suffered (D&C 19:17)



# Blessings of Repentance & Staying In Light

1. I feel God's love abundantly, at all times (Rom. 8:35-39)
2. I am blessed in all things temporally and spiritually (Mos. 2:41)
3. I feel forgiven, my guilt is gone (Enos 1:6)
4. I receive answers to my prayers and many revelations daily (Hel. 11:23)
5. Angels gather around me and bear me up (D&C 84:88)
6. As I pray and ask in faith, I receive the things for which I asked (Mor. 7:26)
7. I feel peace which passeth understanding (Phil. 4:7)
8. I feel confident, and have high self-worth (D&C 121:45)
9. My relationships are eternal (D&C 132:19)
10. I will meet the Savior at His coming and come forth in the first resurrection (D&C 132:19)
11. My name is written in the Lamb's Book of Life (D&C 132:19)
12. I become holy, without spot (Mor. 10:33)
13. I become firm and steadfast, able to withstand the storms of life with peace and assurance (Hel. 15:8)
14. My nature is changed. I lose my desire to sin (Mos. 5:2)
15. I forgive all who wrong me (D&C 64:9-10)
16. I feel love for all of God's children (Mor. 7:48)
17. My hope is bright (Rom 4:18, 2Ne. 31:20)
18. I receive blessings beyond my ability to imagine (Ens. Sept 2009: Uchtdorf)
19. All things work together for my good (Rom 8:28)
20. I embrace life and face adversity with enthusiasm (Hinckley: Oct 1995)
21. I receive strength and knowledge beyond my own (Hinckley: Oct 1995)



# Do You Have To Sin To Repent?

“Whether you are diligently moving along the covenant path, have slipped or stepped from the covenant path, or can’t even see the path from where you are now, I plead with you to repent. Experience the strengthening power of **Daily Repentance**—of doing and being a little better each day.

When we choose to repent, we choose to change! We allow the Savior to transform us into the best version of ourselves. We choose to grow spiritually and receive joy—the joy of redemption in Him. When we choose to repent, we choose to become more like Jesus Christ!”



*“We can do better, & be better” - President Nelson*

**Daily Repentance – “Sister Smith, How Is Your Repentance Going?”**



Spiritual  
World

Inner  
World  
(Mind & Heart)

Temporal  
World

# Worldly Sorrow

Step #1 – Sin, Make a Mistake, Succumb to Your Weakness, Do a Dumb

Step #2 – Focus on the Sin or Mistake

Step #3 – Feel Bad About Sin or Mistake

Use Negative Feelings For Self-Condernation,  
Forget Worth of Soul

Step #4 – Stay in the Self-Condernation Cycle

You are now an expert in Worldly Sorrow



# A New Heart

... “Repent, and turn yourselves from all your transgressions; so iniquity shall not be your ruin. Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit: for why will ye die, O house of Israel? For I have no pleasure in the death of him that dieth, saith the Lord GOD: wherefore turn yourselves, and live ye.” - *Ezek. 18:30-32*



Spiritual  
World

Inner  
World  
(Mind & Heart)

Temporal  
World

“For Why Will Ye Die, O (your name here)?”



Spiritual  
World

Inner  
World  
(Mind & Heart)

Temporal  
World

# Steps of Repentance

Step #1 – Recognize You Have Sinned and Feeling Remorse

Step #2 – Abandon the Sin – Turn To The Light

Step #3 – Confess the Sin

Step #4 – Make Restitution

Step #5 – Bring Forth Fruit Meat For Repentance

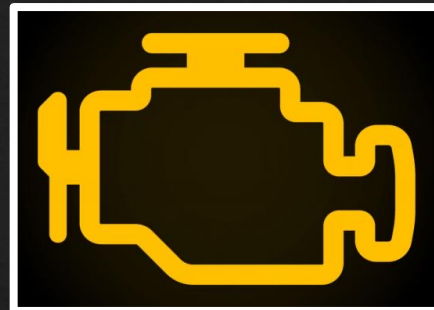


# Step #1 Recognize Your Sin

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## *The Purpose Of Guilt Feelings*

“Now, there was a punishment affixed, and a just law given, which brought remorse of conscience unto man.” – *Alma 42:18*





“Isn’t it interesting how small, seemingly insignificant factors can make a major difference in our lives? I know this from personal experience as a pilot. Every time I started the approach to an airport, I knew that much of my remaining work would consist of making constant minor course corrections to safely direct the aircraft to our desired landing runway. You might have a similar experience when driving a vehicle. Wind, road irregularities, imperfect wheel alignment, inattentiveness—not to mention the actions of other drivers—all can push you off your intended attention to these factors and you may end up having a bad day.” - Uchtdorf, *“Daily Restoration”*





