

Worth of Souls

A Deep Dive into Living the
Gospel of Jesus Christ



Worth of Souls

Lesson 12



Thought Habit #10

*Choosing Godly
Sorrow Keeps Me
Spiritually Focused*

Review: Thought Habit #9 Daily Repentance



”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*

Steps of Repentance

Step #1 – Recognize You Have Sinned and Feeling Remorse

Step #2 – Abandon the Sin

Step #3 – Confess the Sin

Step #4 – Make Restitution

Step #5 – Bring Forth Fruit Meet For Repentance

How Is Your Repenting Going?

“I loved the lesson on repentance so much. I’ve never given much thought to the doctrine of repentance because I always felt like it only applied to those who have committed grievous sin. I am one of those church members who has just never strayed. I don’t say swear words, I’ve always gone to church, I haven’t wanted to ever doubt the doctrine, I’ve always done my best to do what I’m told to do. After listening to the lesson I realized that repentance was something that I really do need! It isn’t just for horrible, serious mistakes, repentance is for everyone and for everyday! I decided to put up notes around my house that said, “Turn Back To God and Live”, I put them on the fridge, on the mirrors and on my car dash board. Seeing the notes helped me to repent and turn to God dozens of times throughout my daily activities. I’ve noticed after doing this for a few days that I am more aware of service opportunities around me, I can see where I can show more kindness and my heart is being softened in amazing ways. I know it is a direct result of turning to God and repenting throughout my day. Repentance does equal more joy.” - Olivia

Bring Forth Fruit Meet For Repentance

“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

12 Thought Habits Of Christ

1. Holy Ghost
Confirming Daily I
Am On The Path

2. Separating My
Worth from My
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!

Fruits Meet For Repentance

“Now they, after being sanctified by the Holy Ghost, having their garments made white, being pure and spotless before God, could not look upon sin save it were with abhorrence; and there were many, exceedingly great many, who were made pure and entered into the rest of the Lord their God. And now, my brethren, I would that ye should humble yourselves before God, and bring forth fruit meet for repentance, that ye may also enter into that rest.” - *Alma 13:12-13*

“The aim of all gospel learning and teaching is to deepen our conversion to Jesus Christ and help us become more like Him. For this reason, when we study the gospel, we’re not just looking for new information; we want to become a “new creature” ([2 Corinthians 5:17](#)). This means relying on Heavenly Father and Jesus Christ to help us change our hearts, our views, our actions, and our very natures.” - *Come Follow Me Manual 2021*

What Is Godly Sorrow?

“Godly sorrow is a gift of the Spirit. It is a deep realization that our actions have offended our Father and our God. It is the sharp and keen awareness that our behavior caused the Savior, He who knew no sin, even the greatest of all, to endure agony and suffering. Our sins caused Him to bleed at every pore. This very real mental and spiritual anguish is what the scriptures refer to as having “a broken heart and a contrite spirit.” Such a spirit is the absolute prerequisite for true repentance.” – *A Mighty Change of Heart - Ezra T. Benson - Ensign Oct 1989*



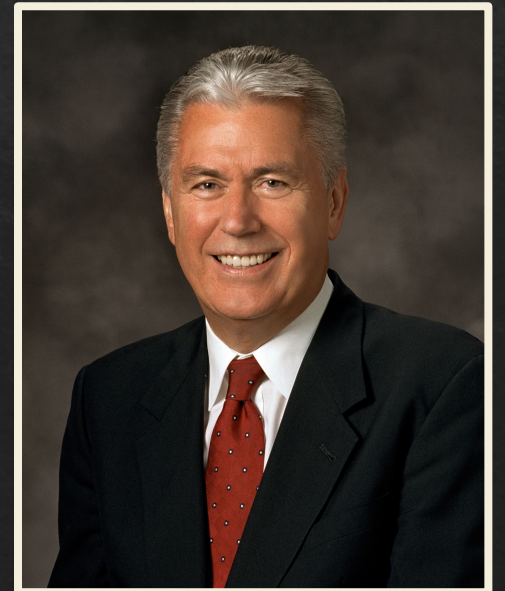
~Godly Sorrow is a Gift of the Spirit

~Godly Sorrow Is Not Sadness - It Is An Awareness Of
What Christ Went Through For Me

~Having a “Broken Heart & Contrite Spirit” – “Mighty Change of Heart”

