

Changes That Last Forever - Rabbeinu Yona's System of Teshuva:

Rabbeinu Yonah 4,17: “ You shall be clean before Hashem” is a positive commandment of Teshuva, that we seek out and search ways and return to Hashem on Yom Kippur. And although we have been commanded to do this at all times. the obligation is greater on Yom Kippur; and the cleanliness referred to is Teshuva and correction of deeds.

Delaying of Teshuva:

1. Shows insensitivity to the fact that Hashem wants our innocence.
2. Shows a carelessness in not trying to avoid past mistakes.
3. Shows insensitivity to the nature of the mistake.
4. The mistake becomes “permissible” to the person.

Twenty Principle Elements of Teshuva:

1. **“Charata”** - Regret (What should be the motivation for it?)
 - I. Sinning creates a distance between you and Hashem
 - II. Fear of punishment
 - III. Damage of Spiritual Potential
 - IV. How much happier am I after doing these wrong things?
 - V. Analyzing the eternal vs, the the temporal world
2. **“Azivas Hachait”** - Leaving the wrongdoing (Which comes first #1 or #2?)
 - I. Coincidental Sin - Charata First
 - II. Constant Sin - Leave the wrongdoing first
3. **“Yagon”** - Sorrow (How is this different than #1?)
 - I. Charata - regretting the wrong decisions you made - the action you made
 - II. Yagon - inability to absorb the loss you had - an emotion for something in the past
 - III. Yagon achieves purity of the soul through intense emotional involvement in returning to hashem.
 - Isaiah 57,16: “For I will not contend forever, neither will I be wroth to eternity, when a spirit from before Me humbles itself, and souls [which] I have made.”
4. **Pain in Action**
 - I. tears - massage them into your forehead
 - II. broken heart
5. **“Da’aga”** - Worry (How is this different than #3?)
 - I. Directed to the future - worried about the effect of what you have done
 - II. Concern that you have not done complete Teshuva
 - III. Have I done enough Teshuva that will be preserved for the coming year?

6. **“Busha”** - Shame

- I. lower level - not to be caught by Hashem
- II. higher level - embarrassed to show your face after Teshuva

7. **“Kni’a”** - Humbleness

- I. Arrogance often leads a person to sin
- II. arrogance often follows Teshuva

8. **Humbleness in Action**

- I. Dress
- II. Speech - soft voice
- III. Speech - soft response
- IV. Let things go

9. **Breaking the Physical Desire**

- I. Attack the roots of sin
- II. Shows sincerity of Teshuva

10. **Amelioration of One’s Deeds in the Areas of His Mistakes**

- I. Immodest gazing - lower your eyes
- II. Slander - learn torah
- III. fulfill Mitzvos with the part of the body which you sinned with
- IV. running
- V. Dancing for a Mitzvah - entire body involved in a mltzvah

11. **Searching of One’s Ways**

- I. To find out what you have to do Teshuva for
- II. Further humbling of oneself
- III. In order to build proper fences

12. **Investigating the Magnitude of the Punishment of His Mistakes**

- I. What punishments do you want to avoid
- II. What punishments can still come even after teshuva

13. **Regarding the Lesser Transgressions as Severe Ones**

- I. Don’t consider the smallness of the sin, but the greatness of the One who warned you.
- II. It can become strong in its own right
- III. One sin leads to another
- IV. You are not accepting the total kingship over yourself

V. Once there is a breach, it is difficult to do other things as well

14. **“Viduy” - Confession**

- I. Makes your Teshuva real
- II. Standard confession found in the Machzor
- III. Spell out what you did wrong
- IV. Confess to yourself - vomiting out something that is not part of you.

15. **Prayer**

- I. That your Teshuva be accepted
- II. That your relationship with Hashem should be the same
- III. Hashem should help you return

16. **Correcting the Misdeeds as Much as Possible**

- I. Should be done before confession, so that it will be accepted
- II. Returning what you have stolen
- III. Ask for forgiveness from the injured party

17. **To Pursue Acts of Loving Kindness and Truth**

- I. To substitute for suffering that may have to follow Teshuva for certain sins
- II. To forgive for Chilul Hashem

18. **One’s Mistake Being Constantly Before Him**

- I. Keeps you humble
- II. Yetzer Hora will try to get you back in the same area you failed in

19. **Forsaking of One’s Mistake Upon it’s Presenting Itself to Him When Desire is Strong Within Him**

- I. same time, place, and woman
- II. It need not have to actually take place

20. **Help Others Return as Well**

- I. Now you are a proud subject of Hashem
- II. All Jews are responsible one for another