

Teshuvah, Cheshbon Hanefesh & Torah Obedience

	Tanakh	B'rit Chadashah
DIAGNOSTIC Cheshbon Hanefesh Searching the heart	Lamentations 3:40 — “Let us examine and test our ways and return to Adonai.” Psalms 4:4 — “You can be angry, but do not sin! Think about this as you lie in bed, and calm down.” (CJB 4:5) Psalms 139:23-24 — “Examine me, God, and know my heart; test me, and know my thoughts. See if there is in me any hurtful way, and lead me along the eternal way.” (CJB 139:24-25) Haggai 1:5, 7 — “Here is what Adonai-Tzva'ot says: ‘Think about your life!’” Proverbs 20:27 — “The human spirit is a lamp of Adonai; it searches one’s inmost being.”	2 Corinthians 13:5 — “Examine yourselves to see whether you are living the life of trust. Test yourselves.” 1 Corinthians 11:28 — “Let a person examine himself first, and then he may eat of the bread and drink from the cup.” 2 Corinthians 7:9-11 — “Pain handled in God’s way produces a turning from sin to God which leads to salvation... what earnest diligence, what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what readiness to put things right!” Hebrews 4:12 — “The Word of God is alive!... it is quick to judge the inner reflections and attitudes of the heart.”
GOAL Torah Obedience Living/doing the word	Deuteronomy 30:11-14 — “This mitzvah which I am giving you today is not too hard for you, it is not beyond your reach... the word is very close to you — in your mouth, even in your heart; therefore, you can do it!” Psalms 119:11 — “I treasure your word in my heart, so that I won’t sin against you.” Psalms 19:7-8 — “The Torah of Adonai is perfect, restoring the inner person. The instruction of Adonai is sure, making wise the thoughtless.” (CJB 19:8-9) Ezekiel 18:21, 27-28 — “If the wicked person repents of all the sins he committed, keeps my laws and does what is lawful and right, he will certainly live... when the wicked person turns away from all the wickedness he has committed and does what is lawful and right, he will save his life.”	James 1:22-25 — “Don’t deceive yourselves by only hearing what the Word says, but do it!... becoming not a forgetful hearer but a doer of the work it requires, then he will be blessed in what he does.” Matthew 7:21-27 — “Everyone who hears these words of mine and acts on them will be like a sensible man who built his house on bedrock.” Romans 2:13 — “It is not merely the hearers of Torah whom God considers righteous; rather, it is the doers of what Torah says who will be made righteous.” Acts 26:20 — “They should turn from their sins to God and then do deeds consistent with that repentance.”
BRIDGE Teshuvah Turning/returning	Deuteronomy 30:1-10 — “You will start thinking about what has happened to you; and you will return to Adonai your God... you will return and pay attention to what Adonai says and obey all his mitzvot which I am giving you today.” Isaiah 55:6-7 — “Seek Adonai while he is available, call on him while he is still nearby. Let the wicked person abandon his way... let him return to Adonai, and he will have mercy on him.” Ezekiel 33:11 — “I take no pleasure in having the wicked person die, but in having the wicked person turn from his way and live. So repent! Turn from your evil ways!” Hosea 14:1-2 — “Return, Isra’el, to Adonai your God, for your guilt has made you stumble. Take words with you, and return to Adonai; say to him, ‘Forgive all guilt, and accept what is good.’” (CJB 14:2-3) Joel 2:12-13 — “Turn to me with all your heart, with fasting, weeping and lamenting... Tear your heart, not your garments; and turn to Adonai your God.” 2 Chronicles 7:14 — “If my people, who bear my name, will humble themselves, pray, seek my face and turn from their evil ways, I will hear from heaven, forgive their sin and heal their land.” Jeremiah 3:12-14, 22 — “Return, backsliding Isra’el... Return, backsliding children... Return, backsliding children, and I will heal your backsliding.”	Matthew 3:8; Luke 3:8-14 — “If you have really turned from your sins to God, produce fruit that will prove it!” Acts 3:19 — “Repent and turn to God, so that your sins may be erased.” Acts 26:20 — “Turn from their sins to God and then do deeds consistent with that repentance.” 2 Corinthians 7:10 — “Pain handled in God’s way produces a turning from sin to God which leads to salvation, and there is nothing to regret in that!”