Promises for Forgiveness

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Forgive Us Our Debts

Such is the commandment, and such is the promise of him who, in his great exemplary prayer, pleaded, “Father, … forgive us our debts, as we forgive our debtors.”

[*“Of You It Is Required to Forgive” - President Gordon B. Hinckley - June 1991 Ensign*](https://www.churchofjesuschrist.org/study/general-conference/2007/04/the-healing-power-of-forgiveness?lang=eng)

Open Your Heart to the Lord

For your peace now and for everlasting happiness, please repent. Open your heart to the Lord and ask Him to help you. You will earn the blessing of forgiveness, peace, and the knowledge you have been purified and made whole. Find the courage to ask the Lord for strength to repent, now. I solemnly witness that Jesus Christ is the Redeemer. I know that He lives. I testify that He loves you personally and will help you.

[*Finding Forgiveness - Richard G. Scott - April 1995 General Conference*](https://www.churchofjesuschrist.org/study/general-conference/1995/04/finding-forgiveness?lang=eng)

The Fruit of Repentance is Forgiveness

The fruit of true repentance is forgiveness, which opens the door to receive all of the covenants and ordinances provided on this earth and to enjoy the resulting blessings. When a repentant soul is baptized, all former sins are forgiven and need not be remembered. When repentance is full and one has been cleansed, there comes a new vision of life and its glorious possibilities. How marvelous the promise of the Lord: “Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more.”16 The Lord is and ever will be faithful to His words.

[*Finding Forgiveness - Richard G. Scott - April 1995 General Conference*](https://www.churchofjesuschrist.org/study/general-conference/1995/04/finding-forgiveness?lang=eng)

Your Heavenly Father Will Forgive You

For if ye forgive men their trespasses, your heavenly Father will also forgive you:

[*Matthew 6:14*](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/6.14-15?lang=eng#p14)

A Peace Otherwise Unattainable

If there be any who nurture in their hearts the poisonous brew of enmity toward another, I plead with you to ask the Lord for strength to forgive. This expression of desire will be of the very substance of your repentance. It may not be easy, and it may not come quickly. But if you will seek it with sincerity and cultivate it, it will come. And even though he whom you have forgiven continues to pursue and threaten you, you will know you have done what you could to effect a reconciliation. There will come into your heart a peace otherwise unattainable.

[*“Of You It Is Required to Forgive” - President Gordon B. Hinckley - June 1991 Ensign*](https://www.churchofjesuschrist.org/study/general-conference/2007/04/the-healing-power-of-forgiveness?lang=eng)

Gain Eternal Life

Through the miracle of the sacred Atonement of Jesus Christ, we can also receive the gift of forgiveness of our sins and misdeeds, if we accept the opportunity and responsibility of repentance. And by receiving necessary ordinances, keeping covenants, and obeying commandments, we can gain eternal life and exaltation.

[*Even as Christ Forgives You, So Also Do Ye - Larry J. Echo Hawk - April 2018*](https://www.churchofjesuschrist.org/study/general-conference/2018/04/even-as-christ-forgives-you-so-also-do-ye?lang=eng)

Turn the Other Cheek

But not only our eternal salvation depends upon our willingness and capacity to forgive wrongs committed against us. Our joy and satisfaction in this life, and our true freedom, depend upon our doing so. When Christ bade us turn the other cheek, walk the second mile, give our cloak to him who takes our coat, was it to be chiefly out of consideration for the bully, the brute, the thief? Or was it to relieve the one aggrieved of the destructive burden that resentment and anger lay upon us?

[*Forgiveness: The Ultimate Form of Love - Marion D. Hanks - January 1974 Ensign*](https://www.churchofjesuschrist.org/study/ensign/1974/01/forgiveness-the-ultimate-form-of-love?lang=eng)

We May Be Friends With Ourselves

God help us to rid ourselves of resentment and pettiness and foolish pride; to love, and to forgive, in order that we may be friends with ourselves, with others, and with the Lord.

[*Forgiveness: The Ultimate Form of Love - Marion D. Hanks - January 1974 Ensign*](https://www.churchofjesuschrist.org/study/ensign/1974/01/forgiveness-the-ultimate-form-of-love?lang=eng)