

Your Repentance Doesn't Burden Jesus Christ; It Brightens His Joy

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Jeres omvendelse tynger ikke Jesus Kristus; den forstærker hans glæde

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Førsterådgiver i Unge Kvinders hovedpræsidentskab

April 2025 general conference

The invitation to repent is an expression of God's love. Saying yes to that invitation is an expression of ours.

Opfordringen til omvendelse er et udtryk for Guds kærlighed. At sige ja til den opfordring er et udtryk for vores.

Several years ago on a trip to Florida, I sat outside reading a book. Its title suggested that we can still make it to heaven, even though we're not perfect now. A woman walking by asked, "Do you think it's possible?"

I looked up, confused, and then realized she was talking about the book I was reading. I said something ridiculous like, "Well, I'm not that far into it, but I'll let you know how it ends."

Oh, how I wish I could travel back in time! I'd tell her, "Yes, it's possible! Because heaven isn't for people who've been perfect; it's for people who've been forgiven, who choose Christ again and again."

Today I want to speak to those of us who sometimes feel, "Repentance and forgiveness seem to be working for everyone but me." Those who privately wonder, "Since I keep making the same mistakes, maybe this is the way I am." Those who, like me, have days when the covenant path feels so steep, it's almost a covenant hike!

A wonderful missionary in Australia, Elder QaQa from Fiji, shared a similar feeling in his departing testimony: "I know that God loves me, but sometimes I wonder, 'Does God know that I love Him?' Because I'm not perfect, and I still make mistakes."

In that one tender, haunting question, Elder QaQa summed up exactly what I've often worried about. Maybe you're wondering too, thinking, "I'm trying so hard, but does God know I'm

Da jeg for en del år siden var på en tur til Florida, sad jeg udenfor og læste en bog. Titlen antydede, at vi godt kan komme i himlen, selvom vi ikke er fuldkomne nu. En kvinde, der gik forbi, spurgte: »Tror du, at det er muligt?«

Jeg kiggede forvirret op og indså, at hun talte om den bog, jeg var ved at læse. Jeg fik sagt et eller andet tåbeligt som: »Altså, jeg er ikke nået så langt i den, men jeg skal nok fortælle dig, hvordan den ender.«

Åh, hvor ville jeg ønske, at jeg kunne rejse tilbage i tiden! Jeg ville sige til hende: »Ja, det er muligt! Fordi himlen er ikke for mennesker, der har været perfekte; den er for mennesker, der er blevet tilgivet, som vælger Kristus igen og igen.«

I dag vil jeg gerne tale til de af os, der sommetider føler, at »omvendelse og tilgivelse ser ud til at virke for alle andre end mig«. De, der i al stilhed tænker: »Siden jeg bliver ved med at begå de samme fejl, er det måske bare sådan, jeg er.« De, der ligesom jeg, har dage, hvor pagtsstien føles så stejl, at det nærmest er en pagts-bjergvandring!

En vidunderlig missionær i Australien, ældste QaQa fra Fiji, delte en lignende følelse i et afskedsvidnesbyrd: »Jeg ved, at Gud elsker mig, men nogle gange spekulerer jeg på: ›Ved Gud, at jeg elsker ham?‹ For jeg er ikke perfekt, og jeg begår stadig fejl.«

I dette ene ømme, uforglemmelige spørgsmål opsummerede ældste QaQa præcis det, jeg ofte har bekymret mig om. Måske undrer I jer også over det og tænker: »Jeg prøver så hårdt, men

really trying? When I keep falling short, does God know I still love Him?”

It saddens me to admit this, but I used to measure my relationship with the Savior by how perfectly I was living. I thought an obedient life meant I would never need to repent. And when I made mistakes, which was every single day, I distanced myself from God, thinking, “He must be so disappointed in me.”

That’s just not true.

I’ve learned that if you wait until you’re clean enough or perfect enough to go to the Savior, you’ve missed the whole point!

What if we thought about commandments and obedience in a different way?

I testify that while God cares about our mistakes, He cares more about what happens after we make a mistake. Are we going to turn to Him again and again? Are we going to stay in this covenant relationship?

Maybe you hear the Lord’s words “If [you] love me, keep my commandments” and feel deflated because you haven’t kept all the commandments. Let me remind you that it is also a commandment to repent! In fact, it might be the most repeated commandment in the scriptures.

