

Repentance

Resources

Compiled by Barbara Pratt from submission from a member of:
<http://groups.yahoo.com/group/fhe4children/>
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Repentance

Wanda B. Blaisdell
Moderately

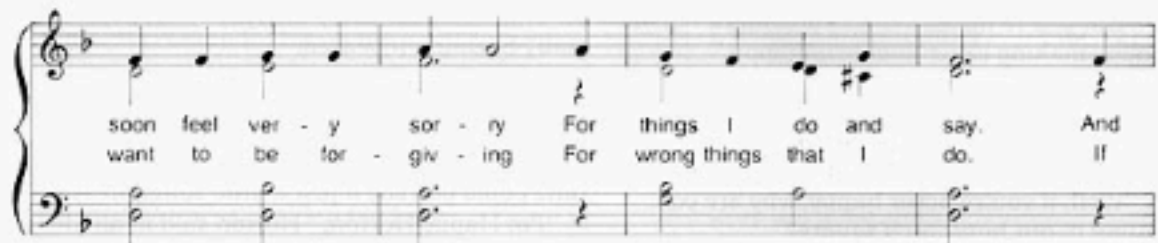
Maurine B. Deen



Piano introduction in B-flat major, 4/4 time. The right hand starts with a melody of quarter notes: B-flat, A, G, F, E, D, C, B-flat. The left hand provides a simple accompaniment of quarter notes: B-flat, A, G, F, E, D, C, B-flat. Dynamics include *mf* and *mp*.



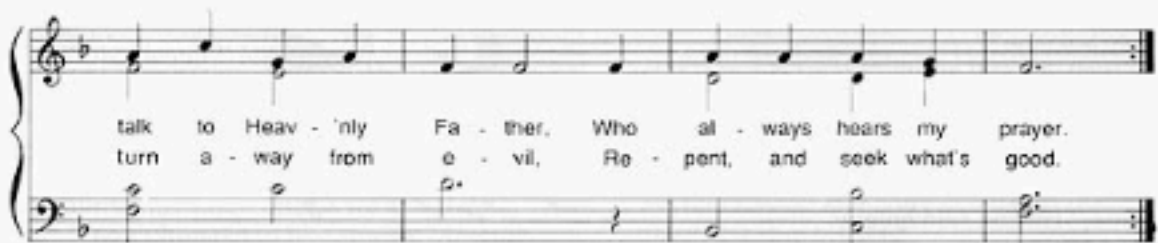
1. When I don't mind my par-ents And want to have my way, I
2. I love my Heav-nly Fa-ther And earth-ly par-ents too. They



soon feel ver-y sor-ry For things I do and say. And
want to be for-giv-ing For wrong things that I do. If



so I ask for-give-ness To show I rea-lly care. I
I keep try-ing hard-er To live the way I should, I'll



talk to Heav-nly Fa-ther, Who al-ways hears my prayer.
turn a-way from e-vil, Re-pent, and seek what's good.

Sharing Time: Repentance-- Turning from Wrong to Right Coloring page to hang.
By Karen Ashton - Picture Illustrated by Denise Kirby

“For behold, I, God, have suffered these things for all, that they might not suffer if they would repent” (D&C 19:16).

Karen Ashton, “Sharing Time: Repentance—Turning from Wrong to Right,” *The Friend* (Liahona), Apr. 1997, 10

What is the second principle of the gospel listed in the fourth article of faith? If you said “Repentance,” you are right!

Repentance is turning from doing wrong to doing right. The Savior wants you to turn away from wrong and turn to him (see 3 Ne. 30:1-2). He gave his life to pay for your sins so that if you repent you can be forgiven and be clean again.

When you disobey the commandments or hurt others, the Holy Ghost cannot be with you, and you may feel sad, guilty, lonely, or afraid. To change these feelings, you need to turn from doing wrong to doing right. Heavenly Father and Jesus Christ will help you change. This changing is called repentance.

