All creations experience birth, growth, and death. This pattern is unchangeable if the creations are made by Heavenly Father. The creations, especially humans, make a lot of mistakes and faults when they live the life on the earth. Someone cannot always recognize that their actions are terrible. Some people keep working even though they know their works are sins. However, many people also regret their sins. People cannot delete their sins, but they have opportunities to do repentance. What is repentance? According to Wikipedia, Repentance is reviewing one’s actions and feeling contrition or regret for past wrongs, which is accompanied by a commitment to and actual actions that show and prove a change for the better. In the New Testament, repentance is tied to the idea of going in a new direction. The Greek word translated as repentance is metanoia, which means ‘to change one’s mind.’ Repentance is changing one’s mind by turning away from sin. Repentance is one of the first principles of the gospel and is essential to our temporal and eternal happiness. It is much more than just acknowledging wrongdoings. Repentance is one of the parts of our life. I studied repentance by searching the Internet and reading scriptures. There is a lot of information about repentance, and I could get many inspired feelings by studying repentance. Repentance has three steps: recognition, abandonment, and forgiveness.

In 1991, elder Neal A. Maxwell of the quorum of the twelve apostles talked about repentance at a general conference.