In Alma’s soliloquy, “O that I were an angel, and could have the wish of [my] heart ... and cry repentance,” he wasn’t trying to shame us by pointing out our mistakes. He wanted to cry repentance so that you and I could avoid suffering in the world. One reason Alma hated sin is because it causes us pain.

Sometimes I have to remember, like a Post-it note on my forehead, that the commandments are the path away from pain. And repentance is too. Our prophet said, “The Savior loves us always but especially when we repent.”

So when the Lord says, “Repent ye, repent ye,” what if you imagined Him saying, “I love you. I love you.” Picture Him pleading with you to leave behind the behavior causing you pain, inviting you to step out of darkness and turn to His light.

In my daughter Carly’s ward, a new priest knelt to bless the sacrament, and instead of saying, “That they may do it in remembrance of the blood of thy Son,” he inadvertently said, “That they may do it in remembrance of the love of thy Son.” Tears filled Carly’s eyes as the truth of those words sank in.

ved Gud, at jeg virkelig prøver? Når jeg bliver ved med at begå fejl, ved Gud så, at jeg stadig elsker ham?»

Det bedrøver mig at indrømme dette, men jeg plejede at måle mit forhold til Frelseren ud fra, hvor perfekt jeg levede. Jeg troede, at et lydigt liv betød, at jeg aldrig behøvede at omvende mig. Og når jeg begik fejl, hvilket jeg gjorde hver eneste dag, distancerede jeg mig fra Gud og tænkte: »Han må være så skuffet over mig.«

Det er ganske enkelt ikke sandt.

Jeg har lært, at hvis man venter, indtil man er ren nok eller perfekt nok, inden man går til Frelseren, så har man misset pointen!

Hvad nu hvis vi tænkte på bud og lydighed på en anden måde?

Jeg vidner om, at skønt Gud bekymrer sig om vores fejltagelser, bekymrer han sig mere om, hvad der skerefter, vi begår fejl. Vil vi vende os til ham igen og igen? Vil vi blive i dette pagtsforhold?

Måske hører I Herrens ord: »Elsker I mig, så hold mine bud« og føler jer modløse, fordi I ikke har holdt alle buddene. Lad mig minde jer om, at det også er et bud, at vi skal omvende os! Faktisk er det måske det mest gentagne bud i skrifterne.

I Almas monolog: »O, gid jeg var en engel og kunne få mit hjertes ønske opfyldt ... og råbe omvendelse«, forsøgte han ikke at udskamme os ved at påpege vores fejltagelser. Han ønskede at råbe omvendelse, så I og jeg kunne undgå lidelse i denne verden. En årsag til, at Alma hadede synd, er, at den volder os smerte.

Nogle gange må jeg minde mig selv om, som havde jeg en huskeseddel på panden, at buddene er vejen væk fra smerte. Og det er omvendelse også. Vores profet har sagt: »Frelseren elsker os altid, men især når vi omvender os.«

Så når Herren siger: »Omvend jer, omvend jer«, så prøv at forestille jer, at han sagde: »Jeg elsker jer. Jeg elsker jer.« Forestil jer, at han bønfaller jer om, at I lægger den adfærd, der forårsager smerte, bag jer, og indbyder jer til at træde ud af mørket og ind i hans lys.

I min datter Carlys menighed knælede en ny præst for at velsigne nadveren, og i stedet for at sige: »Så de må gøre det til erindring om din Søns blod«, sagde han uforvarende: »Så de må gøre det til erindring om din Søns kærlighed.« Tårer fyldte Carlys øjne, da sandheden af disse ord trængte ind.

Our Savior was willing to suffer the pain of His Atonement because He loves you. In fact, you are “the joy that was set before him” while He suffered.

The invitation to repent is an expression of God’s love.

Saying yes to that invitation is an expression of ours.

Picture your favorite image of Christ. Now imagine Him smiling brightly with joy each time you use His gift, because He is the “perfect brightness of hope.”

Yes, your repentance doesn’t burden Jesus Christ; it brightens His joy!

Let’s teach that!

Because repentance is our best news!

We don’t stay on the covenant path by never making a mistake. We stay on the path by repenting every day.

And when we’re repenting, God forgives without shaming us, comparing us to anyone else, or scolding us because this is the same thing we were repenting of last week.

He’s excited every time He sees us on our knees. He delights to forgive us because to Him we are delightful!

Don’t you just feel that’s true?

Then why is it so hard for us to believe?!

Satan, the great accuser and deceiver, uses shame to keep us from God. Shame is a darkness so heavy it feels that if you took it out of your body, it would have an actual weight or heft to it.

