

Concerns about Repentance

Concern A: I'm not sure it's worth it to repent.

- What scriptures and principles from Mosiah 26, or other scriptures, might you share that may help with this concern?

Recall that Alma himself had committed serious sins earlier in his life and had repented and received forgiveness through the Savior Jesus Christ (see Mosiah 11:5–7; 18:1–3; 26:15, 20).

- What do you think Alma might share with someone who has this concern?

Ponder what you or those you know have experienced when you have turned to the Savior Jesus Christ through repentance.

Concern B: Why would I have to confess my sins? Why do some sins need to be confessed to a priesthood leader?

The Lord told Alma that those who had sinned would need to “confess his sins before thee [Alma, their priesthood leader] and me [the Lord]” (Mosiah 26:29).

- Since the Lord already knows our sins, why is it important that we confess them to Him? How will it bless our lives?

Read the following statements from *For the Strength of Youth: A Guide for Making Choices* (booklet, 2022) and Elder C. Scott Grow, emeritus General Authority Seventy, and look for insights about when and why we should confess to a bishop or branch president.



The bishop is entitled to revelation from the Holy Ghost regarding the members of his ward, including you. . . . [He] can help you through the repentance process in ways your parents or other leaders are unable to provide. . . .

[If we do not confess, we] carry the burden of sin alone, instead of letting the Savior take away the burden. (C. Scott Grow, “Why and What Do I Need to Confess to My Bishop?” *New Era*, Oct. 2013, 28–29)

- How might this statement help someone with concerns about confessing to their priesthood leader?

Concern C: I've sinned too much for the Lord to forgive me.

- How might the Lord's words in Mosiah 26:29–30 help with this concern? (You could also consider studying 1 Timothy 1:15; 1 John 1:9; or Doctrine and Covenants 18:10–12; 58:42–43.)
- What scriptural accounts about the Savior illustrate His feelings about those who strive to repent and His willingness to forgive?

Concern D: Your choice

Think about another realistic concern or question someone may have about repentance. Study “Repentance” or “Confession” in Guide to the Scriptures (scriptures.ChurchofJesusChrist.org), looking for truths that may help. You may also review scriptures related to “Repentance” or “Confession” in the Topical Guide. It may also be helpful to study “Jesus Christ Will Help You” in the *For the Strength of Youth* booklet and ponder what you know about the Lord that may help.