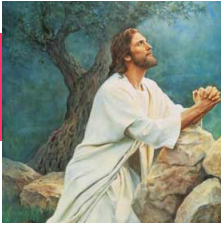


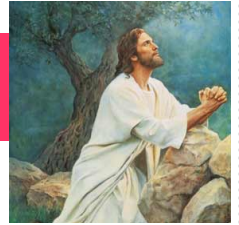
What is the Atonement of Jesus Christ?



The Atonement is the sacrifice Jesus Christ made to help us overcome sin, adversity, and death. Jesus's atoning sacrifice took place in the Garden of Gethsemane and on the cross at Calvary. He paid the price for our sins, took upon Himself death, and was resurrected. The Atonement is the supreme expression of the love of Heavenly Father and Jesus Christ.

- Matthew 26–27 (In Gethsemane and on the cross, Jesus Christ paid the price for our sins and took upon Himself our pains)
- Matthew 28:1–10 (Jesus Christ overcame death through His Resurrection)
- 2 Nephi 9:6–16 (Jesus Christ overcame sin and death through His Atonement)
- Alma 7:11–13 (Jesus Christ took upon Himself our pains, sicknesses, infirmities, and sins)
- “The Atonement of Jesus Christ,” *True to the Faith* (2004), 14–21
- “The Living Christ: The Testimony of the Apostles” *Ensign*, Apr. 2000, 2–3 (see also *True to the Faith*, 87–89; *Personal Progress*, 102)

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What does it mean to have faith in Jesus Christ?



In order for our faith to lead to salvation, it must be centered in the Lord Jesus Christ. To have faith in Jesus Christ means to trust Him and obey His commandments. Faith is much more than passive belief. We express our faith through action—by the way we live.

- James 1:5–6; 2:14–20 (Faith is belief and action)
- Alma 32:21, 26–43 (Faith is hope for things that are true but not seen)
- Moroni 7:33–39 (Miracles are wrought by faith)
- Esther 4–5; Hebrews 11:4–9, 17–29; Alma 19; 56:45–48; 57:21; Ether 12:6–22; Joseph Smith—History 1:11–19 (Examples of faith)
- Bible Dictionary, “Faith”
- “Faith,” *Young Women Personal Progress* (2009), 13–20
- “Faith,” *True to the Faith* (2004), 54–56

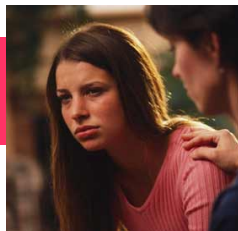
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How can repentance help me every day?



Jesus Christ suffered the penalty for our sins so that we can repent. Repentance is a change of heart and mind that brings us closer to God. It includes turning away from sin and turning to God for forgiveness. It is motivated by love for God and a sincere desire to obey His commandments.

- Isaiah 1:18; Alma 34:15–16; 36:6–24; D&C 1:32 (Through repentance, we can be forgiven of our sins)
- Alma 19:33 (Repentance brings a change of heart)
- Mosiah 27:35; D&C 58:42–43 (To repent, we must confess and forsake our sins)
- “Repentance,” *For the Strength of Youth* (2011), 28–29
- “Repentance,” *True to the Faith* (2004), 132–35
- “Virtue,” *Young Women Personal Progress* (2009), value experience 4

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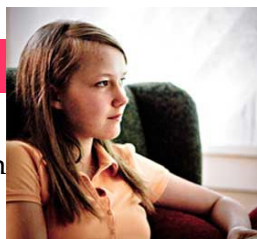
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What is grace?

Grace is divine help and strength that we receive through the Atonement of Jesus Christ. Through grace, we are saved from sin and death. In addition, grace is an enabling power that strengthens us from day to day and helps us endure to the end. Effort is required on our part to receive the fulness of the Lord's grace.

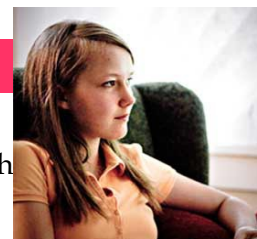
- Ephesians 2:8-9; 2 Nephi 25:23 (By grace we are saved)
- Philippians 4:13; Jacob 4:6-7 (The grace of Jesus Christ gives us strength)
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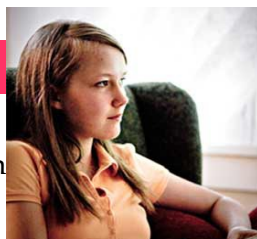
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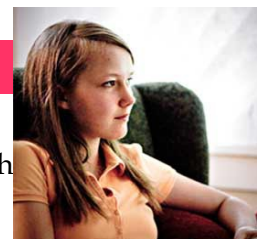
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Why do I need to forgive others?

In order to receive forgiveness for our sins, we need to forgive others. Forgiving others allows us to overcome feelings of anger, bitterness, or revenge. Forgiveness can heal spiritual wounds and bring the peace and love that only God can give.

- Matthew 5:44; D&C 64:9–11 (We are commanded to forgive everyone)
- Matthew 6:14–15; 18:21–35 (To receive forgiveness, we must forgive others)
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What is the resurrection?

Through the Atonement of Jesus Christ, all people will be resurrected. Our bodies and our spirits will be reunited in a perfect, immortal state. An understanding and testimony of the resurrection can give us hope and perspective as we experience the challenges and triumphs of life.



- Luke 24 (The Resurrection of Jesus Christ)
- 1 Corinthians 15 (Because the Savior overcame death, we will all be resurrected)
- Alma 11:41–45 (When we are resurrected, our spirits and bodies are reunited, and we are judged)
- Alma 40–41 (Alma explains the resurrection to his son Corianton)

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How can the Atonement help me during my trials?



As part of His atoning sacrifice, the Savior took upon Himself our pains and sicknesses. Because He has experienced our trials, He knows how to help us. When we exercise faith in Jesus Christ, He will give us strength and ease our burdens.

- Matthew 11:28–30; Philippians 4:13; 1 Nephi 17:3; Helaman 5:12; D&C 68:6 (Jesus Christ can give us strength and ease our burdens)
- Mosiah 23:12–16; 24:8–17 (The Lord strengthens the people of Alma to help them bear their burdens)
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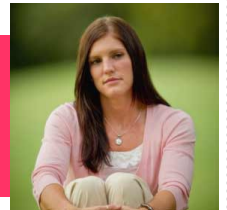
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