

YOM KIPPUR SELF EXAMINATION

“O LORD, You have searched me and known me. You know when I sit down and when I rise up; You understand my thoughts from afar. You scrutinize my path and my lying down, And are intimately acquainted with all my ways. Even before there is a word on my tongue, Behold, O LORD, You know it all . . . Search me, O God, and know my heart ; Try me and know my anxious thoughts ; And see if there be any hurtful way in me, And lead me in the everlasting way..” Psalm 139:1-4,23-24

“Who can say, "I have kept my heart pure; I am clean and without sin"? Proverbs 20:9

“Then I said, "Woe is me, for I am ruined ! Because I am a man of unclean lips, And I live among a people of unclean lips ; For my eyes have seen the King, YHVH of hosts." Isaiah 6:5

“Be gracious to me, O God, according to Your lovingkindness ; According to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity And cleanse me from my sin. For I know my transgressions, And my sin is ever before me. Against You, You only, I have sinned And done what is evil in Your sight, So that You are justified when You speak And blameless when You judge. Behold, I was brought forth in iniquity, And in sin my mother conceived me. Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom. Purify me with hyssop, and I shall be clean ; Wash me, and I shall be whiter than snow. Make me to hear joy and gladness, Let the bones which You have broken rejoice. Hide Your face from my sins And blot out all my iniquities. Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation And sustain me with a willing spirit. Then I will teach transgressors Your ways, And sinners will be converted to You. Deliver me from bloodguiltiness, O God, the God of my salvation ; Then my tongue will joyfully sing of Your righteousness. O Lord, open my lips, That my mouth may declare Your praise. For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. The sacrifices of God are a broken spirit ; A broken and a contrite heart, O God, You will not despise. By Your favor do good to Zion ; Build the walls of Jerusalem. Then You will delight in righteous sacrifices, In burnt offering and whole burnt offering ; Then young bulls will be offered on Your altar.” Psalm 51

“Therefore, O house of Israel, I will judge you, each one according to his ways, declares the Sovereign LORD. Repent! Turn away from all your offenses; then sin will not be your downfall. Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit. Why will you die, O house of Israel? For I take no pleasure in the death of anyone, declares the Sovereign LORD. Repent and live!” Ezekiel 18:30-32

“The heart is deceitful above all things and beyond cure. Who can understand it? "I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve." Jeremiah 17:9-10

“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.” Hebrews 4:12

***“Everyone who sins breaks the law; in fact, sin is lawlessness.”
1 John 3:4***

Each day, for the 10 days (Days of Awe) between Yom Teruah (Feast of Trumpets) and Yom Kippur (Day of Atonement), let the Word and the Holy Spirit search your heart, sincerely confessing, repenting, desiring to turn from that which is revealed when convicted of sin, iniquity and transgression of the Covenant.

The questions for self examination are not exhaustive and may lead to other questions revealing the motives of our hearts by the Holy Spirit. Even if you think a question does not “apply”, seek YHVH’s revelation about how you may have transgressed or lack in the matter or may be “blinded” to them. Search out the depths of your heart, pray for the desire to see the Truth of what you have done or have not have done according to the righteousness of His Word.

Note what conviction is revealed to you in each matter either in this booklet or a private journal. Confess and repent from all that the Holy Spirit convicts, seeking His strength to not try to justify the conviction away and where you struggle in each.

You can use the prayers and Psalms at the end of the list, as a framework for calling out to YHVH in sincere brokenness of spirit where you have failed Him humbly asking His forgiveness.

Next obey the Torah as to any restitution, contrition, forgiveness that needs to be done. To complete the process of confession, repentance, restitution, we must accept what YHVH has so lovingly and graciously given us - forgiveness through His Son’s blood and restoration – “as far as the east is from the west, so far has YHVH removed our transgressions from us” Psalm 103:12

∞ DAY 1 ∞

"I am the LORD your God, who brought you out of Egypt, out of the land of slavery. "You shall have no other gods before me." Exodus 20:1-3