Repentance begins inside of you—in your thoughts and in your heart. When you know you have done something wrong, think about it until a feeling of sorrow comes into your heart. Do not excuse yourself or blame someone else. Tell Heavenly Father what you have done and how you feel. Tell him how much you love him, and ask for his help. If you have hurt someone or something, try to make it better. Promise Heavenly Father that you will try, with all your heart, to do what is right from now on.

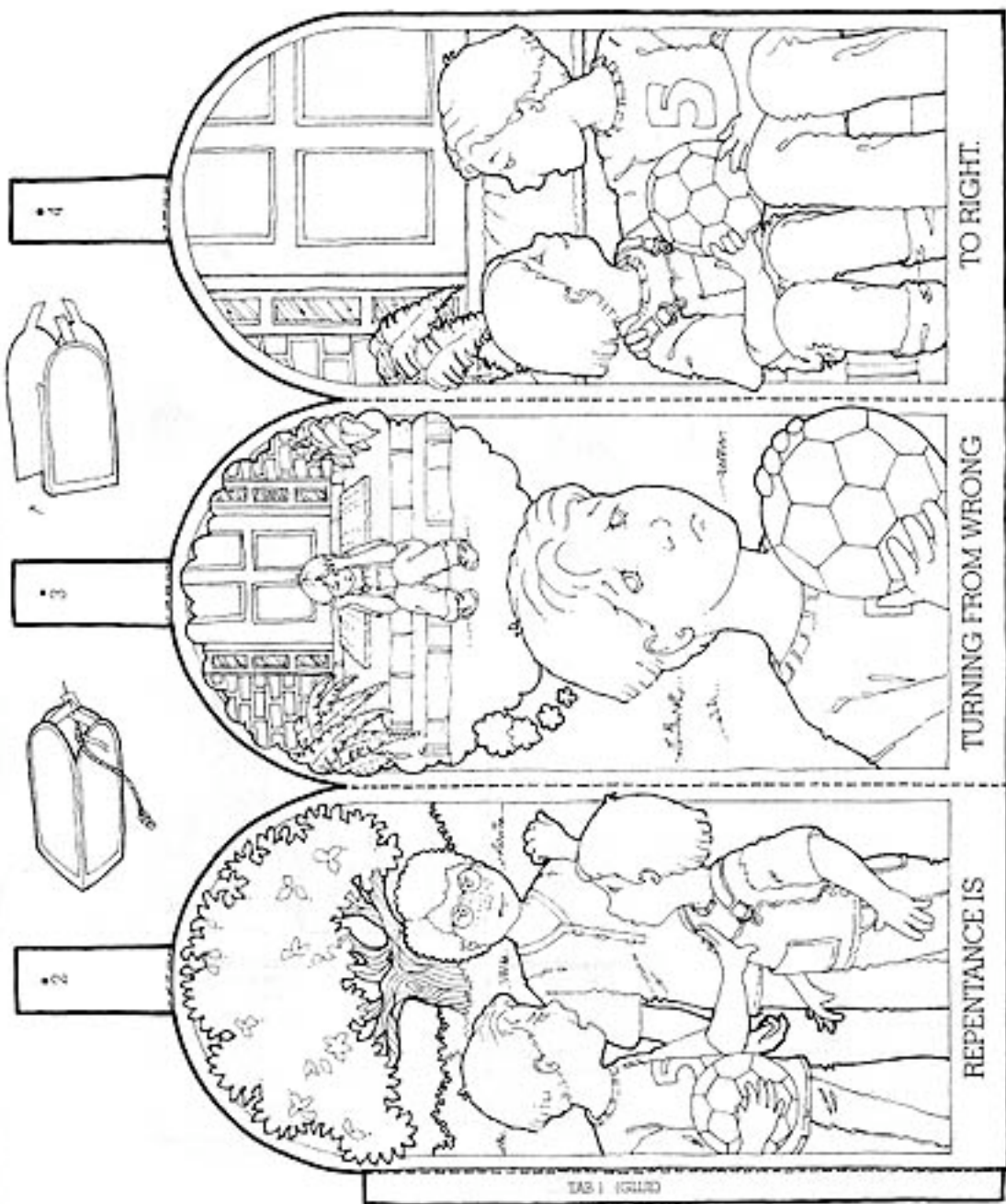
Repentance begins on the inside, but usually it shows on the outside as well. When you promise Heavenly Father that you will do what is right, you keep your promise by changing the way you act. You treat others with more love and kindness. You keep the commandments. These actions will help you feel good about yourself and others.

