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.

There are many ways people repent and I think generally there are three repentance steps. The first step is recognition. If you do not recognize your sin or wrong action, repentance cannot begin. President Spencer W. Kimball talked about the gospel of repentance at a general conference, in 1982. “Repentance can never come until one has bared his soul and admitted his actions without excuses or rationalizations. He must admit to himself that he has sinned, without the slightest minimization of the offense or rationalizing of its seriousness, or without soft-pedaling its gravity. He must admit that his sin is as big as it really is and not call a pound an ounce. Those people who choose to meet the issue and transform their lives may find repentance the harder road at first, but they will find it the infinitely more desirable path as they taste its fruits.” Like President Kimball said, we know that it is not easy to figure out and recognize our sins. Sometimes, some people pretend to admit their sin outwardly even though they did not admit it to themselves. Most people want their actions, ideas, and ways to be correct, but everything cannot be perfect because we are not Heavenly Father. By recognizing and admitting our sin, we can be close to perfect and will find the infinitely more desirable path as they “taste its fruits” like President Kimball said. According to 2 Corinthians chapter 7 verse 10, “For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.” Heavenly Father already made a plan of salvation, and repentance is one of the plans. I have and share an experience of a sin that I had not recognized for a long time. When I was 8 years old, my family was busy. My mother and father got divorced at that time, so my mother began to work. I have two sisters, but they were not at home because they went to other locations for education. I stayed alone at home and nobody controlled me. I hated to eat healthy food, so I just ate instant food even though my mother had made dinner. Of course, my mother was angry. After being scolded by my mother several times, I threw out the healthy food to the toilet. I know I was silly and bad, but I was glad that she was not angry anymore. However, the behavior was eventually discovered by my mother. I saw her tears, and I figured out my behavior was disgusting. Everyone makes mistakes and sins. However, I think that if we recognize and admit that sin quickly, we can get a better future sooner.

The second step of repentance is abandonment. After we recognize our sin, we never repeat the sin. The Lord revealed to the prophet Joseph Smith, and according to Doctrine and Covenants chapter 58 verse 43, “by this ye may know if a man repentant of his sins-behold, he will confess them and forsake them.” According to John chapter 8 verse 11, “Jesus said unto her, neither do I condemn thee: go, and sin no more.” Then how can we abandon and avoid our sin after we recognize the sin? President Kimball gave us a great answer and said, “in the process of abandoning a sin, it is often necessary to abandon persons, places, things, and situations that are associated with the transgression. This is fundamental. Substitution of a good environment for a bad can hedge the way between the repenting person and his past sin.” I totally agree with his idea. If there is no big, immediate consequence to a sin, it can be hard to change without any help. Like the story above, I hated to eat healthy food in the past. When I saw my mother cry because I threw away the food in the toilet, I recognized my sin and wanted to change. After I saw her tears, I tried to eat healthy food. But it was not easy. My mother discussed my behavior with my family including my father. As a result, I had to spend every dinner time with one of my family members. If all of my family members were busy, one of their friends came to the home. After a few months, it was not hard to eat healthy food when I was alone. While I was writing the final project, I was reminded how I have overcome my bad behavior in the past. From now on, if I recognize a problem or bad behavior, I will try to change my environment.

If we complete step one and step two, there is the last step which is forgiveness. President Kimball said, “Forgiveness can never come without repentance.” I believe that forgiveness is one of the elements of repentance. Throughout forgiveness, we should do two things: spend time and effort for getting forgiveness, and be forgiven directly. Let’s talk about spending time and effort for getting forgiveness first. Let’s imagine that someone swipes your wallet and you find the swiper by the police. Can you forgive the swiper when the swiper just says ‘sorry’? Most people cannot just forgive the swiper. You may hope there is an appropriate punishment. What if you forgive the swiper? Are you sure that the swiper never steal again? If you feel like you should repent from your sin, you should use all of your power such as your time, money, qualitative effort, and so on. Second, you should be forgiven. If someone does not forgive you even though you did a lot of things to apologize to a person, your sin is bigger than your effort. You can show them more ways that you are sorry. For example, when I was a kid, one friend broke my toy. Because of this, we had a fight. The friend came later to apologize and gave me another toy, but I did not accept it because the broken toy had a huge meaning to me. When I did not accept his apology, he was angry. Fortunately, our Heavenly Father is merciful. According to the Doctrine and Covenants chapter 1 verse 32, “Nevertheless, he that repents and does the commandments of the Lord shall be forgiven.” If you read the scripture, you can think that getting repentance from Heavenly Father is so easy. That is not correct. Heavenly Father is merciful, but he knows everything. If you show fake repentance, he will never forgive you.

In conclusion, not making any sin is the best choice. However, every human makes mistakes and regrets the mistakes. Repentance is necessary for our life, and repentance has three steps which are recognition, abandonment, and forgiveness. Recognizing and admitting sin, which is the first step, is not easy. You should practice seeing yourself from another point of view. Not staying around places, people, or items that are associated with sin is truly critical. If you stay around sins, it would be difficult to overcome and get out of the sin. Do not be satisfied after you complete the two steps. You should be forgiven by many people including yourself. Many people may have suffered because of your sins. You need to apologize to those people. If you miss any step for repentance, you cannot complete your repentance. I am also an ordinary human. Sometimes I don't even realize my faults or sins. Sometimes I can't admit my faults or sins. Eventually, I will regret it later. In order to become a better person, I plan to live with humility in my actions. Even if I live modestly and carefully, I will surely make mistakes. But I will be making fewer sins by being modest. Using these three steps can help me not commit the same sin again. Heavenly Father and Jesus Christ stay with us. If we do our best for them, they will lead us correctly.