How can repentance help me everyday?

In addition to the outline above this lesson also touches on "What is Grace."  I felt like it was a necessary thing to explain when talking about repentance.

My goal with this lesson is to take away some of the fear that sometimes accompanies the thought of repentance.  I want the girls to know that repentance is not just a one-time even but something we should use in our daily life!  We all make mistakes, even that is part of the plan.  Repentance is something that takes work but results in true joy.  The relief we feel when we have truly repented and committed ourselves to change brings such a peace to our lives.  That leads me to the object lesson...

[www.Mormonshare.com](http://www.mormonshare.com/%22%20%5Co%20%22%22%20%5Ct%20%22_blank) has a ton of great object lessons!  The one I chose is fairly simple.  It talks about having 2 bags/totes with something heavy inside (think dumbbell, bag of sugar, canned food etc.)  at one point during the lesson (I chose to do this on slide 23) you ask two girls to come up and put the heavy bag on their shoulder.  You then continue on with the lesson.  On slide 27 I ask the girls to remove the bags and to tell us how they feel.  Hopefully removing that extra weight will bring them relief and we can liken that to repentance.  When we sincerely repent we free ourselves from the burden of sin.

For a handout I wanted to touch on the fact that Satan will do his best to keep the girls from repenting.  He will either whisper lies to them or distract them or some other tactic to keep them from seeking the Savior's help, thus "chipping away" at them.  Our Savior allows us the opportunity to make a U-TURN.  We can turn back towards the Lord and correct our course.  If you want to give something along with the handout you can play off the "CHIP" in the quote.  A small snack-size bag of chips is inexpensive or anything with chocolate chips would work too!