



Major Elements of *Teshuvah*

- Recognition of sin
- Remorse for sin
- Confession to God and those sinned against
- Restitution and restoration of damage caused
- Firm commitment to change, not to repeat sin

“If the wicked turn from all the sins that they have committed and keep all my decrees and do *mishpat* and *tzedakah*, they will surely live. None of the offenses they have committed will be remembered against them.” (Ezekiel 18:21-22)

RESTITUTION



...he shall restore it in full and shall add a fifth to it...

(Lev. 6:5)

Numbers 5:5-7

⁵ Then YaHWeH said to Moses, ⁶ “Give the following instructions to the people of Israel: If any of the people—men or women—betray YaHWeH by doing wrong to another person, they are guilty. ⁷ They must confess their sin and make full restitution for what they have done, adding an additional 20 percent and returning it to the person who was wronged.

Commitment to Change



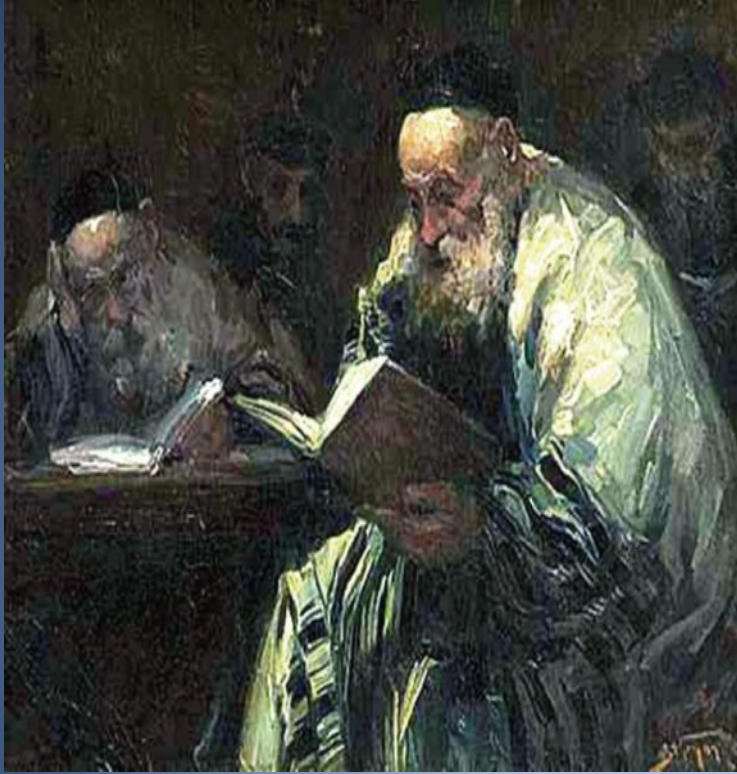
“One who says, ‘I shall sin and repent, sin and repent,’ or, ‘I shall sin and Yom Kippur will atone for me,’ Yom Kippur does not effect atonement.”

(*Yoma* 8:9)



Romans 6:1-2

Teshuva: A Life of Change



Rabbi Eliezer ben Hyrcanus

“Repent one day before
your death” (*m. Avot* 2:10)

“The concept of *teshuva* or repentance does not merely mean to experience regret and mend one’s ways, as much as it implies the concept of spiritual movement, of growing, of changing for the better.”

(Rabbi Norman Lamm)



