

Teshuva Repentance: A Devotional Guide and Worksheet

This devotional guide is designed for individual reflection or small group study. Teshuva repentance is a deep return to YHVH's ways. It involves heart, mind, and action. Use this resource to explore each step and apply it personally.

Step 1: Recognize the Need to Repent

Read 1 John 3:4 and James 2:9-11. Ask: What is sin according to these passages?

Reflection: What sins or areas of disobedience is YHVH revealing in your life?

Step 2: Feel Genuine Remorse

Read Psalm 51:10-17. Ask: How does David express remorse?

Reflection: Do I feel convicted about my sin or have I become numb to it?

Step 3: Confess and Own It

Read James 5:16 and Psalm 51:14. Ask: Why is specific confession important?

Reflection: What sins do I need to name before YHVH or others today?

Step 4: Make Restitution and Seek Restoration

Read Luke 19:8-10 and Exodus 22. Ask: How can I make things right?

Reflection: Is there someone I need to restore a relationship with or repay in some way?

Step 5: Forgive Others

Read Matthew 6:12-15. Ask: Have I withheld forgiveness from someone?

Reflection: Who do I need to forgive—even if they never apologize?

Step 6: Change Your Behavior

Read John 8:11 and James 1:14-16. Ask: What changes do I need to make in my life?

Reflection: What steps can I take to walk in obedience today?

Teshuva Repentance Worksheet

1. 1. What sin or area of disobedience is YHVH bringing to my attention?

2. 2. How have my actions affected others or my relationship with YHVH?

3. 3. What is my heart response—do I feel genuine remorse or resistance?

4. 4. How can I confess this sin specifically?

5. 5. Is there any restitution I can make? What does that look like?

6. 6. Who do I need to forgive? Why is that difficult or easy for me?

7. 7. What practical steps will I take to change my behavior starting today?

8. 8. How will I stay accountable for this change? Who can help me?
