

**The Season Of Teshuvah:  
Turning from sin and preparing for  
the Messiah's return!**

**ELUL is a time to prepare for  
JUDGMENT.**

**Due to the seriousness of our need to repent, and so that we will not forget to turn to ELOHIM with all our heart, the shofar is repeatedly blown for the entire thirty-day period of the month of ELUL.**

**THIS IS A TIME THAT WE  
PREPARE OURSELVES AND  
MAKE SURE WE ARE READY TO  
HEAR THE SOUND OF THE  
SHOFAR!**

Lev 23:23 And יהוה spoke to Mosheh, saying,

Lev 23:24 “Speak to the children of Yisra’ĕl, saying,  
‘In the seventh new *moon*, on the first day of the new  
*moon*, you have a rest, a remembrance of Teru’ah a  
set-apart gathering.

Lev 23:25 ‘You do no servile work, and you shall  
bring an offering made by fire to יהוה.’ ”

**The season of Teshuvah or Repentance is a time of forsaking our sin and turning to YAH for forgiveness and for healing, it's a time that the bride is making herself ready for the bridegroom.**

**And it's a time to be VERY  
SERIOUS!**

**This is a solemn season to  
inspect our own hearts a season  
of humility.**

**It's a time to look into our hearts  
and ask the Ruach HaKodesh to  
search our hearts and reveal any  
hidden sins, and to repent and  
make Teshuvah and work at  
walking according to the Spirit  
and not the Flesh.**



## **GALATIANS 5:16-21**

**Gal 5:16** And I say: Walk in the Spirit, and you shall not accomplish the lust of the flesh.

**Gal 5:17** For the flesh lusts against the Spirit, and the Spirit against the flesh. And these are opposed to each other, so that you do not do what you desire to do.

**Gal 5:18** But if you are led by the Spirit, you are not under Torah.

**Gal 5:19** And the works of the flesh are well-known, which are *these*: adultery, whoring, uncleanness, indecency,

**Gal 5:20** idolatry, drug sorcery, hatred, quarrels,  
jealousies, fits of rage, selfish ambitions,  
dissensions, factions,

**Gal 5:21** envy, murders, drunkenness, wild parties,  
and the like – of which I forewarn you, even as I also  
said before, that those who practise such as these  
shall not inherit the reign of Elohim.

**1Jn 2:6 The one who says he stays in Him ought himself also to walk, even as He walked.**

**TO WALK IN THE SPIRIT IS TO  
WALK IN THE TRUTH OF YAH'S  
WORD! (TORAH)**

**SIN IS DECEPTIVE**

**(1 John 1:8-10; Hebrews 3:13;  
Romans 7:11-25)**

**1Jn 1:8 If we say that we have no sin, we are misleading ourselves, and the truth is not in us.**

**1Jn 1:9 If we confess our sins, He is trustworthy and righteous to forgive us the sins and cleanse us from all unrighteousness.**

**1Jn 1:10 If we say that we have not sinned, we make Him a liar, and His Word is not in us.**

**Heb 3:13** but encourage one another daily, while it is called “Today,” lest any of you be hardened by the **DECEIVABLENESS** of sin.



**Rom 7:11** For sin, having taken the occasion through the command, **DECEIVED** me, and through it killed *me*.

**Rom 7:12** So that the Torah truly is set-apart, and the command set-apart, and righteous, and good.

**Rom 7:13** Therefore, has that which is good become death to me? Let it not be! But the sin, that sin might be manifest, was working death in me through what is good, so that sin through the command might become an exceedingly great sinner.

**Rom 7:14** For we know that the Torah is Spiritual, but I am fleshly, sold under sin.

**Rom 7:15** For what I work, I know not. For what I wish, that I do not practise, but what I hate, that I do.

**Rom 7:16** But if I do what I do not wish, I agree with the Torah that it is good.

**Rom 7:17** And now, it is no longer I that work it, but the sin dwelling in me.

**Rom 7:18** For I know that in me, that is in my flesh, dwells no good. For to wish is present with me, but to work the good I do not find.

**Rom 7:19** For the good that I wish to do, I do not do; but the evil I do not wish to do, this I practise.

**Rom 7:20** And if I do that which I do not wish, it is no longer I who work it, but the sin dwelling in me.

**Rom 7:21** I find therefore this law, that when I wish to do the good, that the evil is present with me.

**Rom 7:22** For I delight in the Torah of Elohima  
according to the inward man, Footnote: aSee **Psa**  
**119:16**.

**Rom 7:23** but I see another torah in my members,  
battling against the torah of my mind, and bringing me  
into captivity to the torah of sin which is in my members.