יְמֵי נֹרְאִים
DAYS OF AWE



TASHLIKH

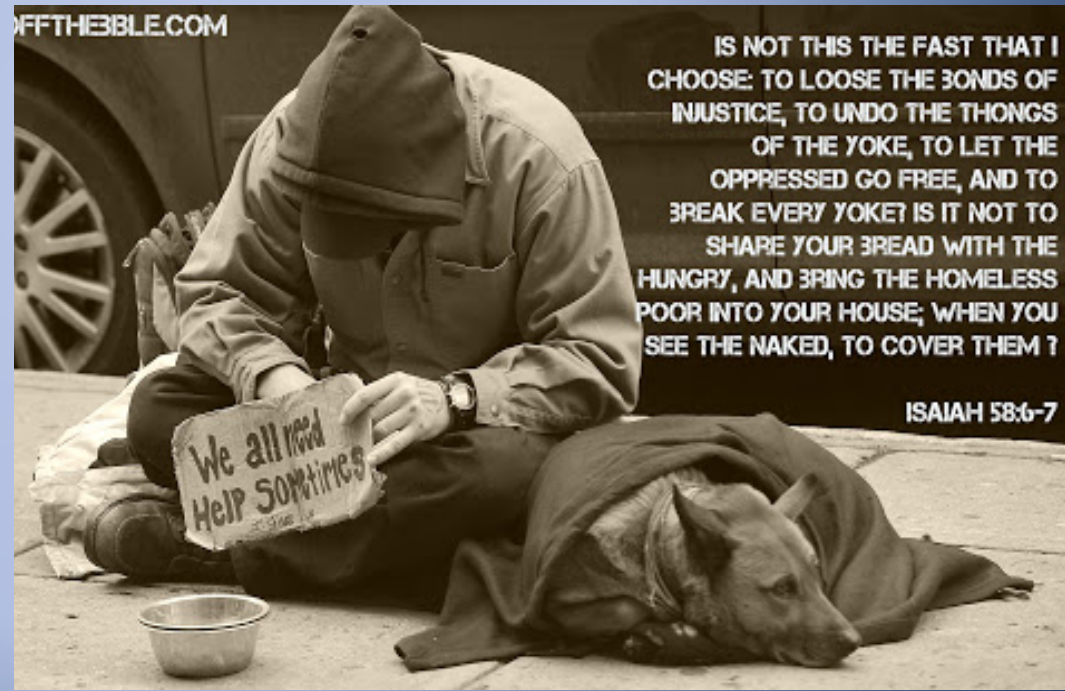
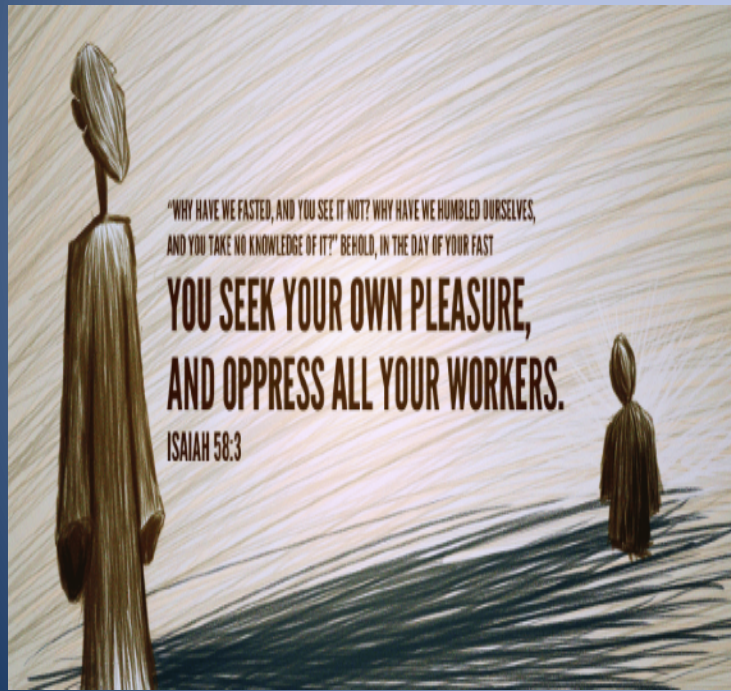
Micah 7:18-19

“Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.”

BIBLICAL PENITENCE

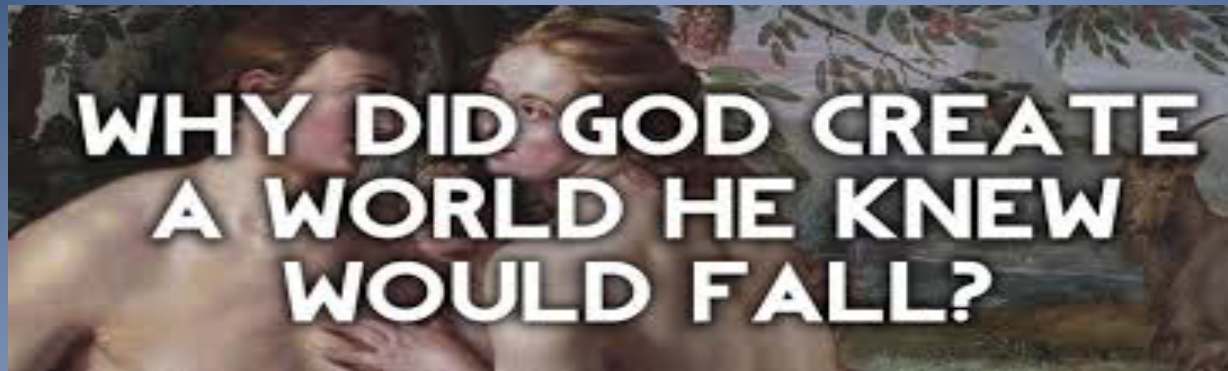
ISAIAH 58

“Day after day they seek me out; they seem eager to know my ways, as if they were a nation that does *tzedakah* and has not forsaken God’s *mishpat*...Such fasting as you do today will not make your voice heard on high.”



Doing *Teshuvah*





YOM KIPPUR: UNDERSTANDING REPENTANCE

One of the Hebrew words for repentance is *Teshuvah*. *Teshuvah* comes from the Hebrew root word, "*Shuv*". *Shuv* is the Strong's number <7725>, which means, '*to return, turn back, to restore, refresh or repair*'

The rabbis teach that the God of Israel created the concept of repentance before He created the universe (Nedarim 39b) because the God of Israel would not create the world knowing that man would sin without giving man an opportunity to repent from his sin.

