



If I'm Forgiven, Why Does My Past Still Bother Me?: Recognizing the Blessings of the Continuous Atonement

By Brad Wilcox

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The Atonement allows us to repent and be forgiven, but sometimes past choices continue to haunt us. We need to remember that, while God doesn't condone sin, He knows that broken covenants can lead to broken hearts, which can lead us to Christ, the mender of all broken things. In this talk, Brother Wilcox explains how the advice to forgive and forget is good when dealing with other people's sins, but not with our own. As we're forgiven, Christ takes away the pain of sin but leaves the memory to ensure learning. With powerful examples from the scriptures and from personal experience, he demonstrates that our memories of forgiven sins, like dark lines in polished marble, can actually make us valuable and beautiful. His perspective brings peace to all who trust that God can forgive them but who have a difficult time forgiving themselves.

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Editorial Review

About the Author

Brad Wilcox is an associate professor in the department of Teacher Education at BYU. From 2003 to 2006 he served as president of the Chile Santiago East Mission. He currently serves as a counselor in a stake presidency at BYU and on the Church's Mission Presidents Advisory Committee. A popular speaker and writer, he has published several books and audio products. He and his wife, Debi, have four children and reside in Provo, Utah.

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