

Repentance

Repentance is so much more than admitting we did something wrong. According to President Nelson, repentance involves changing “our mind, our knowledge, [and] our spirit” (“We Can Do Better and Be Better”).

So, how do we repent?

1. Recognize that it is our faith in Jesus Christ that enables us to repent.
2. Feel regret and sorrow for our actions.
3. Confess our sins to Heavenly Father in prayer. Serious sins should be confessed to priesthood leaders.
4. Forsake the sin.
5. Make restitution to those we hurt by our actions.
6. Live righteously. We won’t become Christlike by simply not sinning. We have to fill our lives with uplifting thoughts and actions.

President Nelson has promised us that “repentance is the key to happiness and peace of mind.”

Adapted from Gospel Topics, “Repentance,” [topics.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/topics/repentance)

Russell M. Nelson, “We Can Do Better and Be Better,” *Ensign* or *Liahona*, May 2019

“The Things of My Soul”

When Nephi engraved the gold plates, he said, “upon these I write the things of my soul” (2 Nephi 4:15). The word *things* may not seem very elegant or sophisticated, but it appears in the scriptures 2,354 times!

In general conference, Elder Ronald A. Rasband gave us a list of the things of his soul.

First, love God and Jesus Christ.

Second, “Love thy neighbor” (Matthew 22:39).

Third, love yourself.

Fourth, keep the commandments.

Fifth, always be worthy to attend the temple.

Sixth, be joyful and cheerful.

Seventh, follow God’s living prophet.

Elder Rasband invited each of us to add three more things to this list.

What are the things of your soul?

Adapted from Ronald A. Rasband, “The Things of My Soul,” *Liahona*, October 2021

Entertainment and Media

As Latter-day Saints, we are instructed to seek after things that are “virtuous, lovely, or of good report or praiseworthy” (Articles of Faith 1:13). But how do we know what things are worth our time?

Our world today offers us countless choices for entertainment. With technological advancements such as internet, television, and social media, our world is more connected than ever before.

This media can be used for good or for evil. What we watch and read can either uplift us or drive away the Spirit.

Have questions if something is appropriate or not? Talk with parents and trusted leaders, and decide together what media you want to consume.

Adapted from “Entertainment and Media,” *For the Strength of Youth* [booklet, 2011], 11–14.