

DRAFT VERSION OF YOM KIPPUR A FEAST OF THE LORD

YOM KIPPUR

We're all invited..

A Feast of **THE LORD**

THE DAY OF
Please! forgive me
ATONEMENT

Mimi Emmanuel

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MOSAIC HOUSE PUBLICATIONS

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YOM KIPPUR - A Day of Atonement - a feast of the LORD

DISCLAIMER – I am a Bible student. I am not a scholar, nor did I study at seminary. The Bible tells us to teach our children. [Deuteronomy 11:18-20, 26-28](#). This book on Yom Kippur is another one of my attempts to educate my children. I do not belong to any church or denomination but LOVE GOD'S HOLY WORD and am head over heels with his Son.

For those who are not familiar with reading Scripture I've paraphrased here and there and occasionally translated the aussie way. This may not be politically correct but helps readers understand the true meaning. Scripture references are given throughout this *YOM KIPPUR* book so that everyone can look up the verses in their favourite Bible translation.

Many Christians believe that the feast days are meant for the Jewish people and many Jewish people agree. The Bible tells us that the feast days are our Father's feast days and ALL of us are invited. Believers and unbelievers alike. I like parties, so here goes!



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Foreword

This book is still a draft
and not quite finished
yet.

Intro

The LORD made me to laugh by saving my life more than once. His angels' wings protected and gently carried my children and I throughout tumultuous times including multiple car crashes.

The LORD's blessings and protection were on me when I suffered life threatening medical emergencies.

Every day is now a precious gift to me where I like to share the joy and love that my family and I experience daily, from our faith and the wisdom in Scripture; GOD's Holy Word.

As a mum I'm told to teach my children about GOD's Word. This book on Yom Kippur is another one of my endeavours to tell my children what their Father has to say about the day of Atonement and repentance.

For the whole story please grab yourself a

Bible and read up on the Day of Atonement. If you're after a quick read to get you going, this guide may just point you in the right direction.

When I started reading the Bible I read that the Creator of Heaven and Earth; Jehovah, also known as Yah, instigated several feasts to be celebrated in His honour.

Churchgoing friends tell me that we '*don't have to go to these feasts.*' And they are right. Just because you have been invited does not mean that you must go. You can decline the invite and not go.

If you're like most of us, you're busy. Picking children up from school and dropping them off for after school activities, work related functions, birthday parties... the list goes on and on.

Another feast to fit in? You can pass, if you want to.

I GREW UP A CATHOLIC

Yom Kippur is a time of asking for forgiveness. During this time, we ask God for forgiveness for the ways we've transgressed against him and His Laws. We ask people and animals for forgiveness for when we've done the wrong thing by them. And we forgive ourselves for the stupid things we get up to that harm us and don't benefit us.

Yom Kippur is generally only celebrated by Jewish people and by people such as me, who love God's Word and follow His directions as they have been written in the Bible.

I grew up a Catholic and remember as a child regularly going for confession and telling a priest about all I had done wrong. The priest would listen and on behalf of Our Father forgive me my sins and tell me to do penance by reciting so many 'Hail Mary's and so many 'Our Father's.'

I found a Guide for Confession online from Catholic Online.org.

In this guide we're told that part of a confession is to be truly sorry for our sins and firmly resolve not to commit the same sin again. The love we have for God is to keep us on the straight and narrow and His grace gives us the strength to resist and overcome temptation in the future.

The Catholic Church teaches that confession requires three "acts" on the part of the penitent: contrition (sorrow of the soul for the sins committed), disclosure of the sins (the 'confession'), and satisfaction (the 'penance', i.e. doing something to make amends for the sins).

A helpful practice for examining our conscience is to review the Commandments of God.

You can find God's Commandments in [Exodus 20](#) and [a helpful list to go through](#) for examining your conscience can be found [here](#).

I mention the Catholic equivalent of Yom Kippur because I was raised a Catholic. I recognise the similarities. [Most religions](#), Christian and otherwise conduct similar

rituals on a regular basis.

