

לב טהור בְּרָא-לִי אֱלֹהִים
Lev Tahor B'ra Li Elohim
Create in me a pure heart, O God

How To Forgive- Session Two
August 15, 2018
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לב טהור בְּרָא-לִי אֱלֹהִים
וְרוּחַ נָכוֹן, סִדַּשׁ בְּקִרְבִּי.
אל-תִּשְׁלִיכֵנִי מִלְּפָנֶיךָ
וְרוּחַ קֹדְשְׁךָ, אל-תִּקַּח מִמֶּנִּי.

Lev tahor b'ra li Elohim,
v'ruah nachon hadesh b'kirbi
Al tashlicheini milfanecha
v'ruah kodshecha al tikah mimeni

Create for me a pure heart, and renew a right spirit within me
Do not cast me away from your presence
Do not take away your holy spirit from me

This week's texts connect with the story of King David and his sins and crimes, his realization of guilt, his confession, and his acceptance of consequences.

We will examine some of the intricate steps of David's process through the narrative and the text of his prayer, and we will hold these up to compare with Maimonides' Laws of Teshuva.

שמואל ב 2 Samuel Chapter 12

א וַיִּשְׁלַח ה' אֶת-נָתָן, אֶל-דָּוִד;
וַיָּבֹא אֵלָיו, וַיֹּאמֶר לוֹ שְׁנֵי אַנְשִׁים
הָיוּ בְּעִיר אַחַת, אֶחָד עָשִׂיר, וְאֶחָד
רֵאשׁ.

1 And the LORD sent Nathan unto David. And he came unto him, and said unto him: 'There were two men in one city: the one rich, and the other poor.

ב לְעָשִׂיר, הָיָה צֹאן וּבָקָר--
הַרְבֵּה מְאֹד.

2 The rich man had exceeding many flocks and herds;

ג וְלָרֵשׁ אֵין-כֹּל, כִּי אִם-כֶּבֶשֶׂה
אֶחָת קִטְנָה אֲשֶׁר קָנָה, וַיִּחְיֶהָ,
וַתִּגְדַּל עִמּוֹ וְעִם-בָּנָיו וַיִּחְדָּו; מִפֶּתֹחַ
תַּאֲכַל וּמִכַּסּוֹ תִשְׁתֶּה, וּבִחְיקוֹ
תִשְׁכַּב, וַתְּהִי-לוֹ, כַּבֵּת.

3 but the poor man had nothing save one little ewe lamb, which he had bought and reared; and it grew up together with him, and with his children; it did eat of his own morsel, and drank of his own cup, and lay in his bosom, and was unto him as a daughter.

ד וַיָּבֹא הַלֵּךְ, לְאִישׁ הָעָשִׂיר,
וַיִּחְמַל לְקַחַת מִצֹּאֲנוֹ וּמִבָּקָרוֹ,
לְעֹשׂוֹת לְאִרְחֵ הַבָּא-לוֹ; וַיִּקַּח,
אֶת-כֶּבֶשֶׂת הָאִישׁ הָרֵאשׁ, וַיַּעֲשֶׂהָ,
לְאִישׁ הַבָּא אֵלָיו.

4 And there came a traveller unto the rich man, and he spared to take of his own flock and of his own herd, to dress for the wayfaring man that was come unto him, but took the poor man's lamb, and dressed it for the man that was come to him.'

ה וַיַּחַר-אַף דָּוִד בְּאִישׁ, מְאֹד;
וַיֹּאמֶר, אֶל-נָתָן, חִי-ה', כִּי בֶן-
מָוֶת הָאִישׁ הָעֹשֶׂה זֹאת.

5 And David's anger was greatly kindled against the man; and he said to Nathan: 'As the LORD liveth, the man that hath done this deserveth to die;

ו וְאֶת-הַכֶּבֶשֶׂה, יִשְׁלַם
אַרְבַּעַתָּיִם: עֶקֶב, אֲשֶׁר עָשָׂה אֶת-
הַדָּבָר הַזֶּה, וְעַל, אֲשֶׁר לֹא-
חָמַל. {ס}

6 and he shall restore the lamb fourfold, because he did this thing, and because he had no pity.' {S}

ז וַיֹּאמֶר נָתָן אֶל-דָּוִד, אַתָּה הָאִישׁ; {ס} כֹּה-אָמַר ה' אֱלֹהֵי יִשְׂרָאֵל, אָנֹכִי מָשַׁחְתִּיךָ לְמֶלֶךְ עַל-יִשְׂרָאֵל, וְאָנֹכִי הִצַּלְתִּיךָ, מִיַּד שָׂאוּל.

