

The Atoning Love of Jesus Christ

By Elder Neil L. Andersen
Of the Quorum of the Twelve Apostles

Jesu Kristi forsonende kærlighed

Ældste Neil L. Andersen
De Tolv Apostles Kvorum

October 2025 general conference

Healing and forgiveness are each found in their fulness in the atoning love of Jesus Christ.

I express my love for President Russell M. Nelson and my gratefulness for the remarkable influence he has had on each of us. And for all of us, I thank God for preserving and magnifying the noble life of President Dallin H. Oaks.

With each passing year, I feel greater love for our Savior, Jesus Christ, and for His merciful Atonement. His supreme sacrifice, securing victory over death and sin, is the most consequential contribution of all human history. Understanding His divine gift is for me an open-ended heavenly tutorial that will continue beyond the grave.

The powerful compassion of the Savior in forgiving sin and in healing the wounds caused by the sins of others is a most miraculous manifestation of the love of God.

My desire is to offer hope for those seeking forgiveness for very serious sins and to offer comfort to those seeking healing from the anguishing wounds caused by the serious sins of others.

Healing and forgiveness are each found in their fulness in the atoning love of Jesus Christ.

Faith in Jesus Christ

If you have committed serious sins and are in the process of repenting or have the desire to fully repent and feel the unspeakable joy of forgiveness, please know this miracle is awaiting you. The Savior continuously calls, “Come unto me.”

Strengthening your faith in our Savior, Jesus Christ, will invigorate the yearning of your soul

Helbredelse og tilgivelse findes hver især i sin fylde i Jesu Kristi forsonende kærlighed.

Jeg udtrykker min kærlighed til præsident Russell M. Nelson og min taknemlighed for den bemærkelsesværdige indflydelse, han har haft på os alle. Og for os alle takker jeg Gud for at bevare og højne præsident Dallin H. Oaks ædle liv.

For hvert år, der går, føler jeg større kærlighed til vor Frelser, Jesus Kristus, og til hans barmhjertige forsoning. Hans offer, det største af alle, sikrede sejr over død og synd, og er det mest betydningsfulde bidrag i hele menneskehedens historie. For mig er det at forstå hans guddommelige gave en endeløs, himmelsk oplæring, der vil fortsætte på den anden side af graven.

Frelserens stærke medfølelse med hensyn til at tilgive synd og hele de sår, der forårsages af andres synder, er en yderst mirakuløs tilkendegivelse af Guds kærlighed.

Det er mit ønske at give håb til dem, der søger tilgivelse for meget alvorlige synder, og at trøste dem, der søger heling af de smertefulde sår, som andres alvorlige synder har forårsaget.

Helbredelse og tilgivelse findes hver især i sin fylde i Jesu Kristi forsonende kærlighed.

Tro på Jesus Kristus

Hvis I har begået alvorlige synder og befinder jer i processen med omvendelse eller har ønsket om at omvende jer helt og føle tilgivelsens ubeskrivelige glæde, så vid, at dette mirakel venter jer. Frelseren kalder uophørligt: »Kom til mig.»

Når I styrker jeres tro på vor Frelser, Jesus Kristus, vil det blæse nyt liv i jeres sjæls længsel

to know Him, believe in Him, and yield your heart to Him. Enos asked about his own forgiveness, "Lord, how is it done?" The Lord responded, "Because of thy faith in Christ, whom thou hast never before heard nor seen."

And Moroni added, "If ye shall deny yourselves of all ungodliness, and love God with all your might, mind and strength, then is his grace sufficient for you."

Turning from sin, turning toward God, and strengthening your faith in Jesus Christ are a beautiful beginning. Humbly submitting your will to God includes acknowledging serious sins to your bishop or branch president, but your full forgiveness comes from the Savior. Forgiveness is a divine gift offered through the grace of Jesus Christ.

Honesty

A desire to truly return to God is accompanied by the determination to be completely honest with your Heavenly Father, with yourself, with those who were harmed, and with your priesthood leader. Your Heavenly Father rejoices in your resolve to come unto Him with a broken heart and contrite spirit. Having a contrite spirit is humbly putting yourself in the hands of God; having a broken heart brings what the Apostle Paul described as "godly sorrow," a deep longing of the soul to return to Him whatever the cost.

Restoring What Is Broken

Your yearning leads you to want to repair what you have broken. Yet, realizing some things are not in your power to repair, you fervently pray that the Lord, through His grace, will help heal those who have been hurt in consequence of your actions.