# Step #2 Abandon Your Sin

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## Alma the Younger – Temporal Focus

“12. But I was racked with eternal torment, for my soul was harrowed up to the greatest degree and racked with all my sins. 13. 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. 14. Yea, and I had murdered many of his children, or rather led them away unto destruction; yea, and in fine so great had been my iniquities, that the very thought of coming into the presence of my God did rack my soul with inexpressible horror. 15. Oh, thought I, that I could be banished and become extinct both soul and body, that I might not be brought to stand in the presence of my God, to be judged of my deeds. 16. And now, for three days and for three nights was I racked, even with the pains of a damned soul.” – *Alma 36:12-16*

## Alma the Younger – Spiritual Focus

“17. And it came to pass that as I was thus racked with torment, while I was harrowed up by the memory of my many sins, behold, I remembered also to have heard my father prophesy unto the people concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world. 18. Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death. 19. And now, behold, when I thought this, I could remember my pains no more; yea, I was harrowed up by the memory of my sins no more. 20. And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain!” – *Alma 36:17-20*



# Don't Review Past Sins



“There is something in us, at least in too many of us, that particularly fails to forgive and forget earlier mistakes in life—either mistakes we ourselves have made or the mistakes of others. That is not good. It is not Christian. It stands in terrible opposition to the grandeur and majesty of the Atonement of Christ. To be tied to earlier mistakes—our own or other people’s—is the worst kind of wallowing in the past from which we are called to cease and desist.”

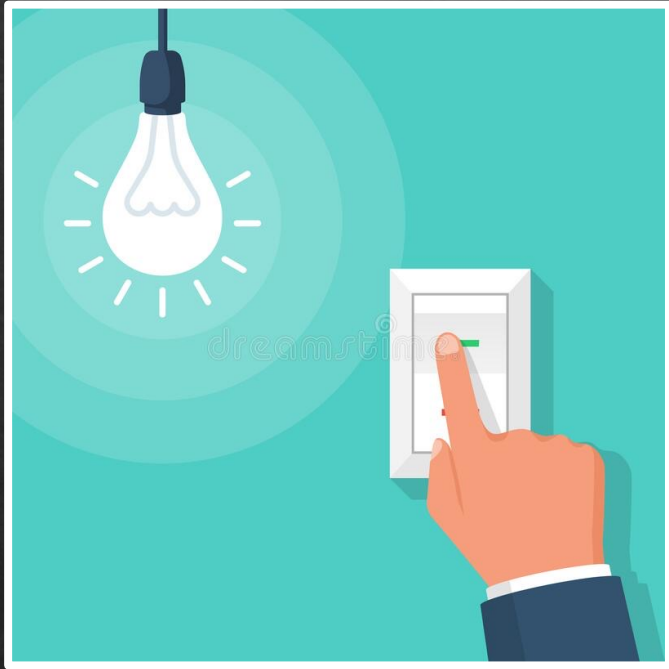
- Holland, “Remember Lot’s Wife”



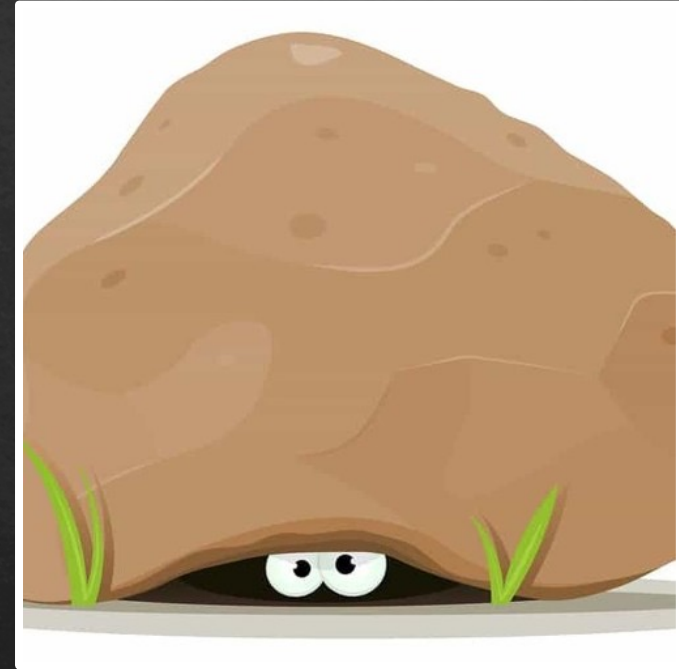
# Step #3 Confess Your Sin

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Own Up To It – Take Responsibility – Be Accountable



Bring It To  
The Light



Don't Hide  
(Fig Leaf)



# Confessing and Forsaking

“Confessing and forsaking are powerful concepts. They are much more than a casual “I admit it; I’m sorry.” Confession is a deep, sometimes agonizing acknowledgment of error and offense to God and man. Sorrow and regret and bitter tears often accompany one’s confession, especially when his or her actions have been the cause of pain to someone or, worse, have led another into sin. It is this deep distress, this view of things as they really are, that leads one, as Alma, to cry out, “O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death” (Alma 36:18).