1. Have I acknowledged faith in YHVH, the Father, the Son and the Holy Spirit, Echad YHVH? Have I proven that faith with obedience to His Word, following His Voice?
2. Have I loved YHVH with all my heart, mind, soul and strength, keeping the covenant?
3. Have I constantly had the thought of YHVH in my mind and the fear of YHVH in my heart?
4. Have I failed to trust in YHVH and His mercy? Have I despaired of YHVH's mercy or help?
5. Has my faith in YHVH been shaken by skepticism or doubt?
6. Have I complained against YHVH in times of adversity, troubles, people, work and suffering?
7. Have I been thankful for YHVH's blessings?
8. Have I asked YHVH to strengthen my faith? Do I see worry and fretting as sin against trusting YHVH?
9. What do I think about upon first awakening and before I sleep?
10. Have I prayed to YHVH every day, morning and evening?
11. Have I prayed with zeal?
12. Have I read atheistic or heretical books out of sinful curiosity?
13. Have I attended the meetings of heretics and schismatics? Have I sought to learn their ways and to do them unto YHVH?
14. Have I willingly contributed a portion of my resources?
15. Have I neglected my duties to YHVH through fear of ridicule or persecution?
16. Have I given way to superstition?
17. Have I consulted astrologers, fortune-tellers or spiritualists?
18. Have I put myself, spouse, family, children, other people, job, hobbies, gaining knowledge, position, power, wealth, ease, popularity, acceptance of others, entertainment, my prejudices, my "rights" or privileges, addictions, sensual desire, etc. before YHVH, in my time, worth, or importance?
19. Have I forgotten or neglected the most important thing in life, that is, preparing for eternity?
20. How will I answer to YHVH if I have given myself up to vanity, sloth, pleasure and carelessness?

21. Is YHVH that which I love, trust and fear the most in my life?
22. Do I look to YHVH for all love, good and joy? Or, is everything measured for me by what pleases me?
23. Am I self-centered and selfish?
24. Do I love the things YHVH gives me more than I love Him? Do I cling to what YHVH takes away even though He gives me Himself?

∞ DAY 2 ∞

"You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments." Exodus 20:5-6

1. Have I made an idol of any person or thing?
2. Have I given to any one or to any thing the worship that is due to YHVH alone?
3. Have I put YHVH first? Or have I given first to: accumulation of wealth, acquisition of property, amusement/entertainment, food and drink, clothes, self-adornment, attention to myself, eliciting praise, alcohol/drugs, spending time in distractions, obsessions with myself, others or things?
4. Have I been distracted from YHVH by a passion for watching television, listening to secular music, movies, attending the theater or playing games and/or sports of one sort or another in place of YHVH?
5. Have I given too much attention to my home it's decoration, furnishings, repair that should have been given to YHVH?
6. Have I paid too much attention to a car, truck, van, boat, or other vehicle of travel as a symbol of my identity, instead of YHVH?
7. Have I been irreverent during prayer, let my attention wander or been insincere, half hearted, annoyed at the time spent in doing so, disregarding it for other things, especially things that are a pleasure to me, seeking only my wants and desires?
8. Have I made an idol of myself? Have I had more faith in myself and my abilities than in YHVH and His?
9. Have I made an idol of some passion – love of money, gluttony, sports, hobby, music/movie/tv “celebrities”, fame, excitement/thrill, emotion, sexual obsession, anger, offense, lack of forgiveness, the desire” to be “right” at the expense of others and the truth, your “reputation”, of “saving face”, vanity, etc.? Have I allowed a passion to take hold of my heart other than YHVH?

10. Have I made reading the Torah daily a priority? Have I sought to know YHVH through reading and prayerful study of the Torah a daily priority so that I might not sin against Him?
11. Have I made the Torah, His covenant terms, the standard by which we determine righteousness and sin?
12. Have I made prayer a priority in my life?
13. Have I set before myself the holy life of Yeshua as an example to be conformed to?
14. Have I called on Messiah Yeshua to help me?
15. What do I hold onto that I am unwilling to release, give up, turn away from or love and cherish more than YHVH?
16. Have I made religion or the institution of the gathering of the Body more important than YHVH? Have I made traditions more important than worshipping in spirit and truth?
17. What would others who know me or meet me see as what I “worship”?

☞ DAY 3 ☞

“You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.” Exodus 20:7

1. Have I profaned the name of YHVH in any way?
2. Have I been thoughtless or irreverent with the name of YHVH?
3. Have I used the name of YHVH in a curse?
4. Have I treated His Name as a joke, or joked about it?
5. Have I grumbled toward YHVH, been ashamed or even renounced Him at any time?
6. Have I shown respect for all other people, especially our elders?
7. Have I prayed absent-mindedly or inattentively?
8. Have I cursed anyone or anything?
9. Have I sworn a false oath? Or sworn an oath callously, flippantly, rashly?
10. Have I broken an oath or promise?
11. Have I entered into any sinful or unlawful contract or made such a promise?
12. Have I given into despondency?