The confessional sacrament is a wholesome practice that unburdens our soul so that we can receive spiritual consolation and start anew.

*Bless the Lord, O my soul, and forget
not all his kindness and compassion.
Who forgives us our sin and heals us;
Who saves us from (self)destruction
and embraces us with mercy and love.
Psalm 103:2-4*

HOLIEST DAY OF THE YEAR

The Beginning of Biblical feasts starts with The Feast of Trumpets, also known as Yom Teruah (יום תְּרוּעָה), which is ten days before Yom Kippur (יום הכיפורים). Yom Teruah literally means a “day of shouting or blasting.”

The ten days leading up to Yom Kippur are to be spend in personal reflection. It’s time to take stock of where we went wrong and how we can do better.

My Jewish friends call the Day of Atonement or Yom Kippur the holiest day of the year.

It is a once-a-year, time of introspection where we beg GOD for forgiveness for all the stupid and sinful things we, as human beings, get up to.

Yom Kippur completes the annual period known in Judaism as the High Holy Days, or Yamim Nora'im ("Days of Awe") that commences with Yom Teruah.

HOW DID YOM KIPPUR COME ABOUT?

The first Yom Kippur was when Moses came down the mountain with the Ten Commandments written in stone, on the 10th of Tishrei. This was approximately 1313BCE when the Jewish people had sinned by worshipping a golden calf. Moses prayed to our Father to ask for forgiveness on behalf of his posse and this is what happened,

And it came to pass on the morrow, that Moses said unto the people, Ye have sinned a great sin: and now I will go up unto the LORD; peradventure I shall make an atonement for your sin.

³¹And Moses returned unto the LORD, and said, Oh, this people have sinned a great sin, and have made them gods of gold.

³²Yet now, if thou wilt forgive their sin--; and if not, blot me, I pray thee, out of thy book which thou hast written.

*³³And the LORD said unto Moses,
whosoever hath sinned against me,
him will I blot out of my book.*

*³⁴Therefore now go, lead the people
unto the place of which I have
spoken unto thee: behold, mine
Angel shall go before thee:
nevertheless, in the day when I
visit I will visit their sin upon them.*

*³⁵And the LORD plagued the people,
because they made the calf, which
Aaron made. Exodus 32:30-35*

HEAVENLY BOOKS OPENED

According to Jewish tradition, God inscribes each person's fate for the coming year into a book, the BOOK OF LIFE, on Yom Teruah, and waits until Yom Kippur to "seal" the verdict.

During the Days of Awe, Jewish people try to amend their behaviour and seek forgiveness for wrongs done against God as well as against other human beings. The evening and day of Yom Kippur are set aside for public and private petitions and confessions of guilt. At the end of Yom Kippur, one hopes to have been forgiven by God and not be blotted out of THE BOOK OF LIFE.

*And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is THE BOOK OF LIFE: and the dead were judged out of those things which were written in the books, according to their works.
Revelation 20:12*

And the Lord said unto Moses,

*whosoever hath sinned against me,
him will I blot out of my book. Exodus
32:33*

WHO OBSERVES YOM KIPPUR?

Jewish people and people who observe Biblical Holy feasts observe Yom Kippur.

There has been mention in the news of outstanding athletes who placed their faith and devotion to Our Father as more important than their sport.

Following are examples of athletes who observed Yom Kippur, even when it conflicted with playing their sport and earning an income.

Baseman Hank Greenberg attracted national attention in 1934, when he refused to play baseball on Yom Kippur, even though the Tigers were in the middle of a pennant race, and he was leading the league in RBIs.

Nearly three decades later, Sandy Koufax, the Hall of Fame pitcher, decided not to pitch Game 1 of the 1965 World Series because it fell on Yom Kippur.

Koufax also garnered national attention for his decision.