With faith in the merciful Redeemer and His power, potential despair turns to hope. One’s very heart and desires change, and the once-appealing sin becomes increasingly abhorrent. A resolve to abandon and forsake the sin and to repair, as fully as one possibly can, the damage he or she has caused now forms in that new heart. This resolve soon matures into a covenant of obedience to God. With that covenant in place, the Holy Ghost, the messenger of divine grace, will bring relief and forgiveness. One is moved to declare again with Alma, “And oh, what joy, and what marvelous light I [do] behold; yea, my soul [is] filled with joy as exceeding as was my pain!” - *Christofferson, “The Divine Gift of Repentance”*

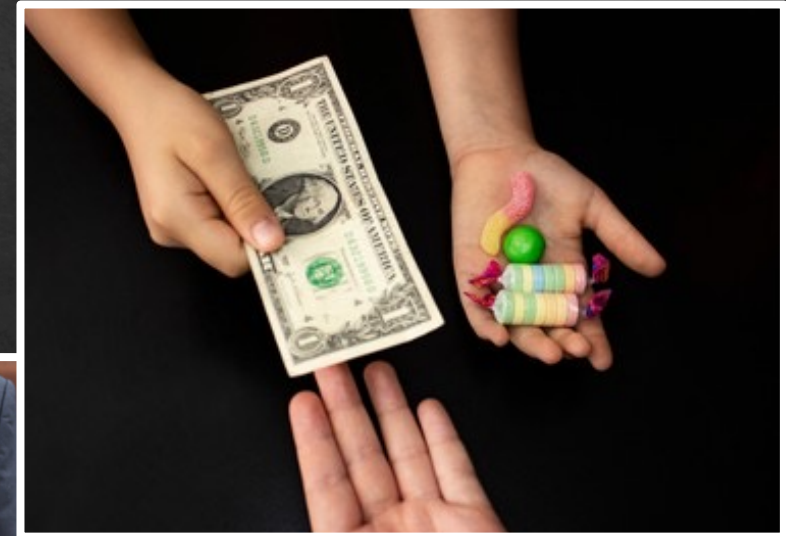




# Step #4 Make Restitution

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Repentance Requires Effort, Struggle, Long-suffering





# Step #5 Bring Forth Fruit Meet For Repentance

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“Real remorse quickly brings forth positive indicators, “fruits meet for repentance”, “In process of time,” these fruits bud, blossom, and ripen... True contrition brings full capitulation. One simply surrenders, caring only about what God thinks, not what “they” think, while meekly offering, “O God, ... make thyself known unto me, and I will give away all my sins to know thee.” Giving away all our sins is the only way we can come to know God.” – Maxwell, *“Repentance”*

