

The Ultimate Help

Annette Nay, Ph.D.

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The Foreword

Read the whole e-book as not to miss an important part of your mental, spiritual, and/or physical health, recovery.

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Christ-Centered Therapy

This therapy is based on the atonement of Jesus Christ and the scriptures. All Christian's believe that Christ suffered all things that we have suffered, are suffering, or will suffer in the future. This suffering encompasses our sins, our physical and mental problems, our heartaches, stumbling blocks, and setbacks. Since these things have already been suffered for, we do not have to continually suffer for them also. If God judges that we and in some cases our significant others have learned what they and you need to from the experience, He will our problems from us, if asked to do so. This is called a spiritual healing.

The scriptures say that whatever you ask Heavenly Father for, in the name of Jesus Christ, which is good, it will be given you. (See: John 14:13-14, Moroni 7:26) This is because Heavenly Father and Jesus loves you and wants you to be happy. "...men (& women) are that they might have joy." 2 Nephi 2:25 & 33.

I had Multiple Sclerosis (MS) for 16 years. I had the type that was unremitting-recycling; which it only gets worse and it doesn't stop until death. I was at death's door. My MRI showed holes in my brains like Swiss Cheese from all the damage done by the MS. With Christ-Centered Therapy one moment I had MS and the next I did not. My MRI now shows no damage at all.

In Christ-Centered Therapy all things are possible. The scriptures show wherein Christ healed the sick, helped the blind to see, and the lame to walk. The scriptures say that God is the same yesterday, today, and forever. (Alma 31:17) If this is so, He can do the same, now, for you.

How Do You Know If You & Significant Others Have Learned What You Need to From This Experience?

Take inventory of the situation. Ask the Lord to help you to understand the things you and significant others have learned from you having this problem in your life. List down all the things you can think of.

Thinking Things Through and Make an Informed Decision

Take a piece of paper and draw a vertical line down the middle of the sheet making two columns.

1. On the top of the first column, write "Pro's." These are the positive things about the issue.
2. On the top of the second column write "Con's." These are the negative things about the issue.
3. Ask the Lord to help you list all the items dealing with this issue. Now, list all the items about the issue under the appropriate column.
4. Ask the Lord to help you to understand the importance of each item listed by assigning it a fair numeric value. Giving an item a "ten" means that it is of the utmost importance. Assigning it a "one" means that it has little or no importance. A "five," means that it is middle of the road; not extremely important, but not unimportant either. Now, assign each item a value.
5. Add up the numeric value of each item, in each column, to see which has the most important items listed. The one with the higher value means more to you and should give you your decision.

Knowing the Truth of All Things

Now that you have 1) studied the issue out in your mind, 2) make a decision whether or not you think you have learned what you needed to from this situation. 3) Then ask God if your decision is correct.

* A "Yes" answer is manifest by a burning or warm, swelling feeling in the chest area accompanied with a feeling of peace or a feeling that all is well or right.

* A "No" answer is manifest by confusion, doubt, a stupor of thought, or a dull cloudy feeling in your head. Your thoughts may be hard to hold on to or even fade or disappear.

Moroni 10: 4-5

4. ". . . and if ye shall ask with a sincere heart, with real intent, having faith in Christ, He will manifest the truth of it unto you, by the power of the Holy Ghost.

5. And by the power of the Holy Ghost ye may know the truth of all things.

By thinking things through, making an informed decision, and then asking God if it is correct you can know the truth of all things.

Now, ask the Lord to help you do what you must to put your decision to work. This may take a great deal of planning. Do it now. Actuate your plan and put your decision to work. ". . . faith without works is dead. James 2:20

It Seems Too Easy to Be True

You may be telling yourself, “This is too easy. If it is true, why are there so many people with mental and physical problems? Why don’t people know about these things? Why don’t I hear about people using this in their lives?”

Many people who have had spiritual healing hold the incident as sacred and do not share it with others. I too hold it sacred, but choose to share it with humankind because I am a healer. I know that individuals who are mentally or physically infirmed are stopped in many aspects of their personal development.

Their problems have five physical and mental characteristics that usually accompany them. They are: stress, anxiety, headaches, cognitive impairment, and depression; all of which can and all too often leads to suicide.