The effects of serious sin on others are often painfully difficult to overcome. Are you following the example of the sons of Mosiah, who were "zealously striving to repair all the injuries which they had done"? Speak with those you respect about what you might not be seeing.

As I was preparing this talk, I received an unexpected email from someone in the process of repenting and desiring to return to the Church. His former wife was still suffering from the loss "of [their] eternal marriage, [difficulties

after at kende ham, tro på ham og overgive jeres hjerte til ham. Enosh spurgte om sin egen tilgivelse: »Herre, hvordan er det sket?« Herren svarede: »På grund af din tro på Kristus, som du aldrig før har hørt eller set.«

Og Moroni tilføjede: »Hvis I fornægter jer selv al gudløshed og elsker Gud af al jeres kraft, sind og styrke, da er hans nåde tilstrækkelig for jer.«

At vende sig bort fra synd, vende sig til Gud og at styrke sin tro på Jesus Kristus er en smuk begyndelse. Ydmygt at underkaste sin vilje Guds vilje omfatter at erkende alvorlige synder over for jeres biskop eller grenspræsident, men jeres fulde tilgivelse kommer fra Frelseren. Tilgivelse er en guddommelig gave, der tilbydes gennem Jesu Kristi nåde.

Ærlighed

Et ønske om virkelig at vende tilbage til Gud ledsages af beslutningen om at være fuldstændig ærlig over for vor himmelske Fader, over for jer selv, over for dem, der er blevet skadet, og over for jeres præstedømmeleder. Jeres himmelske Fader fryder sig over jeres beslutning om at komme til ham med et sønderknust hjerte og en angerfuld ånd. At have en angerfuld ånd betyder, at man ydmygt lægger sig i Guds hænder; at have et sønderknust hjerte leder til det, apostlen Paulus beskrev som »bedrøvelse efter Guds vilje,« en dyb længsel i sjælen efter at vende tilbage til ham uanset prisen.

Genopret det, der er gået i stykker

Jeres længsel fører til, at I ønsker at reparere det, I har ødelagt. Men når I indser, at der er noget, som I ikke kan gøre godt igen, beder I inderligt om, at Herren gennem sin nåde vil hjælpe med at hele dem, der er blevet såret som følge af jeres handlinger.

Følgerne af alvorlig synd mod andre er ofte smerteligt vanskelige at overvinde. Følger I Mosijas sønners eksempel, som »med iver bestræbte sig på at gøre alle de skader gode igen, som de havde forvoldt«? Tal med dem, I respekterer, om det, I måske ikke ser.

Mens jeg forberedte denne tale, modtog jeg uventet en e-mail fra en person, der var i færd med at omvende sig og ønskede at vende tilbage til Kirken. Hans tidligere hustru led stadig under tabet »af [deres] evige ægteskab, [vanskeligheder

with the children], the loss of financial security, ... not [being] quite able to keep up with expenses, [and] the deeply suffocating feelings of being betrayed.”

He shared with me how his priesthood leader “felt impressed to [ask him] to prayerfully consider what [more he could do for his former wife and children].” With permission, I share a part of his email:

“I [first] thought the [money] I gave up in the divorce decree was more than generous, but my branch president encouraged me to fast and pray about it. ...

“Initially, I struggled with the idea of further restitution. Since my sins weren’t financial, I wondered what a ‘generous restitution’ truly meant ... [but] I soon realized it wasn’t just about money.

“My priesthood leaders met with [my former wife] and my children and realized they were still struggling and hadn’t healed. ...

“My new goal was to move forward with faith. ... I simply expressed my desire to help with no strings attached. ... I decided to [send my former wife a specific amount] per paycheck, which was a significant portion of my net pay. Just before making the first payment, the Lord [impressed upon my mind that I needed] to pay [twice that amount].

“I’ve learned that restitution isn’t just about money. It’s about humbly dedicating my life to the Lord. ... The money is to help replace what I took from my family due to my poor choices. It’s about making and keeping promises without expecting anything in return and helping her not worry about bills so she can seek the Spirit.”

Your efforts to restore what you have broken may have nothing to do with money, but as you humbly counsel with the Lord, you may find there is more you can do.

