

*Therefore, bear fruit
in keeping
with repentance.*

Matt. 3:8

The Month of Elul

*A Personal Bible
Study Workbook*

Name: _____

Maimonides' Call to Repentance

*"Awake, you sleepers, from your sleep!
Rouse yourselves you slumberers, out of
your slumber! Examine your deeds, and
turn to God in repentance.*

*Remember your Creator, and don't be
like those who are caught up in the daily
round, losing sight of eternal truth.*

*Don't waste your year in vain pursuits
that neither profit nor save. Look closely
at yourselves.*

*Abandon your evil ways and thoughts,
and return to the Lord, so that He might
have mercy on you!"*

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Week One: What is Teshuvah?

Teshuvah is a Hebrew word meaning “returning” and is associated with the English word “repentance.” What is teshuvah and how is it expressed?

The Hebrew root of teshuvah literally means “to turn.” It implies turning toward one thing and away from something else. In the Tanakh (Old Testament), God uses this word repeatedly to plead with His people to forsake sin and follow after Him.

What is it that God asks us to turn toward? What action does this require?

Hosea 6:1-3

Hos. 12:6

Jer. 3:12, 13

Notes

Joel 2:12, 13

Hosea 14:1, 2

Jer. 3:22-25

What are we to turn away from?

Jer. 35:15

Ez. 14:6

Ez. 18:21–23

Read Numbers 15:38-40. What “idols” did Israel have, according to God’s instructions here?

Do you have the same idols? If so, how have you “gone after” them?

What would you need to do to “turn away” from them?

What change in behavior is God requiring of you? Ask God to show you specific things that you need to do to demonstrate your repentance.

Jer. 50:4

Ez.37:23

Hos. 12:6

The concept of living consistently with your belief is called “faithfulness.”

According to Gal. 5:22, what is the source of faithfulness?

According to Rom. 8:5-13, how does this become part of our lives?

Week Two: A Change of Heart

The first step toward repentance is a change of heart.

What sort of change is required?

2 Chron. 7:14

2 Chron. 30:8

Ps. 34:18

Ps. 95:7-11

How is this change accomplished?

Jer. 24:7

Acts. 5:31

Rom. 2:4, 5

2 Tim. 2:24, 25

Is true repentance possible without this change of heart?

Luke 18:9-14

Week Four: A Change of Behavior

Repentance not only requires that we turn in a certain direction, but also that we then walk in that direction. In other words, we need to change our behavior, not just what we say we believe.

Why isn't it enough to just say "I'm sorry" to God for our sin?

Matt. 7:21-27

Matt. 21:28-32

2 Cor. 7:10

What should a change of behavior look like?

Ps. 34:14

What steps do you need to take to change your thinking regarding the things God has spoken to you about?

What sin is God speaking to your heart about?
Will you respond in pride or humility?

Week Three: A Change of Mind

The next step toward repentance is a change of mind.

How does our thinking affect our behavior?

Is. 65:2

Hos. 4:1-6

Luke 6:43-45

How can we avoid wrong thinking?

Jer. 6:16-19

What sort of mind are we to have?

Is.55:6 -9

2 Cor. 10:5

How can our thinking be changed?

Job 42:4-6

Rom. 12:2

John 16:7-15