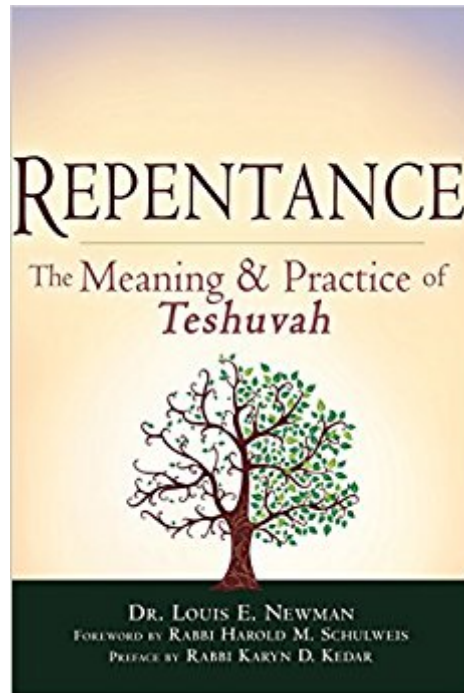


The book was found

# Repentance: The Meaning And Practice Of Teshuvah



## Synopsis

An inspiring way to reclaim your integrity and renew your sense of moral purpose. "Like water, teshuvah is both destructive and creative. It dissolves the person you were but simultaneously provides the moisture you need to grow anew. It erodes the hard edges of your willfulness but also refreshes your spirit. It can turn the tallest barriers of moral blindness into rubble while it also gently nourishes the hidden seeds of hope buried deep in your soul. Teshuvah, like water, has the power both to wash away past sin and to shower you with the blessing of a new future, if only you trust it and allow yourself to be carried along in its current." —from Part VII

In this candid and comprehensive probe into the nature of moral transgression and spiritual healing, Dr. Louis E. Newman examines both the practical and philosophical dimensions of teshuvah, Judaism's core religious-moral teaching on repentance, and its value for us — Jews and non-Jews alike — today. He exposes the inner logic of teshuvah as well as the beliefs about God and humankind that make it possible. He also charts the path of teshuvah, revealing to us how we can free ourselves from the burden of our own transgressions by:

- Acknowledging our transgressions
- Confessing
- Feeling remorse
- Apologizing
- Making restitution
- Soul reckoning
- Avoiding sin when the next opportunity arises

## Book Information

Paperback: 256 pages

Publisher: Jewish Lights; 1 edition (July 1, 2013)

Language: English

ISBN-10: 1580237185

ISBN-13: 978-1580237185

Product Dimensions: 6 x 1.9 x 22.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars — See all reviews (11 customer reviews)

Best Sellers Rank: #91,550 in Books (See Top 100 in Books) #20 in Books > Religion & Spirituality > Judaism > Theology #594 in Books > Self-Help > Spiritual #1914 in Books > Religion & Spirituality > Religious Studies > Theology

## Customer Reviews

Repentance is an act where people rid themselves of the wrongs that they committed. Various cultures and religions handle repentance differently. Roman Catholics, for example, absolve parishioners from wrongs when they confess their improper act. They see repentance as a religious

act. How does Judaism understand the repentance process? Is there a single view? Do Jews consider repentance as a practical or a religious act? What is "sin"? Is sin a non-Jewish concept? What happens on the holiday of Yom Kippur when synagogue worshipers pray for the removal of their sins? Dr. Louis E. Newman is a Professor of Religious Studies in Minnesota. In this very readable book, Dr. Newman sees repentance as a spiritual, perhaps even mystical and magical process. He writes that repentance is "a central - some would say, the central - religious-moral teaching of Judaism." He quotes Rabbi Joseph B. Soloveitchik: "Repentance cannot be comprehended rationally; it does not really make sense. Even the angels do not understand what repentance is." He refers to the Babylonian Talmud's statement (in Berakhot 54a) that repentance was created at twilight just before the first Sabbath, and understands this rabbinic statement to teach that repentance is a miracle that God placed in the world. The book examines repentance from seven angles and quotes sources from the Bible, and from rabbinical, mystical, moral, secular, and philosophical writings, and even the New Testament. He starts by talking about sin, which is the basis for his understanding of repentance: "Repentance is a response to sin, an effort to overcome its causes and undo its effects." Newman sees sin "as an element of human nature, rather than a trait of human behavior." Sin, is "an existential reality."

[Download to continue reading...](#)

Repentance: The Meaning and Practice of Teshuvah The Gates of Repentance- Shaarei Teshuvah (Torah Classics Library) Song of Teshuvah: Book Three: A Commentary on Rav Avraham Yitzchak HaKohen Kook's Oros HaTeshuvah Reclaiming the Self: On the Pathway of Teshuvah Days of Awe: A Treasury of Jewish Wisdom for Reflection, Repentance, and Renewal on the High Holy Days On Repentance: The Thought and Oral Discourses of Rabbi Joseph Dov Soloveitchik Repentance: What Saith the Scriptures? (Arthur Pink Collection Book 46) Starting a Medical Practice: The Physician's Handbook for Successful Practice Start-Up (Practice Success! Series) Learning from Museums: Visitor Experiences and the Making of Meaning (American Association for State and Local History) Femininity and Dance in Egypt: Embodiment and Meaning in al-Raqs al-Baladi: Cairo Papers Vol. 32, No. 3 (Cairo Papers in Social Science) Speaking Christian: Why Christian Words Have Lost Their Meaning and Power – And How They Can Be Restored Logic, Truth and Meaning: Writings of G.E.M. Anscombe (St Andrews Studies in Philosophy and Public Affairs) King Udrayana and the Wheel of Life: The History and Meaning of the Buddhist Teaching of Dependent Origination Word Sorts and More: Sound, Pattern, and Meaning Explorations K-3 (Solving Problems in Teaching of Literacy) There Goes the Neighborhood: Racial, Ethnic, and Class Tensions in Four Chicago Neighborhoods and Their Meaning for America Rgveda

for the Layman: A Critical Survey of One Hundred Hymns of the Rgveda, With Samhita-Patha,  
Pada-Patha and Word-Meaning and English Translation The Structure and Meaning of  
Badarayana's Brahma Sutras: A Translation and Analysis of Adhyaya 1 Creating Joy and Meaning  
for the Dementia Patient: A Caregiver's Guide to Connection and Hope The Meaning of Difference:  
American Constructions of Race, Sex and Gender, Social Class, Sexual Orientation, and Disability  
Sufi Music of India and Pakistan: Sound, Context and Meaning in Qawwali

[Dmca](#)