You will need to repent many times throughout your life. As you turn away from wrong and try to do what is right, you will grow closer and closer to Heavenly Father and Jesus Christ.

The Lord Jesus Christ has promised that if you repent, he will bless you and remember your wrongs no more (see Hel. 13:11; D&C 58:42).

Instructions

(1) Mount page 11 on heavier paper, and color each scene. (2) Cut along the heavy black lines, and fold on the broken lines. Glue Tab 1 to the outside edge of the third scene. (3) Make small holes, as indicated, in Tabs 2, 3, and 4, and overlap the tabs to align the holes. Tie a double knot in a string, then thread the string through the holes in tabs. (4) Hang your Repentance Reminder where you can see it each day.



Sharing Time Ideas

1. Ask five Primary teachers to explain one of the five steps along the path of repentance. Take the children on the path of repentance by visiting five separate areas in the Primary room. When you arrive at each area, discuss one of the steps: recognition, remorse, confession, restitution, and keeping the commandments (see "Repentance," Gospel Principles, 117). Give each child a list of the steps of repentance, and suggest that they share this activity with their families.
2. Tell the children that as we try to be like Jesus and as we repent when we do something wrong, we will feel our Savior's love. Sing "I'm Trying to Be Like Jesus" (Children's Songbook, 78) and "I Feel My Savior's Love" (Children's Songbook, 74).
3. Invite a member of the bishopric to discuss the gospel standard "I will choose the right. I know I can repent when I make a mistake." Ask him to tell how this standard has blessed him in his life. Bear your testimony about the principle of repentance.

Gospel topic: repentance

Sharing Time:
The Atonement

By Laurel Rohlfling Picture Illustrated by Lori Anderson

For I am God, and have sent mine Only Begotten Son into the world for the redemption of the world (D&C 49:5).

Laurel Rohlfling, "Sharing Time: The Atonement," Friend, Mar. 1989, 39

When Paul H. Dunn of the First Quorum of the Seventy was eleven years old, baseball was an important part of his life. Paul's parents permitted his team to use their large backyard for a baseball diamond. It was completely fenced in, with an alley running along the outside. Beyond the alley was a large church with a beautiful stained glass window that faced the center-field fence.

One hot summer evening an exciting baseball game was in progress in the Dunn backyard. Paul came to bat late in the game and hit an outside pitch. It looked like it might be the best hit he had ever made! The ball cleared the center-field fence, crossed the alley, and then, to everyone's dismay, entered the church building through the large stained glass window some 260 feet away. It seemed to young Paul that the glass fell for hours. The players scattered in every direction.

When Paul got up the courage to return home, he discovered that his father had two visitors. They were both ministers from the neighboring church. To Paul's surprise, they seemed to know from which house the baseball had come. Paul admitted to the ministers that he had hit the ball that had broken the window and told them that he was very sorry.

Paul's father put his arm around his son's shoulder, patted him on the head, and said, "This is a good boy." He, too, apologized for the mishap and asked how much it would cost to replace the stained glass window. They told him that it would be about \$500.

