

## **R&R for Misunderstanding Repentance:**

*"Heavenly Father, please forgive me for misunderstanding the gift of repentance and thinking that it's only for the "bad guys" and that it's only for getting rid of my big sins. Please forgive me for misunderstanding and believing that repentance is only to be used for sins that I've thought look like sins. Please forgive me for being afraid of admitting that I need to repent daily because I've judged that repentance is a hard thing and only needs to be done when I've **done** something wrong. Please forgive me for believing that I have to be right all the time because if I admit that I'm wrong about something or don't know something, it means that I'm bad and feel ashamed."*

Next we're to use our faith and agency to choose what we believe in the future. There's no such thing as empty space. When something is removed, there will always be something put in its place. If we don't choose what those ideas, beliefs and thoughts are, then our body and the humanity that's in our experiences will take over and do it for us. We have so much proof that things are the way we've seen them all our lives that those things become the proof of what we use to believe, even though we've just repented of it. We must be willing to exercise our faith and choose to believe what the scriptures, the Spirit and grace have told us is really true. We're to replace our old thinking with the truth and what we want to see and feel. This is done in the same prayer, even the same breath. You can do it one belief at a time or you can do it in chunks. This is how it might look added onto the previous prayer:

*"I choose to see things as they really are. I choose to understand that seeing my weaknesses, mistakes and incorrect thinking makes me stronger, because I will repent and You, Heavenly Father will heal me and I'll learn and grow in You. I choose to recognize when I've made a mistake or sinned through my thoughts and feelings and I'll come to You and repent immediately. I choose to be humble and teachable, quickly returning to thee. I choose to be aware of my thoughts and beliefs that keep me from knowing you better and quickly bring them to you through repentance and change them with your help. I choose to know that repentance is the greatest tool for change You've given me. Thank you for this experience, and for the experience of misunderstanding repentance that I now may understand more fully. In the name of Jesus Christ. Amen."*

The first two parts are necessary, adding the third part makes it very good:

1. Please forgive me for....
2. I choose....
3. Thank you for this experience...

### **Immediate Application for Covenant Issues**

We've talked about the fact that we aren't doing our baptismal promises and commandment to obey God like we've promised. We've seen these promises as something to say but haven't understood how to DO them. This activity is an R&R prayer — idea for a prayer — on changing that sin in our mind and heart.

Repent and Replace for not doing your covenants and for saying them only. Put your own words to it or apply your intent to these words. If you choose to use the words below be sure to put your intention into the words, making them your own. Add or subtract anything you would like.

Repent & Replace for misunderstanding covenants:

1. \*Repent part: *"Dear Heavenly Father, please forgive me for not doing my covenants that I've made with you. Please forgive me for talking about them more than doing them. Please forgive my ignorance about these things and my lack of understanding of what's required of me to do and keep my covenants. Please forgive me for my lack of living within the covenant to the degree that brings the blessings of these covenants completely into my life. Please forgive me for not understanding my baptismal promises and how to do them. Please forgive my lack of understanding and my lack of pursuing a greater understanding regarding them."*

\*Replace part: *"I choose to do my covenants, to allow you to teach me more fully the pattern of my covenants and how they're to be done and lived more fully. I choose to be open and teachable in all things, to remember my covenant of baptism, repenting always and coming to you for direction and I choose to allow the Spirit to teach me all things regarding these covenants and what they are to me. I choose to be open to the Spirit regarding these things. I choose to study, ponder and pray about the covenants and how to do them according to thy will. I choose to be grateful for the privilege of being able to*

*make these covenants on the earth and the possibility of sharing these covenants with others when I understand them myself more fully.”*

*\*Gratitude part: “Thank you for allowing me to have stood in ignorance for a time so that I can fully appreciate being aware of the things I'm now choosing to do. Thank you for my experiences. Thank you for helping me be able to understand and be compassionate to what others feel when they're ignorant of truth in their lives. Thank you for beginning to give me the power to see clearly because I now understand blindness more perfectly, appreciating the atonement more fully. Thank you for my covenants and their power to sanctify me through the atonement. Thank you for always forgiving me when I repent.”*

It's time for you to take this tool into your own thinking and life experiences and apply it to everything you can find that causes you pain, distress, and darkness. Apply it to anything and everything you can. Ask Heavenly Father to help you see and understand it better and teach you what to repent of and why. He WILL!!! He wants you to be clean more than anything else. Christ has already paid the price for us to be clean NOW and if we don't receive it, then it's going to waste. Don't allow this loss of power which can be received now and taken into eternity. Recreating this body with the help of God in this sphere of resistance brings power that creating in another sphere cannot give us. The resistance here causes us strength there that far outweighs what we can gain another way.

