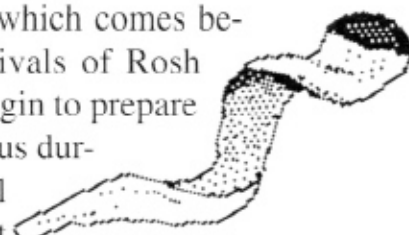


תְּשׁוּבָה

Teshuvah - Repentance, Lesson 1

During the month of Ellul, the month which comes before the month of Tishri and the Fall festivals of Rosh HaShannah, Yom Kippur, and Sukkot, we begin to prepare ourselves for what HaShem intends to teach us during the festivals. During the month of Ellul the shofar may be blown as a reminder that



God is calling us all back to Him. The Hebrew word which means to “turn back” or “to return” is תְּשׁוּבָה, *teshuvah* from the word שׁוּב, *shuv*, “to turn” or “to re-turn.” Many times in our English Bibles this word and the words which come from this word are translated “repent” or “repentance.” From this we learn that “repentance” is required whenever I act in a way that I know God does not like. When I act against what God has said, it is as though I have turned my face away from Him and have gone in my own direction. When my heart is sad because of what I have done, and I turn around again, face God (so to speak), and ask for His forgiveness, then I’m doing “repentance” or *teshuva*.

The same is true when I do something wrong against someone else. Usually, when we sin against another person, we turn away from that person and don’t want to talk with them or be with them. When I turn back toward that person and ask them to forgive me, I’m doing “repentance” or *teshuva*. God teaches us that when we treat people in a wrong way, we are doing the same thing against God as well. That’s because God created us all in His image, so that what we do to each other affects God as well.

We may think to ourselves, “I haven’t walked away from God so I don’t need to return! I’ve been with God all year long.” Or, “I’ve not done anything wrong toward another person, so I don’t need to do *teshuva*.” That is one of the reasons that God asks us to listen carefully to the blowing of the shofar. When we hear the longing, groaning, moaning sounds of the ram’s horn, it helps to remind us of things we’ve done that we may even have forgotten about. And it helps us understand that our heavenly Father groans when we sin against each other, or when we fail to follow His loving instructions.

When you hear the shofar, remember: it’s your heavenly Father calling you back to the place of close friendship with Him. But you will need to ask Him to forgive you of the sins you have done, and He will require you to also ask forgiveness of those people you have hurt by your selfishness.

Teshuvah – Repentance

"Seek Adonai while He may be found" Isaiah 55:6

X U B P F C C V M W T G F I P P N Z I N N C D P F
I F O R G I V E N E S S R N L U B W J H Y Q T L O
E N C R I B R F A V M S E P K W G J A Y K N F R N
C A C L A M O R W L L I U N U X K U N A R Q I N F
N N Y P H M R Q Z H X I D O D Q A O O N E V R E N
E C I B K A E F Q Y V T G I A T R J I G L X X V J
I Y W I E L T M K F Q G I S L B E I S E A D Y O R
D A Q T T I U J F G G S N S E J N M S R T M R L T
E I U T H C R A M K M B P E B T B R I X I K E T M
B N C E P E N F Z A W K R F L X L A M D O U P T X
O L W R W O R R O S M B E N A Y A A B W N B E X F
J E M N Y K U C Y F O X S O C X C S U O S J N K Y
S Y H E K T K Y P D F A U C K F K O S I H E T S E
X B D S K J X Z E O A H T P W C W R P E I X A V P
G Q D S R E D N A L S S L F O J O P S U P T N T A
E A U L W C L T C Z H D E H O I O Q C K A B C A U
D L T L A D H K E J A D Z Z D L D H K B L U E I I