Shame is the voice that beats you up, saying, “What were you thinking?” “Do you ever get anything right?”

Shame doesn’t tell us we made a mistake; it tells us we are our mistakes. You may even hear, “Hide.” The adversary does everything in his power to keep the heaviness inside, telling us the cost is too high, that it will be easier if this stays in darkness, removing all hope.

Satan is the thief of hope.

And you need to hear this, so I’ll say these words out loud: You are not the voice in your head or the mistakes you have made. You may need to say that out loud too. Tell Satan, “Not today.” Put him behind you.

Feel that pull, the godly sorrow that turns you toward your Savior, and watch His grace enter into your life and the lives of those you love. I

Vor Frelser var villig til at lide smerten ved sin forsoning, fordi han elsker jer. Faktisk er I »den [glæde] ... der ventede ham«, mens han led.

Opfordringen til omvendelse er et udtryk for Guds kærlighed.

At sige ja til den opfordring er et udtryk for vores.

Forestil jer jeres yndlingsbillede af Kristus. Forestil jer nu hans klare, glade smil, hver gang I bruger hans gave, fordi han er det fuldkomne klare håb.

Nej, jeres omvendelsetyngner ikke Jesus Kristus; den forstærker hans glæde.

Lad os undervise om det!

For omvendelse er vores bedste nyhed!

Vi forbliver ikke på pagtsstien ved aldrig at begå fejl. Vi forbliver på stien ved at omvende os hver dag.

Og når vi omvender os, tilgiver Gud os uden at gøre os til skamme, sammenligne os med nogen andre eller skælde os ud, bare fordi vi omvender os fra det samme som i sidste uge.

Han bliver begejstret, hver gang han ser os på knæ. Han fryder sig over at tilgive os, for for ham er vi så værdifulde!

Føler I ikke bare, at det er sandt?

Hvorfor er det da så svært for os at tro på?!

Satan, den store anklager og bedrager, bruger skam til at holde os væk fra Gud. Skam er et mørkesåtungt, at det kan føles som om, den faktisk har sin egen vægt eller tyngde, hvis man kunne tage den ud af sin krop.

Skam er den stemme, der tugter os og siger: »Hvad tænkte du på?« »Gør du nogensinde noget rigtigt?«

Skam siger ikke, at vi begik en fejl; den siger, at vi vores fejl. I hører måske endda: »Gem jer.« Modstanderen gør alt, hvad der står i sin magt for, at vi fastholder den tunghed i os, og han fortæller os, at prisen er for høj, at det vil være lettere for os at forblive i mørke, og fjerner dermed alt håb.

Satan er håbets tyv.

Og I har hver især brug for at høre dette, så jeg siger disse ord højt: I er ikke stemmen i jeres hoved eller de fejl, I har begået. Det kan også være, at I har brug for at sige det højt. Sig til Satan: »Ikke i dag.« Læg ham bag jer.

Mærk det, der trækker i jer – den åndelige bedrøvelse, der vender jer til Frelseren, og se hans nåde komme ind i jeres liv og i livet hos dem, I

promise that the minute we bring a broken heart courageously toward Him, He is immediately there.

If you saw someone drowning, wouldn't you reach your hand out and rescue them? Can you imagine your Savior rejecting your outstretched hand? I imagine Him diving into the water, descending below all things to lift us up so we can take a fresh breath! No one can sink lower than the light of Christ shines.

The Savior is forever brighter than the darkness of shame. He would never attack your worth. So watch closely.

Imagine that this hand represents worth.

This hand represents obedience. Maybe you woke up this morning, said a meaningful prayer, and searched the scriptures to hear God's voice. You've made good decisions and are treating the people around you with Christlikeness. You're listening to general conference! Your obedience is here!

Or maybe things haven't gone so well. You've struggled lately to do those small, simple things to connect to heaven. You've made some decisions you aren't proud of.

Where is your worth? Has this hand moved at all?

Your worth isn't tied to obedience. Your worth is constant; it never changes. It was given to you by God, and there's nothing you or anyone else can do to change it. Obedience brings blessings; that is true. But worth isn't one of them. Your worth is always "great in the sight of God," no matter where your decisions have taken you.

While I make mistakes, I want to stay in covenant relationship with Christ, and I'll tell you why.

I grew up taking diving lessons and learned that when judges score a dive, they watch the execution. Was the entry perfectly vertical, with toes pointed and a small splash? Then they do something extraordinary. They factor in the degree of difficulty.

