

# Five Steps to Repentance

*Walking in Teshuva*

# Elul

# אלול

אֲנִי לְדוֹדֵי וְדוֹדֵי לִי

*I am my beloved's, and my  
beloved is mine . . .*

# Five Steps to Repentance

- Remorse
- Confession
- Restitution
- Forgiveness
- Forsaking the sin

# Step 1 - Remorse

- Feeling bad enough about what you've done to want to make it right.

<sup>KJV</sup> **Psalm 38:18** For I will declare mine iniquity; I will be sorry for my sin

<sup>NKJ</sup> **Psalm 38:18** For I will declare my iniquity; I will be in anguish over my sin.

# Step 1 - Remorse

- Feeling bad enough about what you've done to want to make it right.

<sup>KJV</sup> **Psalm 38:18** For I will declare mine iniquity; I will be sorry for my sin

<sup>NKJ</sup> **Psalm 38:18** For I will declare my iniquity; I will be in anguish over my sin.

# Step 1 - Remorse

- Feeling bad enough about what you've done to want to make it right.

NKJ **2 Corinthians 7:9** "Now I rejoice, not that you were made sorry, but that your sorrow led to repentance . . ."

# Step 2 - Confession

- Going to your brother or to God and confessing your guilt . . . your infraction.

NKJ **Psalm 31:1** In You, O LORD, I put my trust; Let me never be ashamed; Deliver me in Your righteousness. <sup>2</sup> Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me. <sup>3</sup> For You *are* my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me.

# Step 3 - Restitution

- Beginning the restoration process

<sup>NKJ</sup> **Exodus 22:1** "If a man steals an ox or a sheep, and slaughters it or sells it, he shall restore five oxen for an ox and four sheep for a sheep.



# Step 3 - Restitution

- Beginning the restoration process

<sup>ESV</sup> **Leviticus 6:1** The LORD spoke to Moses, saying, <sup>2</sup> "If anyone sins and commits a breach of faith against the LORD by deceiving his neighbor in a matter of deposit or security, or through robbery, or if he has oppressed his neighbor <sup>3</sup> or has found something lost and lied about it, swearing falsely- in any of all the things that people do and sin thereby-

# Step 3 - Restitution

<sup>4</sup> if he has sinned and has realized his guilt and will restore what he took by robbery or what he got by oppression or the deposit that was committed to him or the lost thing that he found <sup>5</sup> or anything about which he has sworn falsely, he shall restore it in full and shall add a fifth to it, and give it to him to whom it belongs on the day he realizes his guilt.

# Step 3 - Restitution

- Beginning the restoration process

<sup>6</sup> And he shall bring to the priest as his compensation to the LORD a ram without blemish out of the flock, or its equivalent for a guilt offering. <sup>7</sup> And the priest shall make atonement for him before the LORD, and he shall be forgiven for any of the things that one may do and thereby become guilty."

# Step 4 - Forgiveness

- Releasing the debt

*nasa* - נָסָא - (Strong's 5365)

*salakh* - סָלַח - (Strong's 5545)

# Step 4 - Forgiveness

- Releasing the debt

NKJ **Exodus 34:7** "... keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing *the guilty*, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation."

# Step 4 - Forgiveness

**ESV Micah 7:18-19** <sup>18</sup> Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love. <sup>19</sup> He will again have compassion on us; he will tread our iniquities under foot. You will cast all our sins into the depths of the sea.

**NKJ Psalm 86:5** For You, Lord, *are* good, and ready to forgive, And abundant in mercy to all those who call upon You.

# Step 4 - Forgiveness

<sup>NKJ</sup> **Psalm 86:5** For You, Lord, *are* good, and ready to forgive, And abundant in mercy to all those who call upon You.

# Step 5 – Forsake the Sin

- Change your ways

**Repent =**

*shuwb* - שׁוּב - (Strong's 7725)

<sup>ESV</sup> **1 Kings 8:47** yet if they turn their heart in the land to which they have been carried captive, and repent and plead with you in the land of their captors, saying, 'We have sinned and have acted perversely and wickedly,'



# Step 5 – Forsake the Sin

<sup>ESV</sup> **Proverbs 28:13** Whoever conceals his transgressions will not prosper, but he who confesses and **forsakes** them will obtain mercy.

*azab* - אָזַב - (Strong's 5800)

to leave, to depart from, to leave behind

Picture of the  
Baptism of Yeshua  
by John the Baptist

From a fresco found  
in the Catacombs of  
San Callisto in Rome



# Step 5 – Forsake the Sin

<sup>ESV</sup> **Hebrews 4:15-16** For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

# Step 5 – Forsake the Sin

<sup>ESV</sup> **Micah 6:7-8** <sup>7</sup> Will the LORD be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" <sup>8</sup> He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

# Five Steps to Repentance

- Remorse
- Confession
- Restitution
- Forgiveness
- Forsaking the sin

**NKJ Matthew 18:21-22** Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" <sup>22</sup> Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

# Five Steps to Repentance

<sup>ESV</sup> **Psalm 32:5** I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah

שְׁלוֹם לָכֶם

Shalom Alechim

*Peace be Unto You*