**Rom 7:24 Wretched man that I am! Who shall deliver me from this body of death?**

**Rom 7:25 Thanks to Elohim, through יהושע Messiah our Master! So then, with the mind I myself truly serve the Torah of Elohim, but with the flesh the torah of sin.**

# LUKE 18:10-14

Luk 18:10 “Two men went up to the Set-apart Place to pray – the one a Pharisee and the other a tax collector.

Luk 18:11 “The Pharisee stood and began to pray with himself this way, ‘Elohim, I thank You that I am not like the rest of men, swindlers, unrighteous, adulterers, or even as this tax collector.

Luk 18:12 I fast twice a week, I give tithes of all that I acquire.’



**Luk 18:13** “But the tax collector standing at a distance would not even raise his eyes to the heaven, but was beating his breast, saying, ‘Elohim, show favour unto me, a sinner!’

**Luk 18:14** “I say to you, this man went down to his house declared right, rather than the other. For everyone who is exalting himself shall be humbled, and he who is humbling himself shall be exalted.”

**Pro 16:17** The highway of the straight is to turn away from evil; He who guards his life watches over His way.

**Pro 16:18** Before destruction *comes* pride, And before a fall a haughty spirit!

**1Pe 5:5** In the same way, you younger ones, be subject to elders. And gird yourselves with humility toward one another, for “Elohim resists the proud, but gives favour to the humble.” **Pro 3:34.**

**1Pe 5:6** Humble yourselves, then, under the mighty hand of Elohim, so that He exalts you in due time,

# LUKE 13:1-5

Luk 13:1 And some were present at that time, reporting to Him about the Galileans whose blood Pilate had mixed with their offerings.

Luk 13:2 And יהושע answering, said to them, “Do you think that these Galileans were worse sinners than all *other* Galileans, because they have suffered like this?

**Luk 13:3** “I say to you, no! But unless you repent you shall all perish in the same way.

**Luk 13:4** “Or those eighteen on whom the tower in Shiloah fell and killed them, do you think that they were greater offenders than all other men who dwelt in Yerushalayim?

**Luk 13:5** “I say to you, no! But unless you repent you shall all perish in the same way.”

## 2 SAMUEL 12:1-14

2Sa 12:1 Then יהוה sent Nathan to Dawid. And he came to him, and said to him, “There were two men in one city, one rich and the other poor.

2Sa 12:2 “The rich one had flocks and herds, very many.

**2Sa 12:3** “But the poor one had only one little ewe lamb which he had bought and kept alive. And it grew up with him and with his children together. It ate of his own food and drank from his own cup and lay in his bosom. And it was like a daughter to him.

**2Sa 12:4** “And a traveller came to the rich man, who refused to take from his own flock and from his own herd to prepare one for the wayfaring man who had come to him, but he took the poor man’s lamb and prepared it for the man who had come to him.”



**2Sa 12:5** And the wrath of Dawid burned greatly against the man, and he said to Nathan, “As יהוה lives, the man who has done this is a son of death!

**2Sa 12:6** “Also, he has to repay fourfold for the lamb, because he did this deed and because he had no compassion.”



**2Sa 12:7** Then Nathan said to Dawid, “You are the man! Thus said יהוה Elohim of Yisra’ěl, ‘I anointed you sovereign over Yisra’ěl, and I delivered you from the hand of Sha’ul.

**2Sa 12:8** And I gave you your master’s house and your master’s wives into your bosom, and gave you the house of Yisra’ěl and Yehudāh. And if that were not enough, I also would have given you much more!

**2Sa 12:9** Why have you despised the Word of יהוה to do evil in His eyes? You have struck Uriyah the Hittite with the sword, and his wife you took to be your wife, and you have killed him with the sword of the children of Ammon.

**2Sa 12:10** And now, the sword does not turn aside from your house, because you have despised Me, and have taken the wife of Uriyah the Hittite to be your wife.'

**2Sa 12:11** “Thus said יהוה, ‘See, I am raising up evil against you, from your own house, and shall take your wives before your eyes and give them to your neighbour, and he shall lie with your wives in the sight of this sun.

**2Sa 12:12** For you did it in secret, but I shall do this deed before all Yisra’ěl, and before the sun.’ ”

**2Sa 12:13** And Dawid said to Nathan, “I have sinned against יהוה.” And Nathan said to Dawid, “Also, יהוה has put away your sin, you shall not die.

**2Sa 12:14** “However, because by this deed you have greatly scorned יהוה, the child also who is born to you shall certainly die.”

**Teshuvah is one of the most  
greatest gift of Grace that YAH  
has ever given to us its the ability  
to turn back to him and seek  
healing of our brokenness.**

# PSALMS 51:1-17

Psa 51:1 Show me favour, O Elohim, According to Your loving-commitment; According to the greatness of Your compassion, Blot out my transgressions.

Psa 51:2 Wash me completely from my guilt, And cleanse me from my sin.