Here are some suggestions of things to repent of that you may believe about repentance. This list is not all the things that we choose to feel about repentance and the negative beliefs we have associated with it. Please look deep inside your soul and find the beliefs and feelings you have about repentance that stop you from finding relief and joy in the atoning blood of Jesus Christ and stop you from taking upon you His name daily.

1. Please forgive me for believing repentance is for the bad guys and only those people who have done really bad things.

1a. I choose to believe and understand that repentance is the greatest tool for change and growth on the planet. I choose to use repentance and find joy in it

2. Please forgive me for believing that repentance will cause me pain and that I have to grovel and be ashamed of myself when I repent

2a. I choose to see, feel and experience repentance in a manner in which I feel God's love and affection, to experience repentance with joy and rejoicing. I choose to know that God is very pleased with me when I repent and that He will run to me and succor me as I come to Him repenting.

3. Please forgive me for trying to prove that I'm right so that I don't have to repent very often or admit that I'm wrong. Please forgive me for believing that if I'm wrong I'm bad and should be ashamed and won't get into heaven unless I'm right all the time.

3a. I choose to be at peace when I am wrong. I choose to admit when I don't know something and have to ask for help. I choose to see that being wrong doesn't make me bad, but not being willing to admit that I'm wrong will stop my progression. I choose to see the times when I am wrong as an opportunity to apply the blood of Jesus Christ and take upon me HIS Name. I choose to take upon me the Name of Christ daily through repentance.

4. Please forgive me for finding the act of repentance loathsome, frightening or disconcerting in any way whatsoever.

4a. I choose to see repentance as beautiful, freeing, liberating, joyful, exciting and something I WANT to engage in all the time.

5. Please forgive me for wanting to find ways to get out of repentance. Wanting to try and blame others for my mistakes, my judgments, my errors, and my pain.

5a. I choose to take responsibility for all that I have chosen to believe that has brought me and others pain.

6. Please forgive me for wanting to become and becoming a martyr, thereby taking all the blame for any situation so that I don't really have to take any responsibility for anything still. Please forgive me for believing and feeling that being a martyr will get me out of the pain of having made mistakes or choices that hurt me and others.

6a. I choose to allow others to see and accept their own responsibility so they can grow. I also choose to take full responsibility for my choices but allow everyone else to take responsibility for their choices too. I choose to stop being a martyr. I choose to be

healthy in the way that I accept responsibility for my mistakes and love those around me as I love and accept and forgive myself as well.

7. Please forgive me for being ashamed the fact that I need to repent daily and wanting to ignore this need. Please forgive me for being afraid that if I admit that I have stinkin' thinkin' that it means that I'm bad, evil, wrong, or unacceptable.

7. I choose to love the opportunity to repent daily and know that I came to this fallen world so that I could have new experiences with darkness, descent and pain on a fallen world. I choose to have patience and love for myself and others as we work through the incorrect and faithless beliefs of this fallen world. I choose to accept myself and my fallen state with patience and love.

8. Please forgive me for believing that if I don't see my incorrect beliefs, feelings and sins it means they don't exist and I'm not a sinner.

8a. I choose to accept and understand that my sins are always present with me and that it is only through repentance that I can be whole and clean. I choose to see my errors in thought, feeling and action that cause me to lose power and take me from faith in Jesus Christ. I choose to admit my incorrect beliefs without fear that it make me bad. I accept and recognize that I am loved regardless of my foolish and disempowering thoughts, and beliefs. I choose to accept the love and joy that comes through repentance daily. I choose to understand and receive the power of repentance and cast off my sins through R&R daily.

9. Please forgive me for believing that it is sufficient to repent without making new empowering choices at the same time. For not using my faith to replace the old beliefs, actions and thoughts when I repent of them.

9a. I choose to use my faith and agency every time I repent. I choose to replace the old beliefs with new true beliefs and allow God to show me and teach me new things as I repent daily. I choose to become empowered through the atonement and agency daily by using the powerful tool of R&R daily. I choose to take upon me the name of Jesus Christ daily.