I liken the ease of this cure as to the one that was given to the Israelites by Moses. As they wandered in the wilderness, they came upon area with poisonous serpents. Some of the Israelites were bitten and died. So Moses took the problem to the Lord who told him the following:

8. And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live.
9. And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived. – (Bible, Numbers 21:8-9)

Despite the ease of the cure there were those who died because they would not believe they could be cured because of the ease of the solution. Why does the cure have to be hard to seem real? Why would a God who loves us want to heap hardship on top of the physical and mental problems we have? In Deuteronomy 7:9-14 it states:

9. Know therefore that the LORD thy God, he *is* God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations;
10. And repayeth them that hate him to their face, to destroy them: he will not be slack to him that hateth him, he will repay him to his face.
11. Thou shalt therefore keep the commandments, and the statutes, and the judgments, which I command thee this day, to do them.
12. Wherefore it shall come to pass, if ye hearken to these judgments, and keep, and do them, that the LORD thy God shall keep unto thee the covenant and the mercy which he sware unto thy fathers:

13. And he will love thee, and bless thee, and multiply thee: he will also bless the fruit of thy womb, and the fruit of thy land, thy corn, and thy wine, and thine oil, the increase of thy kine, and the flocks of thy sheep, in the land which he sware unto thy fathers to give thee.

14. Thou shalt be blessed above all people: there shall not be male or female barren among you, or among your cattle.

15. And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all *them* that hate thee.

These promises were given to the Israelites, but God's promises are for all of us. Peter proves this point as he states in the Bible in Acts 10:34, "...Of a truth I perceive that God is no respecter of persons." That means that He treats us all the same. So, give God the chance to heal all of us!

Attractions of Light and Darkness

People with mental, emotional, and/or spiritual problem/s are feeling dark and despite inside. God is light. There is a scientific law that says where light is darkness cannot be. Where darkness is light cannot be. People with these problems are dark in side. Therefore, God cannot be with them.

When people are light they draw light entities to themselves, like God and angels. When they are dark they draw dark spirits to themselves, like devils and unclean spirits who are those who have died and will not leave this earth. When people have mental, emotional, and/or spiritual problem/s they draw dark spirits to themselves which compounds the problems they already have.

Brigham Young in the Journal of Discourses

Journal of Discourses Vol. 4 Page 133

This is a quotation of Brigham Young speaking at the funeral of Jedediah M. Grant.

"You never felt a pain and ache, or felt disagreeable, or uncomfortable in your bodies and minds, but what an evil spirit was present causing it. Do you realize that the ague, the fever, the chills, the severe pain in the head, the pleurisy, or any pain in the system from the crown of the head to the soles of the feet is put there by the devil? You don't realize this, do you?"

"I say but little about this matter, because I do not want you to realize it. When you have the rheumatism, do you realize that the devil put that upon you? No, but you say, "I got wet, caught cold, and thereby got the rheumatism."

Note: “Brigham Young may have been a little too strong. He may be right but, I would not say it that way. I would say that the evil spirits sometimes cause the problems; at other times they contribute to the problem. It seems as if the illness or pain weakens one’s energy field. This allows the spirits to enter. Once they are there, they aggravate and compound the problem. (Melvin C. Fish, Ph.D.)”

What About People with Dark Entities with Them

Dark spirits will tell these people not to listen to these words and to get rid of it. This is because following these words will get rid of them. To get help these people can follow the information contained hereafter and rid themselves of the problems they are having. Remember, what you ask God (Heavenly Father) in the name of Jesus Christ, if it be good you can have it.

If you or others have had dark times emotionally, spiritually, mentally, had long term illness in your life, or used alcohol and/or drugs to the point where you have lost control of your senses, there is every reason to believe that you may have dark entities with you/them. These issues dissipate the energy field around you and let evil entities gain control of your body and your thoughts. Some people can see this energy field and call it your aura.

Removing Spirit Attachments

Ask Heavenly Father, in the name of Jesus Christ, to send His Guarding Angels to bind up and remove any dark entities that may be with you. Ask Him to remove any abuse, programming or tools that they may have left behind to hurt you. Also ask that while you are becoming a body of light that He protect you from dark entities, so you can become light like Him.