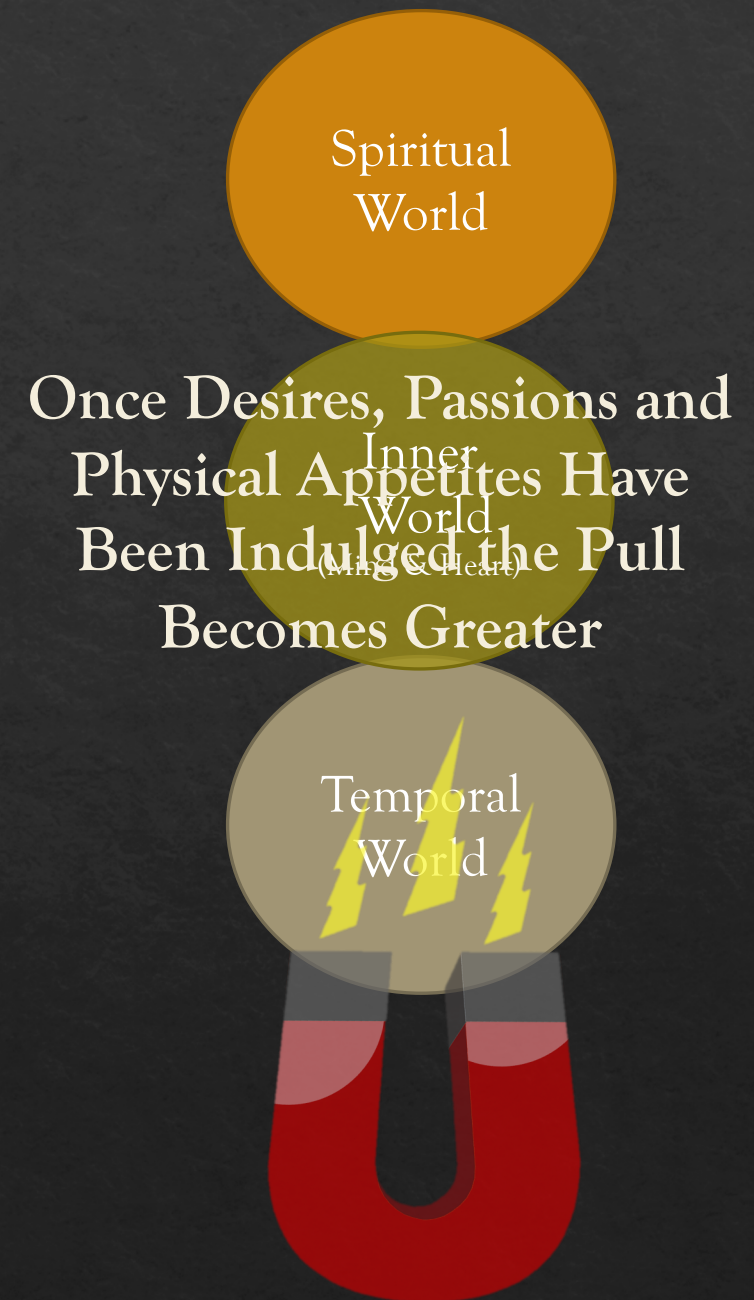


Born Again & Mighty Change of Heart & Godly Sorrow



# The "Pull" of Sin

The Greater the Sin, the Greater  
the Effort Required to Overcome





Spiritual  
World

Inner  
World  
(Mind & Heart)

Temporal  
World

# Steps of Repentance

Step #1 – Recognize You Have Sinned and Feeling Remorse

Step #2 – Abandon the Sin – Turn To The Light

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Step #5 – Bring Forth Fruit Meat For Repentance



# Let Healing Happen

“It takes time for repentance to be final. An injury to the soul is similar to an injury to the body. Just as it takes time for a wound in the body to heal, so it also takes time for a wound of the soul to heal. The deeper the cut in the body, the longer it takes to heal, and if broken bones are involved, that healing process is extended. If I cut myself, for example, the wound will gradually heal and scab over. But as it heals, it begins to itch, and if I scratch at the itching scab it will take longer to heal, for the wound will open up again. But there is a greater danger. Because of the bacteria on my fingers as I scratch the scab, the wound may become infected and I can poison the wound and can lose that part of my body and eventually even my life!

Allow injuries to follow their prescribed healing course or, if serious, see a doctor for skilled help. So it is with injuries to the soul. Allow the injury to follow its prescribed healing course without scratching it through vain regrets. If it is serious, go to your bishop and get skilled help. It may hurt as he disinfects the wound and sews the flesh together, but it will heal properly that way. Don't hurry or force it, but be patient with yourself and with your thoughts. Be active with positive and righteous thoughts and deeds. Then the wound will heal properly and you will become happy and productive again.” – *Elder Burton, “The Meaning of Repentance, BYU Devotional”*



## Don't Participate in Vain Regrets



“When something is over and done with, when it has been repented of as fully as it can be repented of, when life has moved on as it should and a lot of other wonderfully good things have happened since then, it is not right to go back and open up some ancient wound that the Son of God Himself died trying to heal.” - *Holland, “Remember Lot’s Wife”*



# Seed: Daily Repentance Is Joy

Awake and  
Arouse Your  
Faculties



Exercise a  
Particle of  
Faith



Desire to  
Believe &  
Let the  
Desire Work  
in You



Give Place  
For a  
Portion of  
My Words



Don't Cast  
it Out By  
Unbelief

“See”

Review

3Ne. 9:22      Alma 36:12-20  
Mos. 3:19      D&C 58:42  
Ezk. 33:8-11

“We Can Do Better” – Nelson  
“Remember Lot’s Wife” –  
Holland  
“The Meaning Of Repentance”  
– Burton (BYU Devotional)  
“Daily Restoration” – Uchtdorf  
“The Divine Gift of  
Repentance” - Christofferson

“Think”

Take the time to recognize how often you are lured into vain regrets or the self-condemnation cycle. When you recognize you are in the darkness say a prayer and repent and get back in the light

“Feel”

Pray for confirmation that  
“I the Lord remember them no more.”  
Pray for confirmation that repentance is not about punishment, it’s about turning back to God and living.

“Do”

Search  
~  
Ponder  
~  
Pray

Satan’s program of vain regrets and self-condemnation will try to trap you as you are going through the 5 steps of repentance, don’t let him stop you from repenting



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