



# CHALLENGE

“I will choose the right.  
I know I can repent when I  
make a mistake”  
(My Gospel Standards).

Read D&C 58:42-43 with a parent or teacher. What does it mean to confess and forsake your sins?

When you hurt someone, say you're sorry—and mean it!

Pick one thing you want to do better this week. Pray to Heavenly Father for help.

I challenge myself to ...  
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