and when he shall be guilty that wherein he hath sinned:

5. and it shall be in one of them (things):

6. when he shall be guilty that wherein he hath sinned:

and when he shall be guilty that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:

that wherein he hath sinned:
A. Rabbi Joseph B. Soloveitchik zt"l drew a comparison to the area of halacha of property law where words that are in one's heart, that is ideas that remain unarticulated, are not words at all and are of no significance (‘devarim she’belev ailen devarim’, Kiddushin 49b). "Feelings, emotions, thoughts and ideas crystallize only after explicit verbal expression. Man knows and thinks many ideas which he cannot bring to his lips. Man can construct many psychological defenses within himself, refusing to acknowledge harsh reality. Vidui forces man to admit the facts as they really are, to express the painful truth." (‘Chumash Mesoras HaRav’, Sefer Yayikra, p.23)

Whoever states that Rebbe died shall be impaled with a sword (Ketubot 104a). The stark reality of his death was so painful that one could not bring himself to hear the truth expressed verbally. Man buries the truth as long as the truth is not verbalized. (Ibid. p. 24).

There is another aspect, the Rav suggested, that makes vidui so vital to teshuva. In a word, it is terribly painful to admit facts as they really are (On Repentance, p. 95). "To tear down the screen, to put into words what our hearts have already determined" is often agonizing. However it is precisely a "deep cleaning" that is needed in order to come to terms with our faults and transform ourselves. The Rambam in his formulation of the vidui adds the striking terms boshtil; I am embarrassed (Hilchos Teshuva 1:1). Feeling that shame and in this context is cathartic and propels us to make lasting change. This is kind if pain is cleansing. There is a sacrifice on the altar; this is a sacrifice which involves breaking of the will "a torturous negation of human nature" (Ibid. 95).

§ The Sages taught in the Tosefta: With regard to transgressions that one confessed on this Yom Kippur, he should not confess them on another Yom Kippur, since he has already been forgiven. But if he repeated those same transgressions during the year, he must confess them again on another Yom Kippur. And if he did not repeat them but did confess them again, about him the verse states: "As a dog that returns to its vomit, so is a fool who repeats his folly" (Proverbs 26:11), since it is inappropriate to go back and mention one's earlier sins.

Rabbi Elizeer ben Ya'akov says: If one confesses in subsequent years, all the more so is he praiseworthy, as he remembers his earlier sins and is thereby humbled, as it is stated: "For I know my transgressions; and my sin is ever before me" (Psalms 51:5).
would admonish them for the evil they committed, for turning away from the path of righteousness, for not caring for the poor, the orphans, and the widows.

He was fearless, never afraid of the truth, but at the same time he would assure the town's Jews that God is merciful and gracious and never forsakes the sinner. "The Lord, the Lord, is a merciful and gracious God, slow to anger and abounding in kindness and truth, keeping mercy unto the thousandth generation, forgiving iniquity and transgression and sin" (Exodus 34:6-7).

A subsequent incident involving Acher and R' Meir:

Many times he
dearly and
fearlessly
To the truth,
"The Lord, the Lord, is a
merciful and gracious God, slow to
anger and abounding in kindness and
thou shalt not suffer evil to come upon
eyou, since thou hast not gone up
against the Lord thy God in
battle.

Deuteronomy

1. "You shall love the Lord your God with all your heart, with all your soul, and with all your might." (Deuteronomy 6:5)

2. "And these commandments that I command you today shall be upon your hearts." (Deuteronomy 11:18)

3. "And you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

4. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

5. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

6. "And you shall teach them to your children, cherishing them, speaking of them when you sit in your house, when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 4:9)

7. "And these words, which I command you this day, shall be upon your hearts." (Deuteronomy 11:18)

8. "You shall love the Lord your God with all your heart, all your soul, all your strength, and all your mind, and love your neighbor as yourself." (Deuteronomy 6:5)

9. "And you shall love the Lord your God with all your heart, and you shall serve him with all your soul." (Deuteronomy 6:5)

10. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

11. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

12. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

13. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

14. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

15. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

16. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

17. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

18. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

19. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

20. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

21. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

22. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

23. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

24. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

25. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)

26. "And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes." (Deuteronomy 6:8)

27. "And you shall write them on the doorposts of your house and on your gates." (Deuteronomy 11:18)

28. "And these words, which I command you this day, shall be upon your hearts; and you shall teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up." (Deuteronomy 6:7)