Godly Sorrow Brings A Transformation

Of all the principles taught by prophets over the centuries, one that has been emphasized over and over again is the hopeful and heartwarming message that mankind can repent, change course, and get back on the true path of discipleship. That does not mean that we should be comfortable with our weaknesses, mistakes, or sins. But there is an important difference between the sorrow for sin that leads to repentance and the sorrow that leads to despair. The Apostle Paul taught that “godly sorrow worketh repentance to salvation ... but the sorrow of the world worketh death.” Godly sorrow inspires change and hope through the Atonement of Jesus Christ. Worldly sorrow pulls us down, extinguishes hope, and persuades us to give in to further temptation. Godly sorrow leads to conversion and a change of heart. It causes us to hate sin and love goodness. It encourages us to stand up and walk in the light of Christ’s love. True repentance is about transformation, not torture or torment. – Uchtdorf, *“You Can Do It Now”*





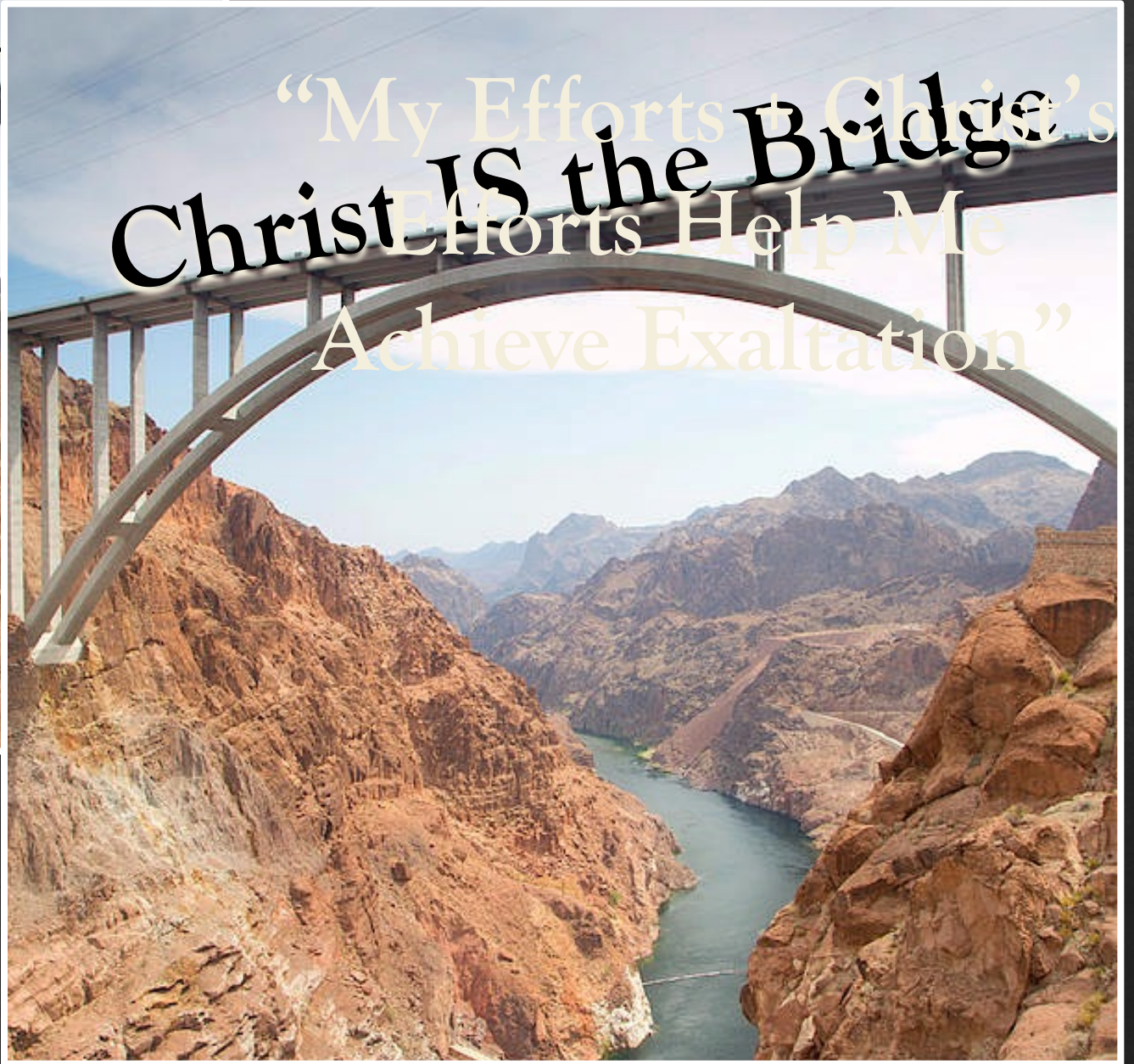
“Just as the Savior offers peace that “passeth all understanding,” He also offers an intensity, depth, and breadth of joy that defy human logic or mortal comprehension.... As in all things, Jesus Christ is our ultimate exemplar, “who for the joy that was set before him endured the cross.” Think of that! In order for Him to endure the most excruciating experience ever endured on earth, our Savior focused on joy! And what was the joy that was set before Him? Surely it included the joy of cleansing, healing, and strengthening us; the joy of paying for the sins of all who would repent; the joy of making it possible for you and me to return home—clean and worthy—to live with our Heavenly Parents and families.” – *President Nelson, “Joy & Spiritual Survival”*



