

## Week 16 – March 6, 2024

### Notes and Quotes

#### Repentance

2 Corinthians 7:8-11

**President Ezra Taft Benson, *Teachings of Ezra Taft Benson*, 72.**

It is not uncommon to find men and women in the world who feel remorse for the things they do wrong. Sometimes their sorrow is caused because they are caught and punished for their actions. Such worldly feelings do not constitute ‘Godly sorrow’ (2 Corinthians 7:10). 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’ (D&C 20:37). Such a spirit is the absolute prerequisite for true repentance.

(Cf. Matt. 27:3-5; Mosiah 4:2-3; Alma 24:10-19; 36:12-22)

2 Corinthians 7:9-11

"*Godly sorrow . . . worldly sorrow.* The former manifests itself by repentance and the experience of divine grace; the latter brings death because, instead of being *God-centered sorrow over the wickedness of sin, it is self-centered sorrow over the painful consequences of sin*"

(NIV Study Bible, emphasis added).

2 Corinthians 7:11

**Spencer W. Kimball, *The Miracle of Forgiveness*, 171–72.**

In abandoning sin one cannot merely wish for better conditions. He must make them. He may need to come to hate the spotted garments and loathe the sin. He must be certain not only that he has abandoned the sin but that he has changed the situations surrounding the sin. He should avoid the places and conditions and circumstances where the sin occurred, for these could most readily breed it again. He must abandon the people with whom the sin was committed. He may not hate the persons involved but he must avoid them and everything associated with the sin... He must eliminate anything which would stir the old memories.

(Cf. D&C 58:42-43)

2 Corinthians 7:9-11

**Bruce C. Hafen, *The Broken Heart*, p.8**

The Savior asks for our repentance not merely to compensate him for paying our debt to justice, but also as a way of inducing us to undergo the process of development that will make our nature divine, giving us the capacity to live the celestial law. The “natural man” will remain an enemy to God forever—even after paying for his own sins—unless he also “becometh a saint through the atonement of Christ the Lord, and becometh as a child.” (Mosiah 3:19) ... the Atonement does more than pay for our sins. It is also the agent through which we develop a saintly nature.

(Cf. Luke 3:8-15; Mosiah 4:2-3; 5:2; 27:23-29; Alma 13:10-13; 24:10-12; D&C 58:41-43)

#### Additional Scriptures on Repentance:

Alma 22:14-18

Moroni 8:22-26

Psalms 38:18

Proverbs 28:13

Isaiah 1:16-18; 55:8-9

Jonah 3-4

Matt 4:17; Mark 1:14-15

Acts 26:20

D&C 15-16; 18:10-16; 58:42-43; 138:19-25

Helaman 14:12-13, 18-19

Alma 34:14-15

**Ezekiel 18:21-32**

#### Additional Questions to Ponder:

When has a person truly repented?

How do you know when you have repented?

When is repentance finished?

Is suffering required for sincere repentance?

What is a REMISSION of your sins?

How does that differ from a REMOVAL of your sins?

What are the “fruits meet for” repentance?

What is the difference between the event to repent and the process of repenting?

How can we more deeply engage in daily repentance?

How is the call to repentance an act of love?