13. Have I been lukewarm in my faith?
14. Have I been reluctant, afraid or ashamed to share my faith and be a witness to and of the message of salvation through Yeshua and living a righteous life before YHVH?
15. Have I been irregular in my praise of YHVH for all that He has done/doing in my life?
16. Have I been irregular or seldom in my worship of YHVH, corporately or privately?
17. Have I failed to honor His Name by obeying Him in anything?
18. Have I failed to be teachable by Him?
19. Have I blamed YHVH when things don't go the way I want, or when they don't suit me?

∞ DAY 4 ∞

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy." Exodus 20:8-11

1. Have I done work or laborious work, unnecessary work on Shabbat or YHVH's Feast Days?
2. Have I violated the sanctity of Shabbat or the Feast Days by unwholesome or frivolous activities that detract from the sacredness, the holiness command of the Sabbath?
3. Have by my actions, words or deeds, distracted and caused others from keeping these days holy as commanded in the Torah?
4. Did I make every effort to worship "in spirit and in truth" while observing the Sabbath and Feast Days?
5. Did I allow myself to be distracted by worldly, job related, or frivolous or unwholesome concerns on Shabbat or the Feast Days?
6. Have I diligently kept the fasts of YHVH on His Feast Days?
7. Have I caused anyone else or tempted them to violate the commandments and fasting (afflicting ourselves) on the Feast Days?
8. Have I fasted properly in my heart, realizing a hunger for YHVH and life in Him, rather than legalistically, just to fulfill the physical aspect of the letter of the command?
9. Have I misrepresented the day of Shabbat?

10. Have I made it difficult for others, family or friends to observe rest on Shabbat?
11. Have I not sought YHVH where He may be found, through study of His Torah and prayer?
12. Have I not fully prepared for or not fully participated in worship either corporately or privately?
13. Have I failed to spend quality and quantity of time privately with YHVH?
14. Have I failed to develop a sense of and priority of holiness and righteousness in my life that is found in YHVH's Torah?
15. Have I not helped "get the ox out of the ditch" when it is needed on Shabbat, or, any other time, thereby showing love and care to my neighbor by being a neighbor and covenant brother/sister?
16. Have I "quarreled and caused strife" on Shabbat? Had a "pointing finger" and "malicious talk" on Shabbat? (Is 58)
17. Have I humbled myself before YHVH?
18. Have I "loosened the chains and untied the yoke setting the oppressed free" by seeing to the physical and spiritual needs of others?
19. Have I fed the hungry, clothed the naked, ministered to the sick and injured as Yeshua tells us to do? Have we "fed His sheep"?
20. Have I "turned away my family" in need?
21. Have I honored the Shabbat by having "kept my feet from breaking Shabbat, from doing as I please, from going my own way, and from speaking idle words. Have I called the Shabbat a delight an honorable day, keeping it holy?"

☞ DAY 5 ☞

"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you." Exodus 20:12

1. Have I been disrespectful to my parents or inattentive to their advice, counsel and concern for me?
2. Have I been lacking in love for them? Do they know that I love them? Have I failed to not only tell them, but show them?
3. Have I withheld love for them out of hurt past or present, bitterness of disappointment, or desire to hurt them, lack of forgiveness?
4. Have I disobeyed them?

5. Have I neglected them or failed to help them, for selfish reasons or lack of desire to do so?
6. Have I cared for my parents in their illnesses or old age as I am able to and in a selfless and grateful attitude?
7. Have I deceived my parents or caused them pain by my words or deeds or actions? Have I confessed such and asked them for forgiveness?
8. Have I prayed for my parents and other family daily?
9. Have I done my duty toward my family? Have I witnessed to Yeshua's saving grace and abundant life of holiness and righteousness to hurting and lost family?
10. Husbands: Have I been loved my wife as Messiah loves His chosen ones, His Body? Have I loved and not neglected the "wife of my youth", provided for my families needs, spiritually and physically? Have I been a burden or a blessing to my wife, prayed with her, have I studied the Torah with her and my family, leading them in the Ways of YHVH? (as commanded and as an example to our children)
11. Wives: Have I been obedient helpmate to my husband, allowing and encouraging him to be the spiritual leaders and head of your home? Have I been lacking in seeing to the needs and care of my family, by neglecting the making of my home a place of love, safety, refuge, comfort, health, cleanliness, learning of YHVH, prayer, hospitality, healing, wise use of resources, stewardship, bearing good fruit, and joy? (as commanded and as an example to your children)
12. Have I encouraged peace and mutual respect among the members of my family, who depend on me for help, counsel, guidance and support?
13. Have I been wanting/failing in love for my spouse or harmed him/her in any way?
14. Have I set a good example for my children? And to the Body?
15. Have I tried to rear my children in holiness and righteousness, guiding and teaching them to the same in word, deeds, actions and example?
16. Have I disciplined them with patience and with Torah? Or in anger?
17. Have I been overindulgent with my children?
18. Have I been stingy with any members of my family or with others? In what ways have I not been a blessing to my family or others?
19. Have I been lacking in forgiveness of any of my family or with others?
20. Have I honored and given proper respect those who are older than I?
21. Have I shown respect for all others?
22. Have I mocked or made fun of anyone?
23. Do I seek my parents wisdom, counsel and advise (concerning their experience in Torah)?

