

Atonement Journal

Day 1: In my life so far, the times I have best applied the atonement fully have been when...

Day 2: The atonement covers our sin, sickness, infirmity, and pain. Right now, the thing most meaningful to me is the atonement's power to...

Day 3: The part of the atonement I feel understand best is...

Day 4: The part of the atonement that feels most incomprehensible to me is...

*Day 5: If I am completely honest with myself and God, the depth of my testimony of the atonement is ...
What it should be? Weaker than it has been? Stronger than ever?*

Day 6: The one thing I could do to deepen my testimony of the atonement that would make the most difference is...

Day 7: When I consider the power of the atonement in my life, the words that describe how I feel include...

Day 8: The atonement is often described as "infinite and eternal." To me, this means...

Day 9: The scriptures say that Christ "offereth himself a sacrifice for sin, to answer the ends of the law, unto all those who have a broken heart and a contrite spirit" (2 Nephi 2:6). What does it mean to me to have a broken heart and a contrite spirit?

Day 10: Elder Deon Cornish said, "What a terrible thing to believe mistakenly that sin will be happiness and that repentance will be easy, for one of the terrible consequences of sin is the loss of the Spirit." What is the hardest part of repentance for me?

Day 11: "Surely he has borne our griefs, and carried our sorrows" (Isaiah 53:4). What are griefs and sorrows the Lord has borne for me? What are some I am insisting on carrying myself that I could surrender to Him?

Day 12: Whom do I need to forgive to more fully allow the atonement to work its miracle in my life?

Day 13: The Bible Dictionary describes the atonement as "reconciliation of man to God." It makes it clear that man is the one who distances himself from God, not God distancing Himself from man. What are the most common ways I distance myself from God? When do I most feel Him reaching out to me?

Day 14: Elder C. Scott Grow taught, "We access the Atonement through repentance. When we repent, the Lord allows us to put the mistakes of the past behind us." What do I need to change in my life to have better access to the atonement?

Day 15: Elder Grow also taught, "Through His Atonement, He heals not only the transgressor, but He also heals the innocent who suffer because of those transgressions." What has someone done to me that I have not fully used the atonement to heal from? What peace am I lacking that the atonement offers me?

Day 16: As I have pondered the atonement of the Savior over the past two weeks, how have my feelings grown or changed? What am I going to do differently as a result of my changed feelings and knowledge?