Divine Approval by Degrees

As you seek the Lord’s forgiveness, be patient as you wait upon His full approval. Consider this scripture:

“They ... humble[d] themselves ... in the depths of humility; and ... did cry mightily to God; yea, even all the day long. ... [But] the Lord was slow to hear their cry because of their iniquities.”

med børnene], tabet af økonomisk sikkerhed ... ikke [at være] helt i stand til at følge med udgifterne, [og] dybt kvælende følelser af at være blevet forrådt«.

Han fortalte mig, hvordan hans præstedømmeleder »føjte sig tilskyndet til [at bede ham om] bønsonst at overveje, hvad [mere han kunne gøre for sin tidligere hustru og deres børn]«. Med tilladelse deler jeg en del af hans e-mail.

»[I begyndelsen] mente jeg, at [de penge], jeg gav afkald på i skilsmissebevillingen, var meget rigelige, men min grenspræsident opfordrede mig til at faste og bede om det.

I starten havde jeg det svært med tanken om at skulle gøre yderligere bod. Da mine synder ikke var økonomiske, spekulerede jeg på, hvad en »generøs restitution« virkelig betød ... [men] jeg indså snart, at det ikke kun handlede om penge.

Mine præstedømmeledere mødtes med [min tidligere hustru] og mine børn og indså, at de stadig var i krise og ikke var helede ...

Mit nye mål var at gå fremad med tro ... Jeg udtrykte ganske enkelt mit ønske om at hjælpe uden betingelser ... Jeg besluttede mig for at [sende min tidligere hustru et bestemt beløb] af hver månedsløn, hvilket var en betydelig del af min nettoløn. Umiddelbart før jeg skulle til at foretage den første betaling, fik jeg en tilskyndelse [fra Herren i mit sind] om, at jeg skulle betale [det dobbelte beløb].

Jeg har lært, at det at gøre bod ikke kun handler om penge. Det handler om ydmygt at vie mit liv til Herren ... Pengene skal hjælpe med at erstatte det, jeg tog fra min familie på grund af mine dårlige valg. Det handler om at indgå og holde løfter uden at forvente noget til gengæld og hjælpe hende til ikke at bekymre sig om regninger, så hun kan søge Ånden.«

Jeres indsats for at genoprette det, I har knust, har måske intet med penge at gøre, men når I ydmygt rådfører jer med Herren, finder I måske ud af, at der er mere, I kan gøre.

Guddommelig godkendelse i grader

Når I søger Herrens tilgivelse, så vær tålmodige, mens I venter på hans fulde godkendelse. Overvej dette skriftsted:

»De ydmygede sig ... i ydmyghedens dyb; og ... anrøbt indtrængende Gud; ja, hele dagen lang ... [Men] nu var Herren sen til at høre deres røb på grund af deres syndighed.«

“Nevertheless the Lord did hear their cries, and began ... to ease their burdens; ... and ... they began to prosper by degrees.”

Be patient as the Lord gives you His blessing and approval by degrees.

In the Lord's time, you will feel His voice telling you, “Let these things trouble you no more.” One day, as you continue to turn to the Savior, your Heavenly Father will take “away the guilt from [your heart], through the merits of his Son.”

Injured and Suffering

For you who have been so unfairly injured by the serious sins of another, I long to share the Savior's love and compassion, His comfort and peace.

The sadness you have felt, the heartbreak, the loss, the suffocating feeling of betrayal, the upending of your life as you imagined it to be—I give you my absolute assurance, the Savior knows you and loves you. Reach out to Him. He is your comfort and strength; He will send His angels to bear you up. When will your pain be gone, your grief subdued, the unwanted memories forgotten? I do not know. But this I do know: He has the power to bring beauty from the ashes of your suffering.

Our beloved brothers and sisters of Grand Blanc, Michigan, with their undaunted faith in Jesus Christ, with their courage and unselfishness, have received and will, in the weeks and months ahead, abundantly receive of the Savior's incomparable love and grace.

As you continue to place your trust in Him, your clouds of darkness and anguished sobbing in the night will be transformed into cascading tears of joy and peace in the morning's light. “Your sorrow shall be turned into joy. ... And your joy no [one] taketh from you.” That moment will come. I testify that it will come.

The atoning love of Jesus Christ can be found in the most difficult situations, but we all constantly need the atoning grace of our Savior. President Dallin H. Oaks has taught: “Because of His atoning experience in mortality, our Savior is able to comfort, heal, and strengthen all men and women everywhere, but I believe He does so only for those who seek Him and ask for His help. The Apostle James taught, ‘Humble yourselves in the sight of the Lord, and he shall lift you up’ (James 4:10). We qualify for that blessing when we be-

»Alligevel hørte Herren deres råb og begyndte ... at lette deres byrder; ... [og de] begyndte [gradvist] at have fremgang.«

Vær tålmodige, mens Herren gradvist giver jer sin velsignelse og godkendelse.

I Herrens tid vil I føle hans røst fortælle jer: »Du ... skal [ikke] lade dette forurolige dig mere.« Når I fortsætter med at vende jer til Frelseren, vil jeres himmelske Fader en dag »borttage skylden fra [jeres] hjerte ved sin Søns fortjeneste«.

Såret og lidende

Med de af jer, der er blevet så uretfærdigt såret af en andens alvorlige synder, længes jeg efter at dele Frelserens kærlighed og medfølelse, hans trøst og fred.

Den tristhed, I har følt, hjertesorgen, tabet, den kvælende følelse af svigt, livsomvæltningen fra det, I forestillede jer – jeg giver jer min absolutte forsikring om, at Frelseren kender og elsker jer. Ræk ud til ham. Han er jeres trøst og styrke; han vil sende sine engle for at styrke jer. Hvornår vil jeres smerte være væk, jeres sorg dæmpet, de uønskede minder glemt? Jeg ved det ikke. Men dette ved jeg: Han har magten til at give jeres lidelses aske skønhed.

Vores elskede brødre og søstre i Grand Blanc, Michigan, med deres ukuelige tro på Jesus Kristus, med deres mod og uselvished, har modtaget og vil i de kommende uger og måneder modtage rigeligt af Frelserens uforlignelige kærlighed og barmhjertighed.

Når I fortsætter med at sætte jeres lid til ham, vil jeres mørke skyer og angstfulde gråd om natten blive forvandlet til strømmende tårer af glæde og fred i morgendagens lys. »Jeres sorg skal blive vendt til glæde. ... Og jeres glæde tager ingen fra jer.« Det øjeblik vil komme. Jeg vidner om, at det vil komme.

Jesu Kristi forsonende kærlighed findes i de vanskeligste situationer, men vi har alle konstant brug for vor Frelseres forsonende nåde. Præsident Dallin H. Oaks har sagt: »Vor Frelser er på grund af sin forsoning i jordelivet i stand til at trøste, helbrede og styrke alle mænd og kvinder overalt, men jeg tror, at han kun gør det for dem, som søger ham og beder om hans hjælp. Apostlen Jakob sagde: »Ydmyg jer for Herren, så vil han ophøje jer« (Jak 4:10). Vi kvalificerer os til den velsignelse, når vi tror på ham og beder om hans hjælp.«

lieve in Him and pray for His help.”

Elder Robert E. Wells

I received permission from my dear friend and emeritus General Authority Seventy, Elder Robert E. Wells, now 97 years old, to share his experience of more than 60 years ago:

While living in Paraguay in 1960 and employed as an international banker, Robert Wells, then 32 years old, and his wife, Meryl, were each a pilot in two different planes, flying home from Uruguay to Paraguay. Encountering thick clouds, Robert and Meryl lost visual and radio contact with each other. Robert quickly landed, where he learned his wife's plane had crashed. Neither his wife nor the two friends flying with her had survived. His children, at home in Asunción, were ages seven, five, and two.

Elder Wells spoke of his grief:

“Words will forever be inadequate in expressing the pain that swelled within me, consuming my emotions and numbing my senses. Profound tears of sorrow simply wouldn't stop flowing. To make matters worse, as my mind was attempting to deal with the devastating realization of my wife's passing, I found myself experiencing tremendous guilt for feeling I was responsible for the crash.”

Robert blamed himself for not having had the plane inspected more thoroughly and for not giving his wife better instrument flying instructions. He felt he was guilty of neglect.

Robert said:

“My mind went into a dark daze. ... I simply existed—[for the sake of the children,] nothing more.”

“I ... lost my desire to continue on.”

In time, Robert was blessed with a deeply spiritual experience. He recounted:

“One evening, about one year later, while on my knees in prayer, a miracle occurred. While praying and pleading to my Heavenly Father, I felt as though the Savior came to my side and I heard an audible voice speaking these words to my soul and to my ears: ‘Robert, my atoning sacrifice paid for your sins and your mistakes. Your wife forgives you. Your friends forgive you. I will lift your burden. ...’

