

Repentance

Too many people consider repentance as punishment—something to be avoided except in the most serious circumstances. But this feeling of being penalized is engendered by Satan. He tries to block us from looking to Jesus Christ, who stands with open arms, hoping and willing to heal, forgive, cleanse, strengthen, purify, and sanctify us.

The word for *repentance* in the Greek New Testament is *metanoeo*. The prefix *meta-* means “change.” The suffix *-noeo* is related to Greek words that mean “mind,” “knowledge,” “spirit,” and “breath.”

Thus, when Jesus asks you and me to “repent” [Luke 13:3, 5], He is inviting us to change our mind, our knowledge, our spirit—even the way we breathe. He is asking us to change the way we love, think, serve, spend our time, treat our wives, teach our children, and even care for our bodies.

Nothing is more liberating, more ennobling, or more crucial to our individual progression than is a regular, daily focus on repentance. Repentance is not an event; it is a process. It is the key to happiness and peace of mind. When coupled with faith, repentance opens our access to the power of the Atonement of Jesus Christ.

Whether you are diligently moving along the covenant path, have slipped or stepped from the covenant path, or can’t even see the path from where you are now, I plead with you to repent. Experience the strengthening power of daily repentance—of doing and being a little better each day.

(Russell M. Nelson, “We Can Do Better and Be Better,” *Ensign* or *Liahona*, May 2019, 67)