

Steps of Repentance

1. FEEL GODLY SORROW

"For I will declare mine iniquity; I will be sorry for my sin." (Psalms 38:18) KJV

- The first step of repentance is to recognize that you've committed a sin against God's commandments.
- Feel true sorrow for what you've done and for disobeying Heavenly Father.
- Feel sorrow for any pain you may have caused toward other people.

2. CONFESS TO GOD

"And they were baptized in the Jordan by him, confessing their sins." (Matthew 3:6) Amplified Bible

"If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought, and action]." (1 John 1:9) Amplified Bible

- Pray to Heavenly Father and be honest with him.
- Tell him of your sin(s).

3. ASK FOR FORGIVENESS

"And he went into all the country round about the Jordan, preaching a baptism of repentance (of hearty amending of their ways, with abhorrence of past wrongdoing) unto the forgiveness of sin." (Luke 3:3) Amplified Bible

- Pray to God for his forgiveness.
- Forgive others who have hurt you.
- Forgive yourself and know that God loves you, even though you've sinned.

4. RECTIFY PROBLEMS CAUSED BY THE SIN(S)

"And if it be stolen from him, he shall make restitution unto the owner thereof." (Exodus 22:12) KJV

- Make restitution by fixing any problems caused by your sin.
- Problems caused by sin include physical, mental, emotional, and spiritual damage.
- If you can't rectify the problem sincerely ask forgiveness of those wronged and try to find another way to show your change of heart.

5. FORSAKE SIN

"He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy." (Proverbs 28:13) KJV

- Make a promise to yourself and to God that you will never repeat the sin.
- Recommit yourself to obeying God's commandments.
- Continue to repent if you sin again.

6. RECEIVE FORGIVENESS

"God exalted Him to His right hand to be Prince and Leader and Savior and Deliverer and Preserver, in order to grant repentance to Israel and to bestow forgiveness and release from sins." (Acts 5:31) Amplified Bible

"To Him all the prophets testify (bear witness) that everyone who believes in Him [who adheres to, trusts in, and relies on Him, giving himself up to Him] receives forgiveness of sins through His name." (Acts 10:43) Amplified Bible

- The Lord will forgive you when you truly repent with a sincere heart.
- Allow his forgiveness to come upon you.
- When you feel at peace with yourself you can know you are forgiven.
- Don't hold onto your sin and the sorrow you've felt. Let it go by truly forgiving yourself, just as the Lord has forgiven you.

Through Christ's Atonement we are able to repent and be cleansed from our sins. Each of us can be forgiven and receive peace with sincere and genuine repentance.