24. Am I being a good steward of those intangible gifts and blessings that my parents have handed down to me? Have I been and am I grateful and thankful for what they have done/doing for me?
25. Am I teaching my children to respect their elders?
26. Am I staying in touch with older family members and helping with their needs as I am able?
27. Am I showing adequate concern for the needs of older people and meeting them as I am able and led to?

☞ DAY 6 ☞

"You shall not murder." Exodus 20:13

1. Have I murdered another person, or contributed to the death of another person, willfully or accidentally?
2. Have I had an abortion or given support or encouragement to someone else to have one?
3. Have I wanted another person to die?
4. Have I wanted any type of harm to come to another person or group of people?
5. Have I tried to kill myself or thought seriously about doing it?
6. Have I caused injury to another person?
7. Have I caused injury to myself though smoking, overindulgence, drinking too much alcohol, taking drugs or too much medicine or through evil and intemperate living?
8. Have I given in to anger? Allowed it to get out of control? Been quick to anger or offense?
9. Have I cursed anyone or hurt anyone with unduly harsh words?
10. Have I been cruel to anyone?
11. Have I ignored someone who needed help or failed to defend someone who was being treated unjustly or cruelly?
12. Have I failed to respond to those who are in need: to the hungry, the thirsty, the stranger, the naked, the imprisoned, the homeless, the ill, the troubled, the afflicted, the depressed or those with other needs that I could help?
13. Have I harmed someone spiritually by leading him/her into temptation to commit spiritual death through heresy, schism, witchcraft, paganism or by some other sin?
14. Have I shown malice or hatred toward another person?

15. Have I failed to forgive anyone or harbored evil thoughts against anyone?
16. Have I sought to “murder” someone’s reputation? Have I done so for reasons of hate, malice, jealousy, envy, punishment, ego, revenge?
17. Have I mistreated animals or destroyed or harmed any living creature unnecessarily with evil intentions?
18. Have I engaged in and encouraged, promoted acts of violence?
19. Have I not adequately discouraged others, particularly children from acts of violence, malice and hatred?
20. Have I not sought peace with others or between others?
21. Have I not sought to and been a part of reconciliation between people and situations in which YHVH would use me?
22. Have I “murdered” someone with my tongue – with sarcasm, discouraging words, unjustified and harsh criticism, harsh judgment with wrong motives, created disharmony, division, lies, etc.?
23. Have I failed to voice my concerns about the “murderous” activities and words of others as YHVH convicts me, even though others seem ok with it – such as abortion, euthanasia, immorality etc.?
24. Have I been thoughtless for and about the lives of others?

✻ DAY 7 ✻

"You shall not commit adultery." Exodus 20:14

1. Have I committed the sins of adultery or fornication?
2. Have I had any sexual experiences outside of marriage?
3. Have I kept my marriage vows of faithfulness unto my spouse only? Have I kept myself from my spouse for reasons other than prayer, illness etc.?
4. Have I done anything impure alone or with any other person(s)?
5. Have I engaged in bestiality, transvestism, sodomy or any other abnormal sexual practice?
6. Have I degraded myself or another person in any way?
7. Have I forgotten or ignored human dignity?
8. Have I been immodest in acts, thoughts, deeds, dress? Have I dressed to entice sexually someone who was not my spouse?

