



An Open Letter

To families and believers navigating Hebrew Roots influence,

We receive dozens of messages every week from people whose families, marriages, and church communities are struggling because someone they love has been drawn into Hebrew Roots or Torah-observant teachings.

First, let me say how sorry we are for what you're going through. We know firsthand how frustrating it is. Many "torah-observant" groups reinterpret Scripture and mix in conspiracy theories, extra-biblical texts, and fear-based theology. It can be deeply hurtful and divisive, especially when it's coming from someone you love. I've talked to many in similar situations.

Second, I'm not a pastor or therapist, so the first thing I would suggest regarding relational conflicts is to lean on your local pastor or clergy. These issues are best worked through face-to-face with someone who knows you. Our ministry can help you (or your pastor) better understand the theological issues at stake, but a local pastor is in a far better position to walk with you personally through the relational and spiritual challenges involved. If you don't have a local resource, we would be happy to put you in contact with our ministry chaplain, Pastor Darrin.

Third, to help set expectations, let me share something I've learned since I began working in this area in 2018: There is no single Bible verse or argument that will snap someone out of this mindset. That doesn't mean we stop speaking truth, but it helps to adjust our expectations. These aren't just theological or intellectual issues. In many cases, there's a deeper emotional or spiritual component. It can feel as though a veil has come over their eyes (2 Cor 4:4), and they begin to believe they've uncovered the "real" truth that everyone else has missed. Many do come out of this movement, but it's typically measured in years, not months.

From a personal perspective, I would add that if someone isn't open to listening, constant theological debate usually hardens them more. And there is a point where constant bad



theology and manipulation become toxic. In those cases, I believe it's wise (and biblical) to set clear boundaries: "I love you, but I won't argue endlessly or allow our relationship to revolve around theological conflict." That models healthy faith and prevents enabling falsehood. Jesus spoke truth clearly, and at times He also withdrew rather than continue fruitless argument (Matt 15:14).

The good news is that many people who have fallen into this false belief system eventually find their way back out. Here's a conversation I had with a woman who came out of that movement: [Straight Outta Hebrew Roots](#). Hearing her story may give you hope. The event that opened her eyes was a simple act of selfless love from a friend.

So my advice is to show your friend or family member love, be Christ to them, pray for them, and trust God with the outcome. Prayer and patience are our two biggest weapons in situations like this! Let your life preach louder than your words and trust God to work in their heart. He is pursuing them, too.

Lastly, you might find my book [Torahism](#) helpful in better understanding the beliefs of these movements and how we can respond to them. (If you can't afford to purchase a copy, we'd be happy to send you a PDF.)

I pray you find something helpful here. May Jesus bless you and your family, and may His Spirit bring clarity and truth to your wandering loved one.

Yours in Christ,

R. L. Solberg, Ph.D.

TheBiblicalRoots.org

Rooted in the Word. Standing for Christ.