You can do this work for others, if you get their permission to help them. After gaining permission, follow the directions above, doing the work for them.

Forgiving Others

Individuals must do this work for themselves. Other's may aid them in doing this: When we hold grudges or the hurt that others have done to us we become dark inside. We allow the hurt to continually victimize us over and over again. We give these people power over us. We allow dark entities to be with us and shut out God from our lives. Forgiveness is a blessing from God to help us to be happy.

Bible, Matthew 18:21 – 35:

21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

23 Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants.

24 And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents.

25 But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.

26 The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all.

27 Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.

28 But the same servant went out, and found one of his fellowservants, which owed him an hundred pence: and he laid hands on him, and took *him* by the throat, saying, Pay me that thou owest.

29 And his fellowservant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all.

30 And he would not: but went and cast him into prison, till he should pay the debt.

31 So when his fellow servants saw what was done, they were very sorry, and came and told unto their lord all that was done.

32 Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me:

33 Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee?

34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.

35 **So likewise shall my Heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.**

Think about what this means.

Getting Rid of the Bad Feelings

Individuals must do this work for themselves. Other's may aid them in doing this:

- We need to get rid of the bad feelings that happened to us in our lives.
- We need to stop thinking about them.
- We need to forgive others for what they did or said to us.
- This does not mean that those individuals are not held accountable for what they did, because God knows what they did and they will have to answer to Him for the bad they have done.
- What they did hurt us, but if we hold on to those things in our minds, it will continue to hurt us every time we think of them. By holding on to those things we allow them to hurt us over and over again.

- We need to stop the hurt now. We need to ask God to take the hurt away and never let us think of it again. We need to forget it.

How to Proceed

- See yourself in a field of green grass. There are little white flowers all around you. It is a warm sunny day. The wind is gently blowing through your hair. Everywhere you look it is beautiful and green. The flowers are gently blowing back and forth in the wind. You feel peaceful and happy here.
- In this beautiful field gather all the people that you have hard feelings against so you can talk to them. People throughout your life that have hurt you like your parents, spouses, siblings, or friends and others. See each of their faces. They just stand there silent waiting for you to talk to them.
 - In your mind, tell them that they hurt you.
 - Tell them that the past is past and neither you nor they can change that. We can only learn from what has happened.
 - Tell them that and you don't want to hurt any more.
 - You don't want to think about what happened that you just want to let it go so it cannot hurt you anymore.
 - Tell them sorry for any bad things you thought, said, or did to them.
 - Ask them to forgive you.
 - Tell them you forgive them too.

Asking God for His Help

- Now, close your eyes and look inside you. See how dark it is. The bad feelings you have make you dark inside. You want to be a body of light, because you are a child of God and should have His light inside of you.
- Now ask God, in the name of Jesus Christ, to help you gather up the hard feelings you have toward other people that you have had throughout your life.
- Gather all the bad things you remember others have done to you and put into a cloud in your chest area. You will know when you are done.
- When you are finished, put floating balloons on the cloud and let the cloud float right up through the top of your head and stay just above your head.
- Ask God to send Jesus to destroy them and never let them back into your heart. From across the field you see somebody coming towards you. As He gets closer you see that it is Jesus. He comes and puts His hand out and the cloud comes to Him and He destroys the cloud.
- Now thank God for sending Jesus and for destroying the bad feelings. Ask God to help you to never let them back inside you again.

- Ask Him to fill all the empty spaces where the darkness used to be with His light and love. And say it in the name of Jesus Christ, Amen.
- You must promise yourself to never let these things back into your heart to hurt you again. If they come, turn them over to Heavenly Father again.

Forgive Yourself

Individuals must do this work for themselves. Other's may aid them in doing this: You must forgive yourself of the things you have done wrong and the hurt you have given others. The past is done. You cannot change it. You can only work with what you have today, to have a better future.

These are parts of your spirit that you have left behind to mark the bad things you have done in the past. There may also be parts of that may have fragmented because of the abuse of others. Now that you have forgiven others, you need to forgive yourself and get these pieces of yourself back together.