The *Detroit Free Press* columnist and poet Edgar A. Guest wrote a poem titled "Speaking of Greenberg", which ended with the lines "*We shall miss him on the infield and shall miss him at the bat / But he's true to his religion—and I honour him for that.*"

Shawn Green (Los Angeles Dodgers outfielder), made headlines in 2001 for sitting out a game for the first time in 415 games, to honour Yom Kippur, even though his team was in the middle of a playoff race.

Other baseball players who sat out games on Yom Kippur include former Boston Red Sox and New York Yankees third baseman Kevin Youkilis, former Houston Astros catcher and former Detroit Tigers manager Brad Ausmus, and outfielder Art Shamsky.

Gabe Carimi, the Consensus All-American left tackle in American football who won the 2010 Outland Trophy as the

nation's top collegiate interior lineman, faced a conflict in his freshman year of college in 2007. That year Yom Kippur fell on a Saturday, and he fasted until an hour before his football game against Iowa started that night.

Carimi said, "Religion is a part of me, and I don't want to just say I'm Jewish. I actually do make sacrifices that I know are hard choices."

In 2004, Matt Bernstein, standout fullback at University of Wisconsin–Madison, fasted on Yom Kippur, then broke his fast on the sidelines before rushing for 123 yards in a game against Penn State.

In 2011, golfer Laetitia Beck declined a request to join the UNC Tar-Heels Invitational competition, because it conflicted with Yom Kippur. Instead, she spent the day fasting and praying.

She said: "My Judaism is very important to me, and ... on Yom Kippur, no matter what, I have to fast."

Boris Gelfand, Israel's top chess player, played his game in the prestigious London

Grand Prix Chess Tournament on 25 September 2012 (eve of Yom Kippur) earlier, to avoid playing on the holiday.

In 2013, the International Tennis Federation fined the Israel Tennis Association "more than \$13,000 ... for the inconvenience" of having to reschedule a tennis match between the Israeli and Belgian teams that was originally scheduled on Yom Kippur.

Dudi Sela, Israel's # 1 player, quit his quarterfinal match in the third set of the 2017 Shenzhen Open so he could begin observing Yom Kippur by the time the sun set, forfeiting a possible \$34,000 in prize money and 90 rankings points.

You can find more information on sportspeople favouring Yom Kippur over their sport here.

Yom Kippur falls on the 'tenth day of the seventh month' (Tishrei) and is regarded as the Sabbath of Sabbaths.' Later I'll tell you where you can find the date of Yom Kippur and Yom Teruah for this year.

Many of my Christian friends claim that,

for whatever reason, they don't 'have to' celebrate these feasts. They're right; none of us 'have to.'

I don't know about you, but when the Creator of the Universe invites me to one of His feasts, I tell you what, I show up!

You're invited too, and I am looking forward to seeing you there.

YOM KIPPUR
IS ALSO CALLED
THE DAY OF ATONEMENT.

It shall be a statute for ever throughout your generations in all your dwellings.

The Bible does not state anywhere that certain feasts were for certain times and after a certain period GOD's feasts will be scrapped. No, quite the contrary; we're told that these feasts are forever.

In the Bible it is written that,

*The Lord spake unto Moses, saying,
Speak unto the children of Israel, and say
unto them, Concerning the feasts of
the Lord, which ye shall proclaim to be holy
convocations, even these are my feasts..
**it shall be a statute for ever throughout
your generations in all your dwellings.***

[Read the whole of Leviticus 23](#)

The Lord says, 'these are my feasts.'

CONCERNING THE FEASTS OF THE LORD.

Scripture

states that Yom
Kippur is
concerning the
feasts of the Lord.

It does not say, 'the feasts of the Jewish people' and it does not say, 'the feasts of the Christian people' and it does not say, 'the feast for followers of the Bible.' No, it clearly says, 'Concerning the feasts of the Lord... these are my feasts.'

This means that anyone following the Lord, be they Jewish or Christian or followers of the Bible or anyone else loving our Creator, are invited to celebrate these holy days.