It was then that his father taught young Paul a great lesson. He asked the ministers if they understood the principle of Christ's atonement. They seemed a little puzzled. His father said, "In our Church, we believe that 'through the Atonement of Christ, all mankind may be saved by obedience to the laws and ordinances of the gospel' " (third article of faith). He explained that the atonement allows each of us to be forgiven of our sins if we repent. Jesus paid for all our sins when He suffered in the Garden of Gethsemane. As the only perfect person who ever lived on earth, He was the only one who could do this for us. We could not do it for ourselves. Without His sacrifice, we could never be forgiven of our sins and would not be able to live with Heavenly Father and Jesus again.

Paul's father pointed out that although Paul had broken a window, he could never pay for it himself. His allowance of 25¢ a week would never pay for a \$500 window. Taking his checkbook from his coat pocket, he wrote out a check for the amount needed and said, "As Paul's father, and because I love him, I will pay the price that he cannot."

This experience helped Paul understand what Jesus did for us when He atoned for our sins. At this Easter time we can be thankful that Heavenly Father loved us enough to send His Son so that we can be forgiven when we do something wrong.

Instructions

1. Color flannel board figures, mount on heavy paper, then cut out. Affix tape, or glue small squares of sandpaper, to backs of figures so that they will stay on flannel board.
2. Using flannel board and figures, tell story to your friends or to your family during family home evening.

Sharing Time Ideas

1. Ask children to prepare flannel board figures or to make figures into puppets by attaching flat sticks to backs. Let children choose partners and tell story to each other.
2. Tell story to children, then let them dramatize it. Use simple costumes.
3. Write Atonement vertically on chalkboard or large piece of paper. With children's help, use word or phrase describing Atonement, beginning with each letter. For example: Atonement, The Only Begotten, Obedience, Not Easy, Eternal, Mankind, Everlasting, Nail, Testimony.
4. Sing songs about sacrament, such as "Our Savior's Love" (Sing with Me, C-2) and "As I Eat the Broken Bread" (Sing with Me, C-1)
5. Write each word of third article of faith on separate piece of paper, mix them up, and give each to different child. Have children put words into correct order.

Gospel topics: Atonement, Jesus Christ



OTHER RESOURCES:

These can be found online at: library.lds.org in the “Gospel Archives” under “Curriculum” under “Primary” or “Home and Family”.

Primary 3, 10: Repentance, Purpose, 46

Book of Mormon Stories, 30: Alma Counsels His Sons, 82

FHE – REPENTANCE
Submitted by Natasha

Opening Song:

Opening Prayer:

Scripture: D&C 58:42

Object Lesson:

Show a bandage to the children.

- Have any of you ever had a cut?
- How did it feel?
- What should we do when we get a cut? (Clean and bandage it.)
- Why should we clean and bandage a cut? (To help it heal faster.)

When we do something wrong, it is like having a cut. It hurts inside and makes us sad because we know we have done wrong. Repentance can help us when we have made a mistake. It is a way of cleaning and healing a spiritual hurt.

Story: Read from *Book of Mormon Reader* page 56-59
“Alma the Younger Repents”

There are 4 Steps to True Repentance.

(Discuss steps using [Repentance Chart](#) while relating to the Alma the Younger story. Have the children put the individual word strips in order on the chart.)

1. Feel Sorry

When we realize that we have done something wrong, we should admit that we've done wrong and feel sorry that we did it. This feeling is Heavenly Father's way of helping us to know we have done something wrong.

1. Ask Forgiveness

When we repent of our wrong choices, we must ask our Heavenly Father and the person we have wronged to forgive us. We need to admit that we have made a wrong choice and then ask to be forgiven for what we have done.

- How do we ask Heavenly Father to forgive us? (We ask in prayer.)

1. Right the Wrong

We need to try to correct any problems we have caused because of our wrong choice

1. Don't Repeat the Wrong

Decide never to make that wrong choice again.

Read: Doctrine and Covenants D&C 58:42

- What is the great promise that Jesus gives to us if we repent?

Closing Song: “Help Me Dear Father” page 99

Closing Prayer:



REPENTANCE

1.

2.

3.

4.

Feel Sorry

Ask Forgiveness

Right the Wrong

Don't Repeat the Wrong