7 And Nathan said to David: 'Thou art the man. {S} Thus saith the LORD, the God of Israel: I anointed thee king over Israel, and I delivered thee out of the hand of Saul;

ח וְאֶתְנָה לְךָ אֶת-בַּיִת אֲדֹנָיִךָ, וְאֶת-נְשֵׂי אֲדֹנָיִךָ בְּחִיקְךָ, וְאֶתְנָה לְךָ, אֶת-בַּיִת יִשְׂרָאֵל וַיהוּדָה; וְאִם-מְעַט--וְאִסְפָּה לְךָ, כְּהֵנָה וְכֵהֵנָה.

8 and I gave thee thy master's house, and thy master's wives into thy bosom, and gave thee the house of Israel and of Judah; and if that were too little, then would I add unto thee so much more.

ט מִדְּוַע בָּזִיתָ אֶת-דְּבַר ה', לַעֲשׂוֹת הָרַע בְּעֵינָיו (בְּעֵינַי), אֵת אוֹרְיָה הַחִתִּי הַכֹּהֵן בְּחָרְב, וְאֶת-אִשְׁתּוֹ לְקַחְתָּ לְךָ לְאִשָּׁה; וְאֵתוֹ הֲרַגְתָּ, בְּחָרְב בְּנֵי עַמּוֹן.

9 Wherefore hast thou despised the word of the LORD, to do that which is evil in My sight? Uriah the Hittite thou hast smitten with the sword, and his wife thou hast taken to be thy wife, and him thou hast slain with the sword of the children of Ammon.

י וְעַתָּה, לֹא-תִסּוּר חֶרֶב מִבֵּיתְךָ-- עַד-עוֹלָם: עֵקֶב, כִּי בָזַתְנִי, וַתִּקַּח אֶת-אִשְׁתּוֹ אוֹרְיָה הַחִתִּי, לְהִיּוֹת לְךָ לְאִשָּׁה. {ס}

10 Now therefore, the sword shall never depart from thy house; because thou hast despised Me, and hast taken the wife of Uriah the Hittite to be thy wife. {S}

יא כֹּה אָמַר ה', הִנְנִי מִקִּים עָלֶיךָ רָעָה מִבֵּיתְךָ, וְלִקְחֹתִי אֶת-נְשֵׂיךָ לְעֵינֶיךָ, וְנָתַתִּי לְרַעֲיָה; וְשָׁכַב עִם-נְשֵׂיךָ, לְעֵינֵי הַשָּׁמֶשׁ הַזֹּאת.

11 Thus saith the LORD: Behold, I will raise up evil against thee out of thine own house, and I will take thy wives before thine eyes, and give them unto thy neighbour, and he shall lie with thy wives in the sight of this sun.

יב כי אַתָּה, עָשִׂיתָ בְּסֵתֶר; וְאֲנִי, אֶעֱשֶׂה אֶת-הַדְּבָר הַזֶּה, נֶגְדְ כָל-יִשְׂרָאֵל, וְנֶגְדְ הַשָּׁמֶשׁ. {ס}

12 For thou didst it secretly; but I will do this thing before all Israel, and before the sun.' {S}

יג וַיֹּאמֶר דָּוִד אֶל-נָתָן, חָטָאתִי לָהּ; {ס} וַיֹּאמֶר נָתָן אֶל-דָּוִד, גַּם-הִיא ה' הֶעֱבִיר חַטָּאתְךָ--לֹא תָמוּת.

13 And David said unto Nathan: 'I have sinned against the LORD.' {S} And Nathan said unto David: 'The LORD also hath put away thy sin; thou shalt not die.'

יד אַפְסֹ, כִּי-נֶאֱמַרְנָא אֶת-אֵיבֵי ה', בַּדְּבָר, הַזֶּה; גַּם, הַבֵּן הַיֵּלֻד לָךְ--מוֹת יָמוּת.

14 Howbeit, because by this deed thou hast greatly blasphemed the enemies of the LORD, the child also that is born unto thee shall surely die.'

טו וַיֵּלֶךְ נָתָן, אֶל-בֵּיתוֹ; וַיִּגַּף ה', אֶת-הַיֵּלֶד אֲשֶׁר יָלְדָה אִשְׁת-אוּרִיָּה לְדָוִד--וַיֵּאֲנֹשׁ.

