

Forgiving Ourselves

Someone who finds himself feeling guilty long after he has repented might try asking himself these questions:

1. Have I completed all the steps of repentance (recognition, remorse, confession, restitution, forsaking)?
2. Have I asked forgiveness of the Lord?
3. Have I allowed the Lord to take my burden by trusting his power to do so and his love for me?
4. Have I fully forgiven myself for my wrongdoing?

Dale F. Pearson, "I Have a Question," Ensign, July 1980

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