

Patrick Kearon Oct 2025 - Teacher Copy

Quote #1 (daily)

Possible engagement tool: Something like, "Elder Kearon draws on President Nelson's teachings to introduce repentance. See if you recognize these President Nelson quotes from past General Conferences."

Note: Choose any or all of these quotes. Please divide among several readers for emphasis.

"Repentance opens the door to our new beginnings, fresh starts, and second chances. Our dear President Russell M. Nelson's teachings have cleared up misconceptions about the divine gift of repentance, and I think we are finally beginning to grasp it.

—AND—

"... Experience the strengthening power of daily repentance—of doing and being a little better each day.

"When we choose to repent, we choose to change! We allow the Savior to transform us into the best version of ourselves. We choose to grow spiritually and receive joy—the joy of redemption in Him. When we choose to repent, we choose to become more like Jesus Christ!" (President Nelson, We Can Do Better and Be Better - May 2019)

—AND—

"Discover the joy of daily repentance.

"How important is repentance? Alma taught that we should 'preach nothing save it were repentance and faith on the Lord' [Mosiah 18:20]. Repentance is required of every accountable person who desires eternal glory. There are no exceptions. ...

"Walking the covenant path, coupled with daily repentance, fuels positive spiritual momentum" (Russell M. Nelson, The Power of Spiritual Momentum - Liahona, May 2022)

Possible discussion questions: What has President Nelson taught about repentance? How important is repentance to the gospel of Jesus Christ? What stands out for you from these quotes and why? How would you describe repentance in your own words, to a friend?

Quote #2 (new heart)

Possible engagement tool: Pin or tape a beautiful big heart with the words "new heart" on the board. Or you can write those words on the board. Have someone read this short verse.

"And I will give them a new heart and a new spirit within them; and I will take the stony heart out of their flesh, and will give them a heart of flesh." (2 Nephi 8:19)

Possible Intro: Something like" Elder Kearon shared an inspiring message about new hearts and the journey of growing, reaching higher, and improving in the gospel and our daily lives."

"We tend to think that our baptism is our one shot at a new beginning. It isn't. We don't have just one chance. These new beginnings can happen every day! And certainly every week as we eat a small piece of bread and drink a tiny cup of water in remembrance of the gift of our perfect Saviour, who died for the express purpose of giving us as many new beginnings as we need! Jesus gives us as many new beginnings as we need."

—AND—

"With every covenant we make and every effort we give to keep it, we can receive "a new heart" and a fuller measure of "a new spirit." Little by little, the more we invite His goodness into our hearts and cast out the self-defeating voices in our heads, we become His people because we truly make Him our God. Jesus so keenly wants to be our King and our Shepherd and our Prince of Peace, and we can choose to make Him so in our own hearts and minds."

Possible discussion questions: Who remembers their baptism and how they felt? Why was it important to you? How important is the ordinance of the Sacrament? What does it have the power to do? What is the idea of a new heart? (See 2 Nephi 8:19) What are some of the self-defeating voices in our heads? What does Elder Kearon mean by "making Him [a King] in our own hearts and minds?"

Quote #3 (good news)

Possible engagement tool: Ask your class to pull out what they feel are the important messages from this next quote.

Note: Please divide between two readers for emphasis.

“What does this mean for you and for me? His goodness and mercy and loving-kindness know no bounds. New beginnings are at the heart of the Father’s plan! Fresh starts are the mission of the Son! New dawns, new chapters, and new chances are the simple core of the gospel’s good news!

“So, have you been away too long from your covenants to receive a new beginning? No. Have you done this or that too many times to be given another chance? No. Have you gone too far from Christ for Him to help you write a new story from here on out? No. The adversary is the only one who benefits from the idea that you’re sunk. You are not.”

Possible discussion questions: What important message or messages did you pull out from this quote? What is the good news of the gospel? Do you believe in new beginnings? Have you ever repented from a repeated sin and found your way back through repentance – how did it feel? What has the Savior done that you are most grateful for?

Quote #4 (other)

Possible Intro: Say something like, “Sometimes there are aspects of our character we might not consider sins but also need repenting/changing or upgrading so we can be closer to Christ.”

“And new beginnings are for more than just our sins and mistakes. Through the goodness and grace of the Saviour, we can have fresh starts that propel change in old mindsets, bad habits, grumpy dispositions, negative attitudes, feelings of powerlessness, and tendencies to blame others and avoid personal responsibility. You can actually change things about yourself that have been wearing you down for years. You can start again through the might of the Master of new beginnings. He never tires of giving new beginnings to us.”

Possible discussion question: What are some things we can do to overcome the habits Elder Kearon named in this quote? Does the Savior have power to help us

with these things? Could these things also need repentance and forgiveness? Why is it essential to eliminate these tendencies?

Quote #5 (same old sin)

Possible Intro: Sometimes we especially struggle with a sin, appetite or passion. Elder Kearon has some rather encouraging words.

“To those who are struggling with the same sin or the same setback over and over again, you keep going. He hasn’t put a roadblock in front of you. He hasn’t set a limit on your second chances. You press on. You keep striving. You seek help from those around you. And you trust in the new beginning that is there for you every time you turn back to your Father in sincerity of heart. Leave deliberate sinning, casual repeats, and prideful rebellion behind you, where they belong. You don’t have to be who you’ve been before. Embrace your fresh start, your second or third or fourth—or hundredth—chance, offered to you through the atoning blood of Jesus Christ.”

—AND—

17 Nevertheless, notwithstanding the great goodness of the Lord, in showing me his great and marvelous works, my heart exclaimeth: O wretched man that I am! Yea, my heart sorroweth because of my flesh; my soul grieveth because of mine iniquities.

18 I am encompassed about, because of the temptations and the sins which do so easily beset me.

19 And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted. (2 Nephi 4:17-19)

Possible discussion questions: Where can we find comfort and strength when we fail and fall? Why is it essential to get back up and try again? How do you feel about the phrases “fresh start” and “new beginnings”? How are they a very important part of the message about the Atonement of Jesus Christ? Is it possible to conquer even tough, long-held bad habits?