15 And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bore unto David, and it was very sick.

טז וַיִּבְקֹשׁ דָּוִד אֶת-הָאֱלֹהִים, בְּעֵד הַנְּעָר; וַיָּצֵם דָּוִד צוֹם, וַבָּא וְלָן וְשָׁכַב אַרְצָה.

16 David therefore besought God for the child; and David fasted, and as often as he went in, he lay all night upon the earth.

יז וַיִּקְמוּ זִקְנֵי בֵיתוֹ, עָלָיו, לְהַקִּימוֹ, מִן-הָאָרֶץ; וְלֹא אָבָה, וְלֹא-בָרָא אִתָּם לֶחֶם.

17 And the elders of his house arose, and stood beside him, to raise him up from the earth; but he would not, neither did he eat bread with them.

יח וַיְהִי בַיּוֹם הַשְּׁבִיעִי, וַיָּמָת הַיֵּלֶד; וַיִּרְאוּ עֲבָדֵי דָוִד לְהַגִּיד לוֹ כִּי-יָמָת הַיֵּלֶד, כִּי אָמְרוּ הִנֵּה בַהֲיֹת הַיֵּלֶד חַי דְּבָרְנוּ אֵלָיו וְלֹא-שָׁמַע בְּקוֹלֵנוּ, וְאִיךָ נֹאמַר אֵלָיו מָת הַיֵּלֶד, וְעָשָׂה רָעָה.

18 And it came to pass on the seventh day, that the child died. And the servants of David feared to tell him that the child was dead; for they said: 'Behold, while the child was yet alive, we spoke unto him, and he hearkened not unto our voice; how then shall we

tell him that the child is dead, so that he do himself some harm?'

יט וַיֵּרָא דָוִד, כִּי עֲבָדָיו
מִתְלַחֲשִׁים, וַיִּכֶן דָּוִד, כִּי מֵת
הַיֶּלֶד; וַיֹּאמֶר דָּוִד אֶל-עֲבָדָיו הַמֵּת
הַיֶּלֶד, וַיֹּאמְרוּ מֵת.

19 But when David saw that his servants whispered together, David perceived that the child was dead; and David said unto his servants: 'Is the child dead?' And they said: 'He is dead.'

כ וַיָּקָם דָּוִד מִהָאָרֶץ וַיִּרְחֵץ וַיִּסֹּךְ,
וַיִּחַלֶּף שְׂמֹלְתּוֹ, וַיָּבֵא בֵית-ה',
וַיִּשְׁתַּחֲוֶה; וַיָּבֵא, אֶל-בֵּיתוֹ, וַיִּשְׁאַל,
וַיִּשְׂימוּ לוֹ לֶחֶם וַיֹּאכֵל.

20 Then David arose from the earth, and washed, and anointed himself, and changed his apparel; and he came into the house of the LORD, and worshipped; then he came to his own house; and when he required, they set bread before him, and he did eat.

כא וַיֹּאמְרוּ עֲבָדָיו אֵלָיו, מָה-
הַדָּבָר הַזֶּה אֲשֶׁר עָשִׂיתָה; בְּעֵבוֹר
הַיֶּלֶד חַי, צָמַתָּ וַתִּבְדֹּךְ, וְכֹאֲשֶׁר מֵת
הַיֶּלֶד, קָמַתָּ וַתֹּאכֵל לֶחֶם.

21 Then said his servants unto him: 'What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread.'

כב וַיֹּאמֶר--בְּעוֹד הַיֶּלֶד חַי, צָמַתִּי
וְאָבַכְתָּה: כִּי אָמַרְתִּי מִי יוֹדֵעַ,
וְחַנּוּנֵי ה' וְחַי הַיֶּלֶד.

22 And he said: 'While the child was yet alive, I fasted and wept; for I said: Who knoweth whether the LORD will not be gracious to me, that the child may live?'

כג וְעַתָּה מֵת, לָמָּה זֶה אָנִי צֹם--
הֲאוּכַל לְהַשִּׁיבוֹ, עוֹד: אָנִי הַלֹּךְ
אֵלָיו, וְהוּא לֹא-יָשׁוּב אֵלָי.

23 But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he will not return to me.'

כד וַיִּנְחֵם דָּוִד, אֶת בַּת-שֶׁבַע
אִשְׁתּוֹ, וַיָּבֵא אֵלֶיהָ, וַיִּשְׁכַּב עִמָּה;
וַתֵּלֶד בֶּן, וַיִּקְרָא (וַתִּקְרָא) אֶת-
שְׁמוֹ שְׁלֹמֹה, וַיְהִי, וַיְהִי, אֲהָבוֹ.

