

A Broken Heart and a Contrite Spirit

“Dad?” May knocked on the bedroom door. “How can I get ready for baptism?”

“I love that you want to prepare yourself, May!” Dad smiled. “One way you can get ready for baptism is to have a broken heart and a contrite spirit.”

“What does that mean?” May scrunched her nose.

“Having a broken heart and a contrite spirit means to feel sorry for our sins,” Dad explained. “Do you feel sorry when you make bad choices?”

“Oh yes,” May looked down. “I feel awful. And I try to say sorry when I hurt someone.”

“That’s really good!” Dad assured. “When we are baptized, our sins are washed away. But it isn’t right for someone to be baptized if they aren’t sorry for their bad choices.”

“Yeah,” May thought. “That’s not fair.”

“So like I said, you want to feel sorry for your bad choices,” Dad repeated. “You want to repent of your sins. That’s one way you can prepare for baptism!”

“Okay, Dad!” May nodded. “I can do that! I’ll do that every day!”