

# Clean Again

By Dawn Nelson  
(Based on a true story)

This story happened in the USA.

Emily stood in the water with Dad and smiled. She had been waiting for this day for weeks! Her heart was thumping because she had never gone under the water before. But she was so excited to get baptized like Jesus Christ did.

She closed her eyes and listened to Dad say the baptismal prayer. Then she plugged her nose, closed her eyes, and bent her knees as Dad dipped her into the water.

Dad quickly pulled her back up, and the water poured off her. Emily had to wipe it out of her eyes, but she was smiling. She felt different now. A new, happy feeling filled her. She wanted to keep feeling it always!

Dad gave her a big hug. *I know how to keep this good feeling*, Emily thought. *All I have to do is choose the right and be like Jesus Christ!* She felt sure she could do it.

When they got home, Emily raced from the car to the front door. So did her four-year-old brother, Jonah. Just as Emily reached the door and started to open it, Jonah grabbed her skirt and yanked it back—hard.

“Don’t!” Emily yelled. She pulled her skirt out of his hands. Then she blocked his way so he couldn’t get inside first. She felt so mad!



I couldn’t even choose the right for one day!  
*Emily thought.*



Suddenly she froze. A terrible feeling filled her up. She stepped out of the way and let Jonah run inside.

“Sorry!” she called after him. She had just made a wrong choice. The Savior wouldn’t have yelled at Jonah. How could she have messed up already? Her new happy feeling was gone.

*I’ve ruined it*, she thought. *I couldn’t even choose the right for one day!*

The next day was Sunday. As Emily got ready for church, she thought about how she had yelled at Jonah. She still felt awful.

During sacrament meeting, the bishop asked Emily to come up to the front. She was getting confirmed. That meant she would get the gift of the Holy Ghost. She sat down in a chair. Dad gently put his hands on her head.

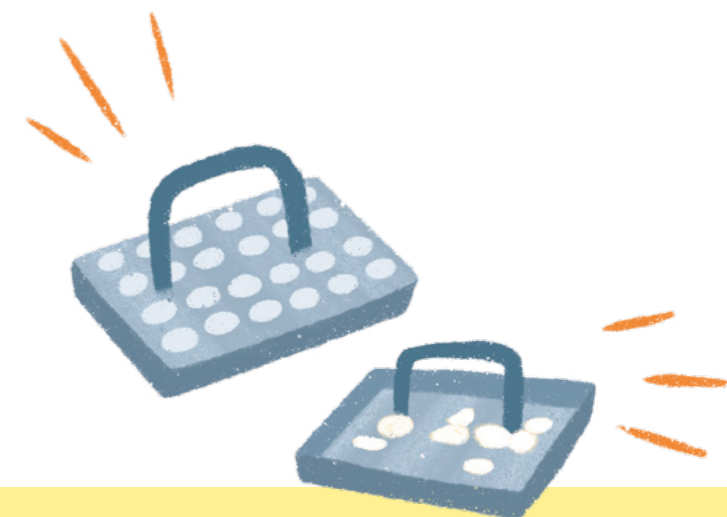
Emily closed her eyes as Dad began. She heard him say the words, “Receive the Holy Ghost.”

Emily kept listening.

“Emily, always remember that because of Jesus Christ, you can repent when you make a wrong choice,” Dad said. “Every time you take the sacrament, you can think of the covenant you made when you were baptized. You can promise again to follow Him.”

As Dad finished the blessing, Emily felt happy and peaceful. She knew the Holy Ghost was telling her everything would be all right. It was OK that she wasn’t perfect. Because of Jesus Christ and His Atonement, she could repent and be forgiven! She was sorry she yelled at Jonah, and Heavenly Father knew she would keep trying.

Emily grinned as she and Dad walked back to their seats. The sacrament was next, and Emily was looking forward to it. ●



“When we embark on the covenant path through baptism, I can imagine Heavenly Father saying . . . to each of us: ‘Thou art my dear child in whom I delight. Keep going.’”

Elder Dale G. Renlund, “Accessing God’s Power through Covenants,” *Liahona*, May 2023, 36.

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