24 And David comforted Bath-sheba his wife, and went in unto her, and lay with her; and she bore a son, and called his name Solomon. And the LORD loved him;

כה וַיִּשְׁלַח, בְּיַד נָתַן הַנָּבִיא, וַיִּקְרָא אֶת-שְׁמוֹ, יְדִידְיָה--בְּעִבּוֹר, ה' . {פ}

25 and He sent by the hand of Nathan the prophet, and he called his name Jedidiah, for the LORD'S sake. {P}

תהלים Chapter 51

- א** לַמְנַצֵּחַ, מִזְמוֹר לְדָוִד. 1 For the Leader. A Psalm of David;
- ב** כְּבֹא-אֵלָיו, נָתַן הַנָּבִיא-
- כְּאֲשֶׁר-בָּא, אֶל-בֵּת-שֶׁבַע. 2 When Nathan the prophet came unto him, after he had gone in to Bathsheba.
- ג** חַנּוּנֵי אֱלֹהִים כְּחַסְדֶּךָ; כָּרֹב
רַחֲמֶיךָ, מְחַה פְּשָׁעַי. 3 Be gracious unto me, O God, according to Thy mercy; according to the multitude of Thy compassions blot out my transgressions.
- ד** הָרַב, כְּבִסְנֵי
מַעֲוֹנָי; וּמַחֲטָאתֵי טְהַרְנֵי. 4 Wash me thoroughly from mine iniquity, and cleanse me from my sin.
- ה** כִּי-פְשָׁעַי, אָנִי אֹדֵעַ; וַחֲטָאתִי
נִגְדֵי תָמִיד. 5 For I know my transgressions; and my sin is ever before me.
- ו** לָךְ לְבַדְּךָ, חָטָאתִי, וְהִרַע
בְּעֵינֶיךָ, עָשִׂיתִי:
לְמַעַן, תִּצְדַּק בְּדַבְּרֶךָ-- תִּזְכֶּה
בְּשִׁפְטֶךָ. 6 Against Thee, Thee only, have I sinned, and done that which is evil in Thy sight; {N} that Thou mayest be justified when Thou speakest, and be in the right when Thou judgest.
- ז** הֵן-בְּעֹוֹן חוֹלַלְתִּי; וּבַחֲטָא,
יִחַמְתַּנִּי אִמִּי. 7 Behold, I was brought forth in iniquity, and in sin did my mother conceive me.

ח הֵן-אֶמֶת, תִּפְצֹף
בְּטַחֲוֹת; וּבְסִתְּמִי, תִּכְמֶה
תּוֹדִיעֵנִי.

8 Behold, Thou desirest truth in the inward parts; make me, therefore, to know wisdom in mine inmost heart.

ט תִּחַטְּאֵנִי בְּאִזּוֹב
וְאֶטְהַר; תִּכְבֹּסֵנִי, וּמִשְׁלֵג אֶלְבִּין.

9 Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

י תִּשְׁמִיעֵנִי, שִׁשׁוֹן
וְשִׂמְחָה; תִּגְלָנָה, עֲצָמוֹת דְּכִיתָ.

10 Make me to hear joy and gladness; that the bones which Thou hast crushed may rejoice.

יא הַסְתַּר פְּנֵיךָ, מִחַטָּאֵי; וְכַל-
עֲוֹנֹתֵי מַחָה.

11 Hide Thy face from my sins, and blot out all mine iniquities.

יב לֵב טָהוֹר, בְּרָא-לִי
אֱלֹהִים; וְרוּחַ נָכוֹן, סִדַּדְשׁ
בְּקִרְבִּי.

12 Create me a clean heart, O God; and renew a steadfast spirit within me.

יג אַל-תִּשְׁלִיכֵנִי מִלְּפָנֶיךָ;
וְרוּחַ קִדְשְׁךָ, אַל-תִּקַּח מִמֶּנִּי.

13 Cast me not away from Thy presence; and take not Thy holy spirit from me.

יד הַשִּׁיבָה לִי, שִׁשׁוֹן
יִשְׁעֶךָ; וְרוּחַ נְדִיבָה תִּסְמְכֵנִי.

14 Restore unto me the joy of Thy salvation; and let a willing spirit uphold me.

טו אֶלְמָדָה פִּשְׁעִים
דַּרְכֶיךָ; וְחַטָּאִים, אֶלֶיךָ יָשׁוּבוּ.

