



not just about saying sorry. Rather, *teshuvah*, which comes from the same root as the Hebrew word for “return,” is an idea that reaches as far back as the prophets, who urged the Jewish people to return to God.

The 12th-century philosopher and doctor Rabbi Moses ben Maimon (RaMBaM), considered by many to be one of the world’s greatest thinkers, dedicated an entire section of the Mishnah Torah to the laws of *teshuvah*. From here, the classic four steps of *teshuvah* have been handed down through the centuries. According to this understanding of the *teshuvah* process, the four steps include