**Psa 51:3** For I know my transgressions, And my sin  
is ever before me.

**Psa 51:4** Against You, You alone, have I sinned, And  
done evil in Your eyes; That You might be proven  
right in Your words; Be clear when You judge.



**Psa 51:5 See, I was brought forth in crookedness,  
And in sin my mother conceived me.**

**Psa 51:6 See, You have desired truth in the inward  
parts, And in the hidden part You make me know  
wisdom.**



**Psa 51:7** Cleanse me with hyssop, and I am clean;  
Wash me, and I am whiter than snow.

**Psa 51:8** Let me hear joy and gladness, Let the  
bones You have crushed rejoice.

**Psa 51:9** Hide Your face from my sins, And blot out  
all my crookednesses.

**Psa 51:10** Create in me a clean heart, O Elohim, And  
renew a steadfast spirit within me.

**Psa 51:11** Do not cast me away from Your presence,  
And do not take Your Set-apart Spirit from me.

**Psa 51:12** Restore to me the joy of Your deliverance,  
And uphold me, Noble Spirit!

**Psa 51:13** Let me teach transgressors Your ways, So  
that sinners turn back(Teshuvah) to You.

**Psa 51:14** Deliver me from blood-guilt, O Elohim,  
Elohim of my deliverance, Let my tongue sing aloud  
of Your righteousness.

**Psa 51:15** O יהוה, open my lips, And that my mouth  
declare Your praise.

**Psa 51:16** For You do not desire slaughtering, or I  
would give it; You do not delight in ascending offering.

**Psa 51:17** The slaughterings of Elohim are a broken  
spirit, A heart broken and crushed, O Elohim, These  
You do not despise.

## JAMES 4:6-10

Jas 4:6 But He gives greater favour. Because of this He says, “**Elohim resists the proud, but gives favour to the humble.**” Pro 3:34.

Jas 4:7 So then subject yourselves to Elohim. Resist the devilb and he shall flee from you.

**Jas 4:8** Draw near to Elohim and He shall draw near to you. Cleanse hands, sinners. And cleanse the hearts, you double-minded!

**Jas 4:9** Lament and mourn and weep! Let your laughter be turned to mourning and your joy to dejection.

**Jas 4:10** Humble yourselves in the sight of the Master, and He shall lift you up.

# 1 CORINTHIANS 11:27-30

1Co 11:27 So that whoever should eat this bread or drink this cup of the Master unworthily shall be guilty of the body and blood of the Master.

1Co 11:28 But let a man examine himself, and so let him eat of that bread and drink of that cup.



**1Co 11:29** For the one who is eating and drinking unworthily, eats and drinks judgment to himself, not discerning the body of the Master.

**1Co 11:30** Because of this many are weak and sick among you, and many sleep.

## 2 CORINTHIANS 5:9-10

2Co 5:9 So we also make it our aim to be well-pleasing to Him, whether being at home, or being away from home.

2Co 5:10 For we all have to appear before the judgment seat of Messiah, in order for each one to receive according to what he has done in the body, whether good or evil.

# **YAHSHUA OUR HIGH PRIEST**

## **(Psalms 103:1-18)**

**Psa 103:1** Bless יהוה, O my being, And all that is within me, *Bless* His set-apart Name!

**Psa 103:2** Bless יהוה, O my being, And do not forget all His dealings,

**Psa 103:3** Who forgives all your crookednesses,  
Who heals all your diseases,

**Psa 103:4 Who redeems your life from destruction,  
Who crowns you with loving-commitment and  
compassion,**

**Psa 103:5 Who satisfies your desire with the good,  
Your youth is renewed like the eagle's.**

**Psa 103:6** יהוה is doing righteousness And right-ruling for all the oppressed.

**Psa 103:7** He made known His ways to Mosheh, His acts to the children of Yisra'el.

**Psa 103:8** יהוה is compassionate and showing favour, Patient, and great in loving-commitment.

**Psa 103:9** He does not always strive, nor maintain it  
forever.

**Psa 103:10** He has not done to us according to our  
sins, Nor rewarded us according to our  
crookednesses.

**Psa 103:11** For as the heavens are high above the earth, So great is His loving-commitment toward those who fear Him;

**Psa 103:12** As far as east is from west, So far has He removed our transgressions from us.



**Psa 103:13 As a father has compassion for his children, So יהוה has compassion for those who fear Him.**

**Psa 103:14 For He knows how we are made; He remembers that we are dust.**

**Psa 103:15** A man's days are like grass; As a flower of the field, so he flourishes.

**Psa 103:16** For the wind blows over it, and it is no more, And its place no longer remembers it.

**Psa 103:17** But the loving-commitment of יהוה is from everlasting to everlasting Upon those who fear Him, And His righteousness to children's children,

**Psa 103:18** To those who guard His covenant, And to those who remember His orders to do them.



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