“From that moment, the burden of guilt

Ældste Robert E. Wells

Jeg fik tilladelse fra min kære ven og emeritus-generalautoritet-halvfjerdser, ældste Robert E. Wells, der nu er 97 år gammel, til at fortælle om en oplevelse, han havde for nu mere end 60 år siden.

Mens han boede i Paraguay i 1960 og var ansat som international bankmand, var Robert Wells, dengang 32 år gammel, og hans kone, Meryl, hver især piloter i to forskellige fly, der fløj hjem fra Uruguay til Paraguay. Da Robert og Meryl stødte ind i tykke skyer, mistede de øjen- og radiokontakt med hinanden. Robert landede hurtigt, hvorefter han fandt ud af, at hans hustrus fly var styrtet ned. Hverken hans hustru eller de to venner, der fløj med hende, havde overlevet. Hans børn, der var hjemme i Asunción, var syv, fem og to år gamle.

Ældste Wells fortalte om sin sorg:

»Ord vil for evigt være utilstrækkelige til at udtrykke den smerte, der svulmede op i mig, fortærede mine følelser og bedøvede mine sanser. Store tårer af sorg holdt ganske enkelt ikke op med at flyde. For at gøre tingene værre, oplevede jeg en enorm følelse af skyld, mens mit sind forsøgte at håndtere den frygtelige erkendelse af min hustrus bortgang, fordi jeg følte, at jeg var ansvarlig for styrtet.«

Robert bebrejdede sig selv for ikke at have fået flyet inspiceret mere grundigt og for ikke at give sin hustru bedre instruktioner i instrument-flyvning. Han følte, at han var skyldig i forsømmelse.

Robert sagde:

»Mit sind gik blev mørkt og forstummet ... Jeg eksisterede blot – [for børnenes skyld,] intet andet.«

»Jeg ... mistede mit ønske om at fortsætte.«

Med tiden blev Robert velsignet med en dybt åndelig oplevelse. Han fortalte:

»En aften, omkring et år senere, mens jeg lå på knæ i bøn, skete der et mirakel. Mens jeg bad og tryglede vor himmelske Fader, følte jeg det, som om Frelseren kom hen ved min side, og jeg hørte en røst sige disse ord til min sjæl og mine ører: »Robert, mit sonoffer betalte for dine synder og dine fejl. Din hustru tilgiver dig. Dine venner tilgiver dig. Jeg vil løfte din byrde ...

Fra det øjeblik blev byrden af skyld [og

[and despair] was amazingly lifted from me. I had been rescued! I immediately understood the encompassing power of the Savior's Atonement and ... that it applied directly to me. ... I ... experienced light and joy like I had never before known. ... I had been given an unearned gift—the Lord's gift of grace. ... I didn't deserve it—I had done nothing to merit it, but He gave it to me nonetheless.”

Brothers and sisters, may we each be “sanctified in Christ by the grace of God, through the shedding of the blood of Christ, ... [becoming] holy, without spot.”

I testify of the love, the mercy, and the grace of our Savior and Redeemer. He lives. We are His; we are children of the covenant. As we believe in Him, follow Him, and trust Him, He will lift us from our sorrows and our sins. Then, beyond this mortal life, in our Father's house, we will live with Him forever and ever. In the name of Jesus Christ, amen.

fortvivelse] på forbløffende vis løftet fra mig. Jeg var blevet reddet! Jeg forstod straks den altomfattende kraft i Frelserens forsoning og ... at den gjaldt direkte for mig ... Jeg ... oplevede et lys og en glæde, som jeg aldrig før havde oplevet. Jeg havde fået en ufortjent gave – Herrens nådegave ... Jeg fortjente den ikke – jeg havde ikke gjort noget, der gjorde mig fortjent til den, men han gav mig den alligevel.«

Brødre og søstre, må vi hver især blive »helliggjort i Kristus ved Guds nåde ved udgydelsen af Kristi blod ... [blive] hellig, uden plet.«

Jeg vidner om vor Frelasers og Forløseres kærlighed, barmhjertighed og nåde. Han lever. Vi er hans; vi er pagtens børn. Når vi tror på ham, følger ham og stoler på ham, vil han løfte os fra vores sorger og synder. Dernæst vil vi, efter dette jordiske liv, bo sammen med ham i vores Faders hus for evigt og altid. I Jesu Kristi navn. Amen.