My Efforts

Christ's Eff

Christ Doesn't Help Me
Build The Bridge
Christ IS The Bridge

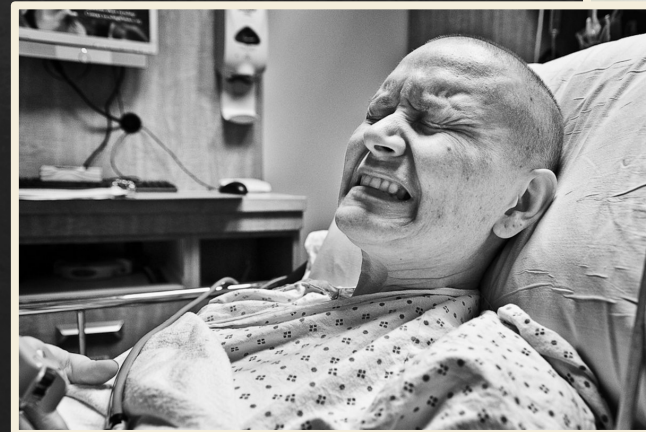
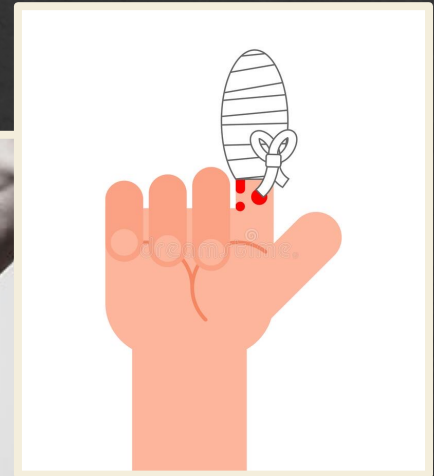


“My Efforts + Christ's
Christ IS the Bridge
Efforts Help Me
Achieve Exaltation”

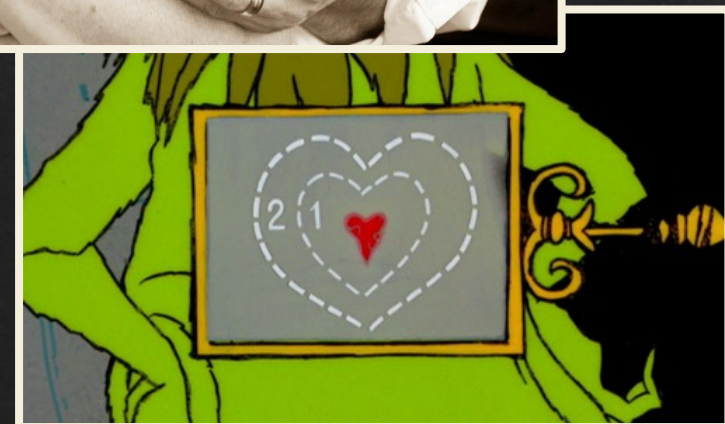


“... for our Lord and Savior, Jesus Christ, was the supreme architect and builder of bridges for you, for me, for all mankind. He has built the bridges over which we must cross if we are to reach our heavenly home... Jesus, the Bridge Builder, spanned that vast chasm we call death. “For as in Adam all die, even so in Christ shall all be made alive.” He did for us what we could not do for ourselves; hence, mankind can cross the bridges He built—into eternal life.” - Monson, *“The Bridge Builder”*

Go To The Garden



Our Capacity To Feel Increases

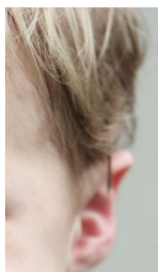
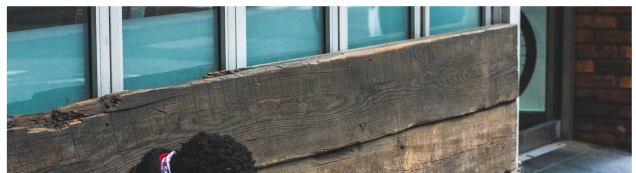




Go To The Garden



Diana's Story & Recovery



Godly Sorrow or Worldly Sorrow?