9. Have I lived in an improper way with anyone else?
10. Have I read or looked at immoral, suggestive or pornographic books, magazines, pictures, websites, movies, tapes, dances, plays or performances?
11. Have I entertained impure thoughts or fantasies? Have I been unfaithful to my spouse through impure thoughts or fantasies?
12. Have I looked at any person or thing in an impure way?
13. Have I spoken to or listened to impure or suggestive language, dirty jokes or lewd songs?
14. Have I eaten or drunk too much? Have I tempted others to do so as to impair?
15. Have I associated with bad companions?
16. Have I been to an unsavory place and encouraged others to as well?
17. Have I tempted others or led them to commit sinful acts or to entertain sinful thoughts?
18. Have I tempted others through my own immodesty or through suggestive language or actions?
19. Have I been unfaithful to any trust?
20. Have I betrayed the confidence of anyone else?
21. Have I not helped others understand their sexuality in accordance to Torah in purity?
22. Have I not maintained a high moral standard?

☞ DAY 8 ☞

"You shall not steal." Exodus 20:15

1. Have I stolen anything or wished to do so?
2. Have I stolen by fraud, deception or conspiracy?
3. Have I kept anything that did not belong to me?
4. Have I stolen by not rendering a service for which I was compensated?
5. Have I tried honestly to find the owner of lost articles I found, when it was reasonable to do so?
6. Have I cheated or defrauded anyone?
7. Have I accepted or purchased stolen goods?

8. Have I disposed improperly of the goods of another?
9. Have I paid my debts in a timely way?
10. Have I lived within my means?
11. Have I lived extravagantly or wastefully?
12. Have I been selfish with what is entrusted to me?
13. Have I been miserly in soul?
14. Have I been stingy?
15. Have I given to those in need?
16. Have I been honest and upright in my dealings with others?
17. Have I been a careless steward in use of or over consumption of food that I have been given?
18. Have I been careless steward in use of or over consumption of natural resources?
19. Have I not shared what blessing YHVH has given me with others?
20. Have I cheated or not been totally honest on accounting, expense accounts, or other trusts?
21. Have I not done my share of the workload in the community (the Body), or my home?
22. Have I created inconveniences or problems for others, robbing them of their rights, time, health or joy?
23. Have I not provided adequately for my family due to being a poor steward or other reason?
24. Am I guilty of insensitivity and lack of availability to others?
25. Have I failed to fight injustices and oppression?
26. Have I stolen or tried to steal other's joy, peace of mind, peace of spirit because I was not and envious?
27. Have I stolen, or tried to steal glory from YHVH?

☞ DAY 9 ☞

*"You shall not give false testimony against your neighbor."
Exodus 20:16*

1. Have I slandered anyone? Have I slandered YHVH?
2. Have I lied?

3. Have I added to or taken away from the truth? The Torah?
4. Have I made careless statements or spoken evil of anyone? Have I betrayed the confidence of another person?
5. Have I criticized others?
6. Have I rejoiced in the failings or downfall of others?
7. Have I covered my brother's shame as Shem and Japeth covered their father Noah's?
8. Have I spread gossip or scandal? Have I listened to it?
9. Have I hurt the reputation of anyone else?
10. Have I concealed the truth or assisted in carrying out a lie? Have I confessed any unintentional sin that I have committed?
11. Have I confessed all sins I have committed?
12. Have I failed to come forward to defend another person when I knew the lie, or that the person was being slandered or spoken against unjustly?
13. Have I tried to see the good in others?
14. Have I concentrated on the shortcomings in others?
15. Have I engaged in idle chatter?
16. Have I spoken unnecessarily?
17. Have I laughed or acted frivolously?
18. Have I made a real effort to be truthful at all times?
19. Have I said unkind things of another?
20. Have I not defended others unjustly accused to "side" with family or friends?
21. Have I unnecessarily thinking or speaking negatively about a person, even when true?
22. Have I been guilty of not loving my neighbor?
23. Have I not bore a positive witness FOR my neighbor?
24. Have I not bore a positive witness TO my neighbor?
25. Have I been guilty of not helping my neighbor or allowing them to reciprocate?