How to Proceed

- Forgive yourself for all the bad things you have done in the past.
- Promise yourself you will try hard to never do them again. Ask God, in the name of Jesus Christ, to help to never do them again.
- Ask God, in the name of Jesus Christ, to let Christ put your fragmented spirit back together again.
- See Christ gather in all your spirit fragments. See Him put the parts of your spirit back together again.
- Finally, see Christ's hands on your head as He gives you a special blessing which you will hear and remember.
- Now thank God for all He has done for you this day, and say it in the name of Jesus Christ, Amen.

Eradicating Other Problems in Your Life

Ask God, in the name of Jesus Christ, to help you remove other problems you may be having in your life. Gather them up as before, float them out of your body and ask God to send Christ to destroy them. Then, thank God for His and Christ's help.

Some of these problems may be:

Abuse

___ Emotional, Physical, and/or Sexual Abuse

Destructive Evil Spiritual Gifts

- Fear
- Guilt
- Doubt
- Anger
- Hate
- Envy
- Rejection
- Low Self-Esteem
- Helplessness
- Hopelessness
- Self Hate
- Worthlessness

You can do this work for others, if you get their permission to help them. However, when possible the person should do it for him/herself or be aided by someone in doing this for him/herself.

Getting Rid of the Compulsions or Addictions

Compulsions are behaviors that we seem to have no control over. These are frequent thoughts to do certain behaviors continually. Some of these could be drinking, using drugs, smoking, lying, stealing, using pornography or sexual compulsions. Anything can become a compulsion even such things as work, computer or TV usage. You can ask God to remove these compulsions and give us back control.

You can do this work for others if you get their permission to help them.

How to Proceed

- See yourself in a field of green grass. There are little white flowers all around you. It is a warm sunny day. The wind is gently blowing through your hair. Everywhere you look it is beautiful and green. The flowers are gently blowing back and forth in the wind. You feel peaceful and happy here.
- Ask God, in the name of Jesus Christ, to help you look inside your brain and see all the bad behaviors you have been doing.
 - See all those thoughts and behaviors that God does not want you to think or do.
 - Ask God, in the name of Jesus Christ, to help you see why you are thinking and doing these things.
 - See all the people you have hurt with these thoughts and behaviors. Ask God to help you see how you can make amends for those things. Then, thank God for His and Christ's help.

Now, make those amends. Be sure that you are not hurting people again by making these amends. Ask God, in the name of Jesus Christ, to guide you in doing this. Thank God for His and Christ's help. After these are finished...

- See yourself back in the field of green grass and the little white flowers all around. Feel the warmth of the sunny day. Feel the wind is gently blowing through your hair. Everywhere you look it is beautiful and green. The flowers are gently blowing back and forth in the wind. You feel peaceful and happy here.
- Ask God, in the name of Jesus Christ, to remove the compulsions. Ask God to let Jesus destroy them.
- Jesus puts His hand on your head and He destroys the compulsions.
- Now thank God for His help and for letting Jesus help you.
- Ask God to fill all the empty spaces where those compulsions were stored, with His light and love. Thank God for His help.
- Forgive yourself

Getting Rid of the Trauma

When somebody hurts you the trauma from it is stored in every cell of your body.

You need to get rid of that trauma.

How to Proceed

- See yourself in a field of green grass. There are little white flowers all around you. It is a warm sunny day. The wind is gently blowing through your hair. Everywhere you look it is beautiful and green. The flowers are gently blowing back and forth in the wind. You feel peaceful and happy here.
- Ask God, in the name of Jesus Christ, to help you look inside you and gather all trauma from every cell, from the bottom of your toes, up your legs, from your fingers and up your arms, from throughout your body and from your head and neck and put into a cloud in your chest area. You will know when you are done.
- Put floating balloons on the cloud and let the cloud float right up through the top of your head and stay just above your head.
- Ask God, in the name of Jesus Christ, to let Jesus to destroy them.
- Jesus puts His hand out and the cloud comes to Him and He destroys it.
- Now thank God for letting Jesus destroying the trauma.
- Ask God to fill all the empty spaces where the trauma used to be with His light and love. And say it in the name of Jesus Christ, Amen.

With a person's permission you can do this work for them:

Forgiving Those Who Caused the Trauma

Individuals must do this work for themselves:

Pray. Call upon God in the name of Jesus Christ for Him (God) to be with you.

5-Read Matthew 18:21 – 35:

- 21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?
- 22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.
- 23 Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants.
- 24 And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents.
- 25 But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.
- 26 The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all.
- 27 Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.
- 28 But the same servant went out, and found one of his fellowservants, which owed him an hundred pence: and he laid hands on him, and took *him* by the throat, saying, Pay me that thou owest.
- 29 And his fellowservant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all.
- 30 And he would not: but went and cast him into prison, till he should pay the debt.
- 31 So when his fellowservants saw what was done, they were very sorry, and came and told unto their lord all that was done.
- 32 Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me:
- 33 Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee?
- 34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.
- 35 **So likewise shall my Heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.**

Think about what this means.

Asking God for His Help

- Now, look inside you. See how dark it is. The bad feelings you have make you dark inside. You want to be a body of light, because you are a child of God and should have His light inside of you.
- Now ask God, in the name of Jesus Christ, to help you gather up the hard feelings you have toward other people that you have had throughout your life.
- Gather all the bad things you remember others have done to you and put into a cloud in your chest area. You will know when you are done.
- When you are finished, put floating balloons on the cloud and let the cloud float right up through the top of your head and stay just above your head.

- Ask God to send Jesus to destroy them.
- From across the field you see somebody coming towards you. As He gets closer you see that it is Jesus. He comes and puts His hand out and the cloud comes to Him and He destroys the cloud.
- Now thank God for His help and for sending Jesus and for destroying the bad feelings. Ask God to help you to never let them back inside you again.

Fears & Phobias

The scriptures tell us at all fear comes from the devil. He is trying to destroy your peace and your life. If he can get to you accept fear then he can lead your spirit into darkness. Then Dark entities can dwell with you and shut out God. Get rid of all fears you currently have. As any non-safety related fear comes to you know that the author is the Devil and reject it. Ask for God's peace to be with you.

Possible fears you may have:

- ___ Social
- ___ Agoraphobia
- ___ Fear of Heights
- ___ Fear of rapist returning or being raped again

You can do this work for others if you get their permission to help them.

How to Proceed

- See yourself in a field of green grass. There are little white flowers all around you. It is a warm sunny day. The wind is gently blowing through your hair. Everywhere you look it is beautiful and green. The flowers are gently blowing back and forth in the wind. You feel peaceful and happy here.
- Ask God, in the name of Jesus Christ, to help you look inside you and gather all the fear from every cell, from the bottom of your toes, up your legs, from your fingers and up your arms, from throughout your body and from your head and neck and put into a cloud in your chest area. You will know when you are done.
- Put the floating balloons on the cloud and let the cloud float right up through the top of your head and stay just above your head.
- Ask God, in the name of Jesus Christ, to let Jesus to destroy them.
- Jesus puts His hand out and the cloud comes to Him and He destroys it.
- Now thank God for letting Jesus destroying the fear.
- Ask God to fill all the empty spaces where the trauma used to be with His light and love.
- Ask for God to protect you and keep you safe.
- Thanks God for His and Christ's help.
- And say it, "In the name of Jesus Christ, Amen."

Gaining God’s Forgiveness for Past Misdeeds through Repentance

Repent ye therefore, and be converted, that your sins may be blotted out (*Acts 3:19*).

Read the fictional story below about repentance that came from the January 1999 issue of *The Friend Magazine*. It is called *Snow Fall*, by Linda Seaton.

“Look! There she is—let’s get her!”

Mrs. Goodson was outside, calling her kitten. “Ready, set—now!” the boys started to pelt the elderly lady with snowballs that they had been making.

Startled, Mrs. Goodson turned towards her attackers. “You boys—get on to school! Stop that!” One of the snowballs hit a stinging blow to her forehead. She cried out.

“We’d better get out of here!”

Most of the boys ran off, but one of them hesitated. He had seen Mrs. Goodson fall. A hard tug on his sleeve spun him around.

“C’mon, Jake! She’ll be OK. But we won’t if we go back there. Come on!”

Jake joined the others as they ran to school.

All day long, though, Jake couldn’t get Mrs. Goodson out of his mind. He kept remembering the way she fell—and the way he ran away. He’d pass her house on the way home from school. He wanted to see if she was all right, but he was afraid. He knew that what they had done was wrong.

Jake had moved to town right before school started. His next-door neighbor was the first boy he’d met who was his own age, and Jake had begun hanging around with him and his friends, even though he often felt uncomfortable around them. Sometimes they did mean things to people and thought it was funny. Sometimes they talked about cutting school or doing things even worse. Jake realized that he’d better find some new friends before he got in trouble with them—if it wasn’t already too late. ...

As he turned the corner, a boy that Jake remembered seeing at school was coming out of Mrs. Goodson’s garage. The boy was holding a gray-and-white kitten.

“Hi, Jake.” The boy hurried toward Jake, who stood on the other side of Mrs. Goodson’s fence. “Do you live around here? Do you remember me? I’m Jeremy Slater. We have science class together.” The boy’s nose was red from the cold, but his smile was genuine and his eyes were friendly.

“Sure—hi, Jeremy. Yeah, I live just down the street. Do you live here?”

“No, my grandma lives here, and I’m staying with her after school until my mom gets off work. Do you want to come in? We’ll have to be quiet, because my grandma isn’t feeling well today.”

Jake studied the snow on the fence post. “What’s wrong with her?”

“Some punk kids threw snowballs at her this morning. One of them hit her in the head, and she fell. She had to get a cast on her ankle—I guess she broke it when she fell.”

Jake swallowed hard. "I'm sorry to hear that. But I'd better get going. My mother gets upset if I'm late coming home from school. See you." Jake ran almost all the way home. That night, Jake knelt to pray. He hadn't prayed much in his life, but he was troubled, and he hoped that prayer would help. His family didn't have a regular church they attended, and most of their prayers were at the dinner table. He had heard that some people prayed both at night and in the morning, that they talked to God like He really listened and would help them.

Jake didn't know where to begin, so he just bowed his head and started to talk to Heavenly Father. He prayed for help in finding new friends. He prayed for Mrs. Goodson. He prayed for the heavy feeling inside of him to go away. He fell asleep later that night with a strange warmness about him—the way he'd felt when he was little and fell asleep in his mother's arms.

The next morning, Saturday, he remembered everything that had happened the day before. He made up his mind to apologize to Mrs. Goodson.

When his chores were done, he told his mother where he'd be. His heart raced as he approached Mrs. Goodson's house. He hoped that Jeremy wouldn't be there. It was going to be hard enough to talk to Mrs. Goodson, and he figured that he'd eventually have to tell Jeremy, too. Jake liked Jeremy and hoped that they could be friends. *But if Jeremy knows that I was one of the boys who threw snowballs at his grandma, Jake thought, he won't want to have anything to do with me.*

It was Jeremy who answered the doorbell. "Hi, Jake. Come on in."

Jake stepped into the hallway but stayed next to the door. "Actually, Jeremy, I came to see your grandmother. Can she have company?"

"She'd love it! Grandma's cool. She's fun to be around." Jeremy led the way into the living room, where his grandmother was sitting with her leg propped up on pillows, the kitten beside her.

"I didn't know you knew Grandma. Come on in."

Mrs. Goodson's cast was bright white except for the large *Jeremy* scrawled on it with a bright blue marker. She set aside the afghan she'd been working on and looked up at Jake.

"Hello, Mrs. Goodson, I'm Jake Lowder." Jake took a deep breath. "I'm one of the boys who hurt you yesterday, and I'm sorry. I don't know why it happened. ..." He stood there staring down at his feet, waiting to be thrown out of the house. Or yelled at. Or something.

“Jeremy, why don’t you go into the kitchen and start some popcorn and hot chocolate for you boys. I’d like to speak to Jake alone.” Mrs. Goodson smiled at her grandson. “It will be all right.”

Jake saw the shock on Jeremy’s face and watched him head reluctantly toward the kitchen, glancing back to make sure that his grandmother really would be OK. “Jake, sit down.” She patted the stool next to her ankle. “It took a lot of courage for you to come see me today. Do you want to tell me about it?”

Jake nodded, but he had a hard time speaking. He hadn’t expected to be treated this nicely. He was in the middle of his story when Jeremy poked his head in the doorway. Jake motioned for him to come in, feeling it would be easier to explain everything to both of them at once.

“You see, Mrs. Goodson, I never meant any harm. I’ve already decided not to hang around with those guys anymore.” He hesitated, then blurted out, “I even prayed about you last night.”

“Tell me, Jake,” Mrs. Goodson said. “Tell me about your prayer. What church does your family go to?”

Jake explained that his family didn’t have a regular church. He told her what he’d heard about prayer, and he shared some of what he prayed about with her.

“Jake, in our church, The Church of Jesus Christ of Latter-day Saints, we call what you’re doing ‘repentance.’ Do you know what repentance is?”

Jake nodded. “It means to feel bad about something you’ve done wrong and to not do it again.”

Mrs. Goodson smiled. “That’s right, Jake. You have already admitted that you have done something wrong, and you have prayed for forgiveness. Now you are asking me to forgive you. Do you see that your prayers are being answered?” Mrs. Goodson smiled again.

Jake raised his head. “Is there anything else I should do, Mrs. Goodson?”

“Yes, Jake, two things. One you’ve also already done—you’ve promised to never again throw snowballs to hurt someone. The last thing is to try to make restitution to that person whom you have wronged. Do you know what restitution is?”

Jake shook his head.

“‘Restitution’ means to compensate for—make up for—anything you have done wrong or said or damaged.”

Jake looked up at her. How could he make up for what he had done to her?

“I know that sometimes that can be hard to do, Jake, but it is important.” Mrs. Goodson smiled. “I know—I’m going to need help around the house for a while. How do you feel about coming over and helping me every day until my ankle is better?”

Jake’s face lit up. He really liked Mrs. Goodson and Jeremy. It wouldn’t be hard at all to come over and help!

The rest of the afternoon went by quickly. As he and Jeremy swept the floors and helped get Mrs. Goodson’s supper for her, they became friends. As Jake left, he heard Jeremy and his grandmother talk about getting ready for church the next day. Jake decided that he wanted to hear more about their church.

When Jake arrived home, he told his parents everything that had happened—throwing snowballs, Mrs. Goodson’s fall, and his need to pray. He told them how forgiving Mrs. Goodson was, and he asked permission to spend time helping her. He also asked if he could talk to Mrs. Goodson more about her church.

Monday morning Jake woke up to fresh snow on the ground. That meant he’d need to get over to Mrs. Goodson’s house right away to shovel her walk before school. Maybe Jeremy would be there, too. He smiled. If he hurried, he’d probably have time to talk to them before he went to school. He was going to see if they’d tell his whole family about their church. He smiled again. He just knew that it would be a wonderful day!

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The 3 “R’s” of Repentance

Jake followed the steps of repentance.

He first had to “**Recognize**” that he had done wrong,

He went through several steps, two of which are further discussed below.

This information is based on the book **Principles and Practices of the Restored Gospel**

by Victor L. Ludlow. He says that if you stop rationalizing or making up excuses for your negative behavior and humble yourself before God, you are ready for the second step in Repentance, which is ----> “**Remorse**”

Remorse must be genuine or godly sorrow. In 2 Corinthians 7: 9-10 Paul said to the people:

“Now I rejoice, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner,... for godly sorrow worketh repentance to salvation... but the sorrow of the world worketh death.”

From this scripture you can see that there are two types of sorrow: Godly and Worldly. **Godly sorrow** is the abhorrence of sin, because it is wrong and sinful.

- When one has this type of sorrow it implies that there will be action to turn one’s life around with God’s help.

- It is born of the Spirit / and is a gift of God / that comes to those who have a broken heart and a contrite spirit.
- It includes a frank recognition of the sins committed, / and a firm determination to sin no more.

Worldly sorrow is not a sorrow for the sin but that of being caught. When one has this type of sorrow he feels self-pity and helplessness.

You Should..