REPENTANCE

FORGIVENESS

BITTERNESS

CLAMOR

SLANDER

ANGER

MALICE

RETURN

CONFESSION

SUBMISSION

PEACE

RELATIONSHIP

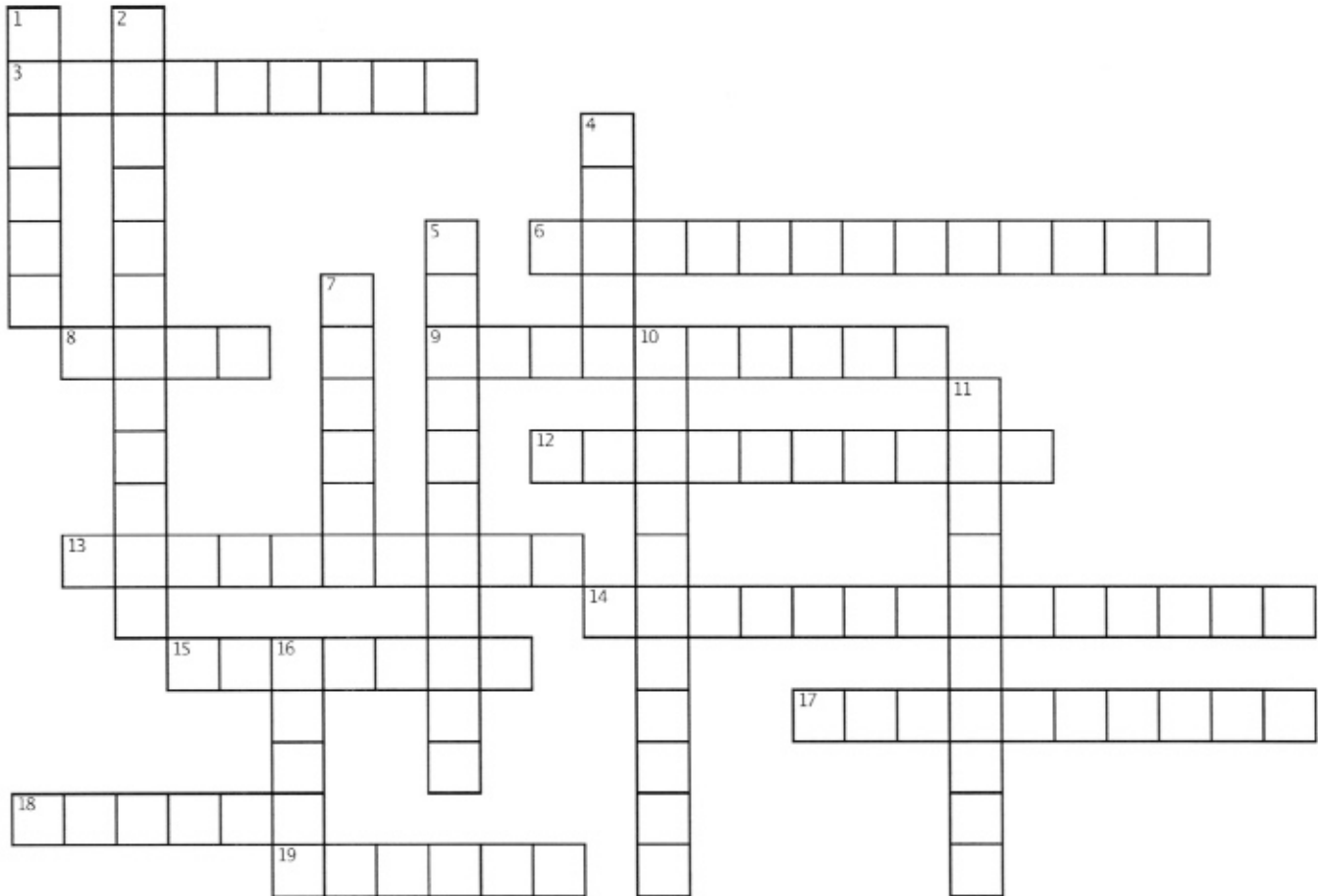
OBEDIENCE

SORROW

LOVE

Teshuvah – Repentance

"Seek Adonai while He may be found" Isaiah 55:6



Across

3. Doing what God commands
6. He makes the cassettes for everyone at Beit Hallel
8. Putting the other person first in thought and actions
9. The Hebrew word is TESHUVAH
12. Admitting the truth
13. Letting hatred stay in my heart and in my thoughts
14. She has a son named Isaac
15. Talking bad about another person
17. Being willing to let God and those He has put in authority over me have their rightful place
18. Thinking bad thoughts about someone who had hurt me
19. Stopping and going back where I belong

Down

1. A genuine feeling of sadness
2. The connection between myself and another person
4. The opposite of war; being at rest because things are right
5. Being able to honestly love someone who has hurt me
7. Always talking about the bad things that have happened to me
10. She and her husband were missionaries in Equatorial Guinea
11. She was born in Spain
16. Loosing my temper

Overcoming Bitterness through Forgiveness

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Messiah also has forgiven you. Ephesians 4:31-32

Bitterness

Trying to punish the person who has hurt me

Wrath

Doing good things for someone else

Anger

Talking bad about another person

Clamor

Always talking about the bad things that have happened to me

Slander

Letting my heart be willing to see the good in someone else

Malice

Being able to honestly love someone who has hurt me

Kind

Letting hatred stay in my heart and in my thoughts

Tender-hearted

Loosing my temper

Forgiving

Thinking bad thoughts about someone who has hurt me

Draw lines to connect the words on the left with the correct definition on the right