Everyone is diving with their own degree of difficulty. And your Savior is the only one who truly knows the difficulty you are diving with. I want a relationship with the one person who gets me, who knows my heart and how hard I'm trying!

He knows the mists of darkness are descend-

elsker. Jeg lover, at i det øjeblik, vi modigt bringer ham et sønderknust hjerte, er han der straks.

Hvis I så nogen drukne, ville I så ikke række jeres hånd ud og redde dem? Kan I forestille jer, at jeres Frelser ville afvise jeres udstrakte hånd? Jeg forestiller mig, at han dykker ned i vandet, stiger ned under alt for at løfte os op, så vi kan få vejret igen! Ingen kan falde uden for rækkevidden af Kristi lys.

Frelseren lyser for evigt klarere end skammens mørke. Han ville aldrig anfægte jeres værd. Så se nøje med.

Forestil jer, at denne hånd repræsenterer værdi.

Denne hånd repræsenterer lydighed. Måske vågnede I her til morgen, bad en oprigtig bøn og granskede skrifterne for at høre Guds røst. I har truffet gode valg og behandler mennesker omkring jer, som Kristus ville. I lytter til general-konference! Jeres lydighed er her!

Eller måske er tingene ikke gået så godt. I har kæmpet på det seneste med at gøre de små, enkle ting, der skaber forbindelse til himlen. I har truffet nogle beslutninger, I ikke er stolte af.

Hvor er jeres værd? Har denne hånd bevæget sig overhovedet?

Jeres værd er ikke bundet til lydighed. Jeres værd er konstant; det ændrer sig aldrig. Det blev givet jer af Gud, og der er intet, I eller nogen anden kan gøre for at ændre det. Lydighed medfører velsignelser; det er sandt. Men værd er ikke en af dem. Jeres værd er altid »stor[t] i Guds øjne«, uanset hvor jeres beslutninger har ført jer hen.

Selvom jeg begår fejl, ønsker jeg at forblive i et pagtsforhold med Kristus, og jeg skal fortælle jer hvorfor.

Da jeg voksede op, tog jeg svømme- og udspringslektioner og lærte, at når dommere bedømmer et udspring, kigger de på udførelsen. Var nedslaget i vandet helt lodret med strakte tæer og et lille plask? Så gør de noget ekstraordinært. De tager højde for sværhedsgraden.

Alle laver udspring med deres egen grad af vanskelighed. Og jeres Frelser er den eneste, der virkelig ved, hvilke vanskeligheder I har. Jeg vil have et forhold til den ene person, der forstår mig, som kender mit hjerte og ved, hvor hårdt jeg prøver!

Han ved, at mørkets tåger sænker sig over

ing on all of us travelers and that our journey passes by the river of filth—so even when we're holding to the iron rod, we're going to get splashed.

Coming unto Christ is saying, "Will you help me?" with hope, a revealed assurance that His arms are extended to you always. I believe this fresh view of repentance means that even though we don't have perfect obedience yet, we try affectionate obedience now, choosing to stay, again and again, because we love Him.

Remember King Benjamin's people, who had no more disposition to do evil but only to do good continually? Do you think they packed up their tents, went home, and never made another mistake? Of course not! The difference is they no longer wanted to sin. They had affectionate obedience! Their hearts were turned and tuned to God while they struggled!

Once, at the beach, I saw a bird flying into the wind, flapping its wings so hard, almost frenetically, but staying in the same place. Then I noticed another bird, higher up. It had caught an updraft and was floating easily, unburdened in the wind. That's the difference between trying to do this by ourselves and turning to our Savior, letting Him lift us, with "healing in his wings."

As mission leaders in Australia, during our last visit with each missionary, we talked about 3 Nephi 17, where the people were close to the Savior and could hear Him praying for them. We asked, "If you could hear the Savior praying for you, what do you think He would say?"

To hear their answers was one of the most Spirit-filled experiences of my life. Every one of those missionaries would pause, and tears would fill their eyes as we reminded them, "Your Savior knows the degree of difficulty you're experiencing. He's felt it!"

This is what those missionaries quietly and tenderly shared: One sister said, "Jesus would tell the Father, 'She's doing her very best. I know how hard she is trying.'" An elder said, "With everything that's happened in his life, I'm so proud of him."

Lad os prøve dette. I aften, før I beder, forestil jer Jesus Kristus tæt på. Han er jeres talsmand hos Faderen. Spørg jer selv: "Hvad ville min Frelser sige til Faderen om mig?"

And then become silent.

alle livets rejsende, og at rejsen fører os forbi den tilsølede flod – så selv når vi holder fast i jernstangen, bliver vi stænket til.

Når vi kommer til Kristus, er det som håbefuldt at sige: »Vil du hjælpe mig?«, med en åbenbaret vished om, at hans arme altid er rakt ud mod os. Jeg tror, at dette nye syn på omvendelse betyder, at selvom vi ikke mestrer fuldkommen lydighed lige nu, så prøver vi med kærlig lydighed nu og vælger at blive her, igen og igen, fordi vi elsker ham.

Husker I kong Benjamins folk, der ikke længere havde tilbøjelighed til at gøre ondt, men kun til bestandigt at gøre godt? Tror I, at de pakkede deres telte sammen, tog hjem og aldrig begik fejl igen? Selvfølgelig ikke! Forskellen var, at de ikke længere ønskede at synde. De havde kærlig lydighed! Deres hjerte blev vendt og indstillet på Gud, mens de kæmpede!

Da jeg engang var på stranden, så jeg en fugl flyve mod vinden og måske meget hårdt med vingerne, helt hektisk, men den forblev på samme sted. Så lagde jeg mærke til en anden fugl højere oppe. Den havde fået opdrift og svævede let og ubesværet i vinden. Det er forskellen på at forsøge at gøre det selv og at vende sig til vor Frelser og lade ham løfte os med »helbredelse [i sine vinger]«.

Som missionsledere i Australien talte vi under vores sidste møde med hver missionær om 3 Nephi 17, hvor folket var tæt på Frelseren og kunne høre ham bede for dem. Vi spurgte: »Hvis du kunne høre Frelseren bede for dig, hvad tror du så, han ville sige?«

At høre deres svar var en af de mest åndelige oplevelser i mit liv. Hver eneste af disse missionærer tøvede lidt og fik tårer i øjnene, da vi påmindende fortalte dem: »Din Frelser ved, hvilken grad af vanskeligheder du står over for. Han har følt dem!«

Dette er hvad disse missionærer sagde stille og ømt. En søster sagde: »Jesus ville fortælle Faderen: 'Hun gør sit bedste. Jeg ved, hvor hårdt hun prøver.'« En ældste sagde: »Med alt det, der er sket i hans liv, er jeg så stolt af ham.«

Lad os prøve dette. Før I beder i aften, så forestil jer, at Jesus Kristus er tæt på. Han er jeres talsmand hos Faderen. Spørg jer selv: »Hvad ville min Frelser sige til Faderen om mig?«

Og vær så stille.

Listen for that voice that says good things about you—the voice of the Savior, your finest friend, and your Father in Heaven, who is really there. Remember, Their love and your worth are always great, no matter what!

I stand here to witness that Jesus Christ gives light to those who sit in darkness. So, on those days when you feel that voice telling you to hide, that you should hide in a dark room all by yourself, I invite you to be brave and believe Christ! Walk over and turn on the Light—our Perfect Brightness of Hope.

Bathed in His light, you'll see people all around you who have felt alone too, but now, with the light on, you and they will wonder, "Why were we so afraid in the dark? And why did we stay there so long?"

"May the Lord of Lights wrap you in His arms and console and love you continually." May we love Him continually and choose Him, again and again. In the name of Jesus Christ, amen.

Lyt efter den røst, der siger godt om jer – røsten fra Frelseren, jeres bedste ven, og jeres Fader i himlen, som virkelig er der. Husk, at deres kærlighed og jeres værd altid er ubetinget, uanset hvad.

Jeg står her for at vidne om, at Jesus Kristus giver lys til dem, der sidder i mørke. Så på de dage, hvor I hører den stemme, der siger, at I bør gemme jer i et mørkt rum helt alene, opfordrer jeg jer til at være modige og tro på Kristus! Gå hen og tænd Lyset – vores fuldkomne, klare håb.

Badet i hans lys vil I se mennesker overalt omkring jer, der også har følt sig alene, men nu, hvor lyset er tændt, vil I dog tænke: »Hvorfor var vi så bange i mørket? Og hvorfor blev vi der så længe?«

»Må Lysenes Herre omslutte [jer] i sine arme og trøste og elske [jer] bestandigt.« Må vi elske ham og vælge ham igen og igen. I Jesu Kristi navn. Amen.