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-Condensation,
Forget Worth of Soul

Step #4 – Stay in the Self-Condensation
Cycle



Godly Sorrow

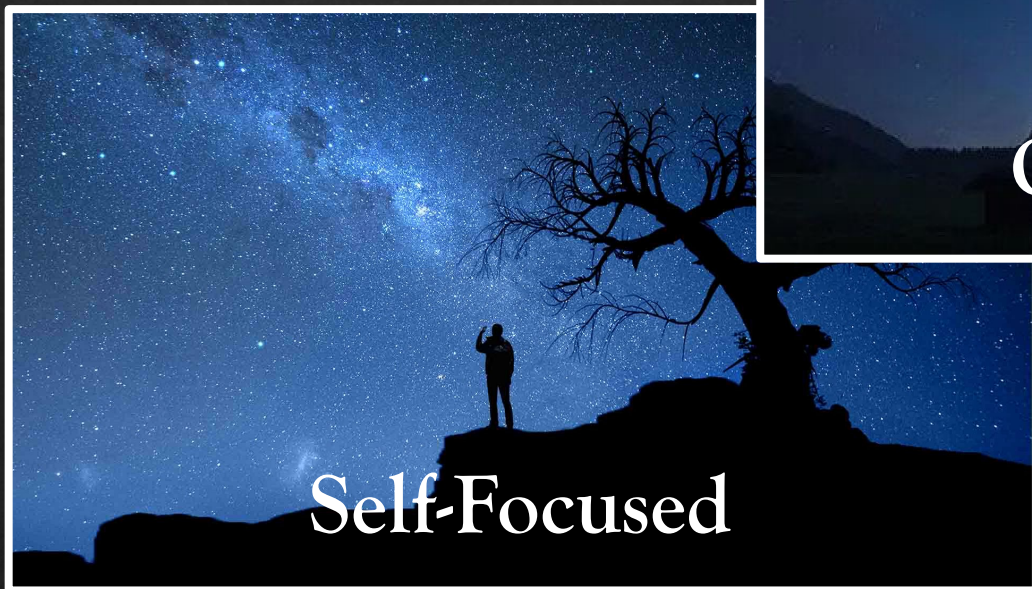
Step #1 – Sin, Make a Mistake, Succumb to Your Weakness, Do a Dumb

Step #2 – Focus on Christ and His
Atonement

Step #3 – Go to the Garden of
Gethsemane, Feel What Christ
Went Through For Me

Step #4 – Stay in the Daily Repentance
Cycle

Levels Of “Being Sorry”



“Therefore, repentance means more than simply a reformation of behavior. Many men and women in the world demonstrate great willpower and self-discipline in overcoming bad habits and the weaknesses of the flesh. Yet at the same time they give

no thought to the Master, sometimes even openly rejecting Him. Such changes of behavior, even if in a positive direction, do not constitute true repentance. Faith in the Lord Jesus Christ is the foundation upon which sincere and meaningful repentance must be built. If we truly seek to put away sin, we must first look to Him who is the Author of our salvation.”

- *A Mighty Change of Heart* - Ezra T. Benson

Diana & Staying In The Light



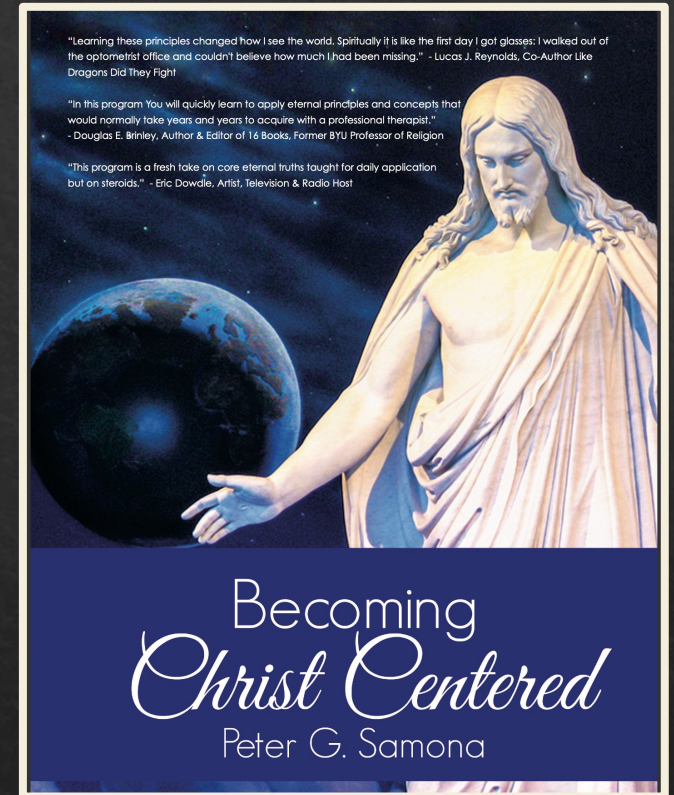
“As we learn about Godly sorrow and repentance, it’s important to remember these three truths:

1. We choose whether or not to sin. (I am in charge of what I think, feel and do.)

2. We do not choose the consequences of sin. “Every decision we make, good or bad, carries an accompanying consequence.”

3. We choose what to do with the suffering that results from sin. We can choose to remain miserable and to be sin-centered. Or we can choose to be Christ-centered and focus on feeling Christ’s pain for us because of our sin, and thus to grow in love and joy.”

– “*Becoming Christ Centered*” – Peter Samona



#1 Stumbling Block to Godly Sorrow



Vain Regrets

When We Engage In Vain Regrets We:

- Abandon the Atonement of Christ
- Stay In Self-Condernation Cycle
- Repeat Sin (temporary relief from bad feelings created)



“I, the Lord,
will forgive whom I will
forgive, but of you it is
required to forgive all
men.” – D&C 64:10

Forgive Myself

Even After Healing (Repentance) The Scar Remains

“Dr. Sidney Simon, a recognized authority on values realization, has provided an excellent definition of forgiveness as it applies to human relationships: ‘Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves.’ ...If we can find forgiveness in our hearts for those who have caused us hurt and injury, we will rise to a higher level of self-esteem and well-being. Some recent studies show that people who are taught to forgive become “less angry, more hopeful, less depressed, less anxious and less stressed,” which leads to greater physical well-being. Another of these studies concludes “that forgiveness ... is a liberating gift [that] people can give to themselves.”

- Faust, *“The Healing Power of Forgiveness”*





“It can seem impossible to forgive those whose destructive actions have hurt the innocent. And yet, the Savior admonished us to “forgive all men.” We are followers of the Prince of Peace. Now more than ever, we need the peace only He can bring. How can we expect peace to exist in the world when we are not individually seeking peace and harmony? Brothers and sisters, I know what I’m suggesting is not easy. But followers of Jesus Christ should set the example for all the world to follow. I plead with you to do all you can to end personal conflicts that are currently raging in your hearts and in your lives.... If forgiveness presently seems impossible, plead for power through the atoning blood of Jesus Christ to help you. As you do so, I promise personal peace and a burst of spiritual momentum.” – *President Nelson, “The Power of Spiritual Momentum”*

Seed: “Choosing Godly Sorrow Keeps Me In The Light”

Awake and
Arouse Your
Faculties

“See”

Review

Matt 26:36-46 Alma 34:8-16
Mark 14:32-42 Alma 42: 1-31
Luke 22:39-46 D&C 19:15-24
2Ne. 2:5-8 D&C 58:42
Alma 7:11-14

“A Mighty Change of Heart” -
Benson (Ensign)
“You Can Do It Now” - Uchtdorf
“The Bridge Builder” - Monson
“A Mighty Change Of Heart” -
Benson
“I Stand All Amazed”

Exercise a
Particle of
Faith

“Think”

Think of my past
sins, envision the
Savior in the
Garden and on the
Cross paying for
them in full.
Practice this visual
so it becomes easy
to draw on it when
other past sins are
brought up

Desire to
Believe &
Let the
Desire Work
in You

“Feel”

Pray for
confirmation that
you are clean and
forgiven. Pray to
know if you are on
the path. Believe
the confirmation
that comes, i.e.
“feel the spirit”

Give Place
For a
Portion of
My Words

“Do”

Search
~
Ponder
~
Pray

Don't Cast
it Out By
Unbelief

Satan's program of
vain regrets and self-
condemnation will
be the #1 stumbling
block to staying in
Godly Sorrow

I Stand All Amazed

“I stand all amazed at the love Jesus offers me
Confused at the grace that, so fully, He proffers me
I tremble to know that, for me, He was crucified
That for me, a sinner, He suffered, He bled and died”

“I marvel that He would descend from His throne, divine
To rescue a soul so rebellious and proud as mine
That He should extend His great love unto such as I
Sufficient to own, to redeem, and to justify”

“I think of His hands pierced and bleeding to pay the debt
Such mercy, such love and devotion can I forget?
No, no, I will praise and adore at the mercy seat
Until at the glorified throne, I kneel at His feet”

“Oh, it is wonderful that He should care for me
Enough to die for me, Oh, it is wonderful,
wonderful to me”



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