15 Then will I teach transgressors Thy ways; and sinners shall return unto Thee.

טז הַצִּילֵנִי מִדָּמִים, אֱלֹהִים-
אֱלֹהֵי תְּשׁוּעָתִי:
תִּרְנֵן לְשׁוֹנִי, צְדָקָתְךָ.

16 Deliver me from bloodguiltiness, O God, Thou God of my salvation; {N} so shall my tongue sing aloud of Thy righteousness.

יז אֲדַנִּי, שְׁפַתִּי תִפְתָּח; וּפִי,
יְגִיד תְּהִלָּתְךָ.

17 O Lord, open Thou my lips; and my mouth shall declare Thy praise.

יח כִּי, לֹא-תִחַפֵּץ זֶבַח וְאַתְנָה; עוֹלָה, לֹא תִרְצֶה. **18** For Thou delightest not in sacrifice, else would I give it; Thou hast no pleasure in burnt-offering.

יט זִבְחֵי אֱלֹהִים, רוּחַ נִשְׁבָּרָה: לֵב-נִשְׁבָּר וְנִדְכָּה-- אֱלֹהִים, לֹא תִבְזֶה. **19** The sacrifices of God are a broken spirit; {N} a broken and a contrite heart, O God, Thou wilt not despise.

כ הִיטִיבָה בְּרִצּוֹנָהּ, אֶת-צִיּוֹן; תִּבְנֶה, חוֹמוֹת יְרוּשָׁלַם. **20** Do good in Thy favour unto Zion; build Thou the walls of Jerusalem.

כא אֲזַ תִּחַפֵּץ זִבְחֵי-צֶדֶק, עוֹלָה וְכֹלִיל; אֲזַ יַעֲלוּ עַל-מִזְבְּחֶךָ פָּרִים. **21** Then wilt Thou delight in the sacrifices of righteousness, in burnt-offering and whole offering; {N} then will they offer bullocks upon Thine altar. {P}

From Maimonides' Mishneh Torah, Practices of Teshuva

2

What constitutes Teshuvah? That a sinner should abandon his sins and remove them from his thoughts, resolving in his heart, never to commit them again as [\[Isaiah 55:7\]](#) states "May the wicked abandon his ways...." Similarly, he must regret the past as [\[Jeremiah 31:18\]](#) states: "After I returned, I regretted."

[He must reach the level where] He who knows the hidden will testify concerning him that he will never return to this sin again as [\[Hoshea 14:4\]](#) states: "We will no longer say to the work of our hands: `You are our gods.'"

He must verbally confess and state these matters which he resolved in his heart.

3 . . .

It is necessary to mention particularly one's sins as evidenced by [Moses' confession, [Exodus 32:31](#)]: "I appeal to You. The people have committed a terrible sin by making a golden idol."

4

Among the paths of repentance is for the penitent to

- a) Constantly call out before God, crying and entreating;
- b) To perform charity according to his potential;
- c) To separate himself far from the object of his sin;
- d) To change his name, as if to say "I am a different person and not the same one who sinned;"
- e) To change his behavior in its entirety to the good and the path of righteousness;
- and f) to travel in exile from his home. Exile atones for sin because it causes a person to be submissive, humble, and meek of spirit.

For those who would like to see the Hebrew Mishneh Torah:

ב

ומה היא התשובה הוא שיעזוב החוטא חטאו ויסירו ממחשבתו ויגמור בלבו שלא יעשהו עוד שנאמר יעזוב רשע דרכו וגו' וכן יתנחם על שעבר שנאמר כי אחרי שובי נחמתי ויעיד עליו יודע תעלומות שלא ישוב לזה החטא לעולם שנאמר ולא נאמר עוד אלהינו למעשה ידינו וגו' וצריך להתודות בשפתיו ולומר עניינות אלו שגמר בלבו:

ג

כל המתודה בדברים ולא גמר בלבו לעזוב הרי זה דומה לטובל ושרץ בידו שאין הטבילה מועלת לו עד שישליך השרץ וכן הוא אומר ומודה ועוזב ירוחם וצריך לפרוט את החטא שנאמר אנא חטא העם הזה חטאה גדולה ויעשו להם אלהי זהב:

ד

מדרכי התשובה להיות השב צועק תמיד לפני השם בבכי ובתחנונים ועושה צדקה כפי כחו ומתרחק הרבה מן הדבר שחטא בו ומשנה שמו כלומר אני אחר ואיני אותו האיש שעשה אותן המעשים ומשנה מעשיו כולן לטובה ולדרך ישרה וגולה ממקומו שגלות מכפרת עון מפני שגורמת לו להכנע ולהיות עניו ושפל רוח: