



**Jonah turned to God and repented. I can repent when I make a wrong choice.**

- Watch chapter 38 of the Old Testament stories at [scripturestories.lds.org](http://scripturestories.lds.org).
- As you pray this week, apologize for things you did wrong. Also tell Heavenly Father about what you did right. Ask Him for help. He loves you!
- Next time you make a mistake, think, "What did I learn from this?" and try again.
- I can follow God by . . .

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