26. Have I not been concerned for my “greater” neighborhood and those in need in other parts of the world.

27. Have I repayed evil for good?

∞ DAY 10 ∞

*"You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor."
Exodus 20:17*

1. Have I envied others? Either, their lives or their possessions?
2. Have I desired anything that was another's?
3. Have I damaged or destroyed the possessions or property of others?
4. Have I been discontent with my life?
5. Have I held back anything due to another because I wanted it myself or for any other reason?
6. Have I hoped for the downfall of another so that I might gain from it?
7. Have I failed to be gracious and generous to anyone? Despite who they are or what they may have “done” to us?
8. Have I wanted from YHVH what I refused to give to a fellow man: forgiveness, goods, grace, physical or spiritual blessings?
9. Have I been greedy?
10. Have I been jealous of another's persons goods, money, appearance, success (in any way), love, popularity, being loved by another or other's?
11. Have I concentrated my time, efforts and thoughts on the things of the world rather than on the things of the spirit?
12. Have I been guilty of encouraging, showing, and seeking worldly values? Of being enamored of worldly lifestyles?
13. Have I been guilty of playing “what if” instead of seeking healing and continuing the race?
14. Have I been guilty of seeking personal gain at the expense of others?
15. Have I and do I make judgments about values that I hold, not based on Torah principles, but on my own or the world's values and principles?
16. Have I so desired the acceptance of others that I let it affect my behavior such as failing to speak the truth in love?

CONFESS

What has YHVH through the Holy Spirit convicted you of according to His Word? Confess and repent of these matters to Him and if you have available, to a trusted and trustworthy, proven prayer accountability partner who is discreet and discerning according to His Word:

"I confess my iniquity; I am troubled by my sin." Psalm 38:18

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." James 5:16

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted." Galatians 6:1

*"But if men are bound in chains, held fast by cords of affliction, he tells them what they have done-- that they have sinned arrogantly. He makes them listen to correction and commands them to repent of their evil. If they obey and serve him, they will spend the rest of their days in prosperity and their years in contentment."
Job 36:8-11*

*"My ears had heard of you but now my eyes have seen you. Therefore I despise myself and repent in dust and ashes."
Job 42:5-6*

*"For I take no pleasure in the death of anyone, declares the Sovereign LORD. Repent and live!"
Ezekiel 18:32*

*"The time has come," he said. "The kingdom of God is near. Repent and believe the good news!"
Mark 1:15*

REPENT

Call upon YHVH for forgiveness, personalize and pray these Psalms as prayers if you like:

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. Surely I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. O Lord, open my lips, and my mouth will declare your

praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. In your good pleasure make Zion prosper; build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar. Psalm 51

OBEY – Make Restitution or give Forgiveness.

What is He leading you to do in by the means of restitution, contrition, or forgiveness? Follow His Voice in these matters in faithful obedience to His Word:

"Say to the Israelites: 'When a man or woman wrongs another in any way and so is unfaithful to YHVH, that person is guilty and must confess the sin he has committed. He must make full restitution for his wrong, add one fifth to it and give it all to the person he has wronged.'" Numbers 5:6-7

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. Matthew 6:14-15

"Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart." Matthew 18:32-35

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. "Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. I tell you the truth, you will not get out until you have paid the last penny." Matthew 5:23-26

RECEIVE – forgiveness, reconciliation, restoration.

Praise Him for His lovingkindness and forgiveness, renew your relationship with Him:

Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin YHVH does not count against him and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. "Selah" Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to YHVH"-- and you forgave the guilt of my sin. "Selah" Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. "Selah" I will instruct you and teach you in the way you should go; I will counsel you and watch over you. Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. Many are the woes of the

wicked, but the YHVH's unfailing love surrounds the man who trusts in him. Rejoice in YHVH and be glad, you righteous; sing, all you who are upright in heart!"

Psalm 32

"And YHVH of all grace, who called you to his eternal glory in Messiah, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast." 1 Peter 5:10

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6

"Once you were alienated from YHVH and were enemies in your minds because of your evil behavior. But now he has reconciled you by Messiah's physical body through death to present you holy in his sight, without blemish and free from accusation-- if you continue in your faith, established and firm, not moved from the hope held out in the gospel." Colossians 1:21-23

"Let the peace of Messiah rule in your hearts, since as members of one body you were called to peace. And be thankful."

Colossian 3:15

"May YHVH himself, the YHVH of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Yeshua Messiah." 1

Thessalonians 5:23

"What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We died to sin; how can we live in it any longer? Or don't you know that all of us who were baptized into Messiah Yeshua were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Messiah was raised from the dead through the glory of the Father, we too may live a new life. If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin-- because anyone who has died has been freed from sin. Now if we died with Messiah, we believe that we will also live with him. For we know that since Messiah was raised from the dead, he cannot die again; death no longer has mastery over him." Romans 6:1-9