**Yom Kippur:**

**Teshuvah is not Repentance**

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#1 **Question**: Does this dude look penitent?

#2 **Translation**

The common translation of the word “teshuva” is repentance.

#3 **Christian vision of repentance:**

**www.etymonline.com**

# repentance (n.)

c. 1300, *repentaunce*, "state of being penitent, sorrow and contrition for sin or wrongdoing resulting in vigorous abandonment of it in one's life," from Old French *repentance* "penitence" (12c.), from present-participle stem of *repentir* (see repent).

**Question**: How would you feel if you were constantly in sorrow, pain and contrition for your wrongdoing, sins and failures?

#4 **Torah vision of Teshuvah:**

In Hebrew, “teshuvah” comes from the root “shuv”, literally - “return”.

**Daas Chochma U’Mussar, vol. 3: #161**

*Teshuvah is the ability to return to your deepest self and be authentic.*

**Maharal, Netiv Teshuva, chapter 8**

*Actualizing your eternal soul*

#5

**Rav Kook**

*A person has to return to himself, to the root of his soul first and then you'll find your way back to G-d…*

**Question**: How does teshuvah reconnect you to G-d?

#6 **Repentance vs. Teshuvah:**

**Questions**:

Repentance vs Teshuva: What are the core differences between these two approaches?

Which approach would give you more energy and which one would sap your energy?

Why does Torah deny the Western idea of repentance?

How do you feel about Teshuvah?