- Pray to God and to go to the proper Church Leaders, if needed, so the repentance process can begin in your life.
- Church Leader's attitude should be that of helping you.
- If you choose not to repent there are consequences for the sinful acts of your past. First, you remain a body of darkness and allow dark entities to dwell with you until you cannot tolerate them anymore and kill yourself.
- We can remind him of the blessings and peace that can come from positive change in his life.
- If you recognized your error and experience true remorse, then you can as God in the name of Jesus Christ to:
 - Help you to understand the steps of repentance
 - Strengthen you
 - Encourage you to action, &
 - Encourage you to continue through **all** the steps of repentance.
 - Individuals must do this work for themselves.

Renunciation

Individuals must do this work for themselves:

The next step in repentance is Renunciation.

This is the action of renouncing and confessing the sin.

This is a pivotal step in your repentance!

It is the turning away from the sin by forsaking it and admitting the error to those who are affected by the act.

It is only through confession that private feelings of remorse are transformed into tangible commitment to change.

Confession should include:

- Admission of the mistake that was made and show remorse.
- There should be a total separation from that negative behavior
- You should take steps toward righteous living.

Confession takes many forms depending on the seriousness of the sin.

In most cases the confession need only be to God and the people we have wronged.

In the case of major problems such as:

- * Sexual sins
- * Addictions like drugs and pornography
- * Actions which result in felony charges...

For LDS Individuals: there is a **need** to talk to the Bishop / so you **know** what the repentance process of repentance needs to be, so you can begin it.

The Bishop represents the Lord and is there to help you:

- recognize the seriousness of the behavior.
- understand how it has affected your membership in the church,
- apply the appropriate steps of repentance / to each type of transgression.

The Bishop has four basic courses of action that he can follow:

1. He may feel that you have genuinely repented and should be so informed, as well as comforted and strengthened in the resolve to continue to choose the right!
2. He may feel that the repentance process is underway, but not yet complete. He would then place you on probation with certain restrictions and expectations.
3. The sin **maybe serious enough** to require you to be disfellowshipped, with certain prescribed restrictions, such as no church callings, public prayers, and talks.
4. The sin may be **so serious** that your past behavior is not remotely close to resembling that of a true Christian and you would be excommunicated from the Church.

The last two types of church discipline are so serious that they require a Church Court. The actions taken by the court requires the sustaining vote of the Bishop, his two counselors, as well as the high council.

Often the action of the Court helps the individual understand how far the behavior has caused him to stray from the Lord / and acts as a catalyst / and motivator for the person to take the steps to get right with the Lord and enter back into full fellowship with the Church.

Excommunicated members generally need to wait at least a year, during which **they must** demonstrate righteous living. They then can reapply for Church membership and the restoration of former priesthood and temple blessings.

To insure a fair hearing, there is an appeals process available for those individuals who do not agree with any Church action.

- A Bishop's actions can be appealed to the Stake President.

- The Stake President's actions may be appealed to Church Headquarters. In this way the person can know that the will of the Lord is done in the person's behalf.

For All People: You can gain strength from help of God, church members, family, and loved ones so you can make a clean break from sin and work to make right choices more often, and most effectively.

It is also important that you keep yourself on the right track by daily evaluation of your thinking and actions to make sure that you do not fall back into or adopt negative thinking or behaviors. This can be done most effectively during your evening prayers as you talk with the Lord. Tell Him what went well and what went wrong with your day. Make small doable goals for the next day to improve upon unwanted thoughts and behaviors. In your morning prayers ask God to help you succeed with your goals.

When there is something remise in your life, follow the steps of repentance and get yourself right with God, **before** that sin leads to **others**, **because it will!**

Helping Others Take the Step of Repentance

Now you know how to properly repent you can lend a helping hand to others who may need your support to make it through the repentance process and remain on the straight and narrow path back to God.

- You cannot make others do anything. This step has to be taken willingly by them.
- It is not anyone's job to make another feel guilty.
- Do not give unsought, / self-righteous counsel / and condemnation as this causes bitterness and resentment.
- You do not want to alienate or belittle others

Staying Mentally, Physically, and Spiritually Healthy

Repeat the aforementioned steps as needed.

Best wishes for a speedy and continuous recovery,
Annette Nay, Ph.D.