EVERYONE IS INVITED

I find it extra-ordinary that we're all invited and believers are so quiet about it. In fact, even 'strangers' such as any people of any culture and faith are

invited to celebrate Yom Kippur as follows,

And this shall be a statute for ever unto you:

that in the seventh month,

on the tenth day of the month,

ye shall do penance/reconcile,

and do no work at all,

whether it be one of your own country,

or a stranger/foreigner that stays with you

Leviticus 16:29

The Karaite Jews, who follow the directions of GOD's Word, each year [calculate the Day of Atonement](#) according to the moon calendar.

A STATUTE FOR EVER THROUGHOUT YOUR GENERATION

Yom

Kippur is considered one of the most important, if not the most important and holiest day of the year and is mentioned by the LORD as a statute for ever throughout your generations in all your dwellings.'

*And the Lord spake unto Moses, saying,
Also on the tenth day of this seventh month
there shall be a day of atonement:
there shall be an holy gathering; and ye shall
fast, and offer an offering made by fire unto
the Lord.*

*And ye shall do no work in that same day:
for it is a day of atonement, to make an
atonement for you before the Lord your God*

...

*Ye shall do no manner of work: it shall be a
statute for ever throughout your generations
in all your dwellings.*

*It shall be unto you a sabbath of rest, and ye
shall afflict your souls:*

*in the ninth day of the month at even,
from even unto even,
shall ye celebrate your sabbath.*

Read all of Leviticus 23:26-32

Note the words: 'it shall be a statute for ever throughout your generations in all your dwellings.' In other words, 'Remember this forever, for you and your children and their children in all your houses.'

If you chose not to be part of this holy day, according to Scripture, you chose not to be part of God's posse.

*For whatsoever soul it be
that shall not be afflicted
in that same day,
he shall be cut off
from among his people.
Leviticus 23:29*

Many of my Christian friends argue that the feast days 'have been done away with' when Jesus was crucified.

However, none have been able to point out where in the Bible Jesus or his Father mention that the feast days 'have been done away with.'

What we do know for sure is that the feast days are called the 'feast days of the Lord,' and they are instigated 'for ever' throughout all dwellings and this includes the dwellings of the foreigner.

From this it follows that anyone choosing to be part of God's posse keeps the feast days as proclaimed.

By not keeping the feast days one automatically chooses not to be part of God's posse.

Jesus told a parable about a certain man who invited many to his supper and they all had excuses as to why they couldn't come.

The man who organised the supper got angry about this and told his servant to invite people from the streets; the poor, the weak, the blind and the disabled till his house was filled. And then he said, *'None of those who were originally invited shall taste my supper.'* Luke 14:15-24

*Blessed is he that shall eat bread
in the kingdom of God. Luke 14:15*

None of us will ever be able to say that we weren't invited. All of us were invited.

JESUS KEPT THE FEAST DAYS

The

other thing we know for sure from reading the Bible is that Jesus himself kept the feast days and we are supposed to follow him and walk as he walked.

*And he that taketh not his cross,
and follows me,
is not worthy of me.
Matthew 10:38*

*He that saith he abideth in him
ought himself also so to walk,
even as he walked.
1 John 2:6*

Our Creator proclaimed his laws and feast days to the Jewish people and as such I consider them the authority on such matters. Later on GOD's Son came down to earth to clarify a few things and show us how it is done.

It is good to keep in mind that Jewish traditions aren't always Biblical because

many Jewish people choose to follow Rabbinical oral law over and above Scripture. Because of this, Jesus, A Jew himself, quoted Esaias prophesy,

*But in vain they do worship me,
teaching for doctrines
the commandments of men.
Read all of Matthew 15:1-20*

Just the same, regardless of what anyone else did or said; this is what God says, “These are the feasts of the LORD, these are my feasts.”

We’ll discuss some of the Jewish traditions followed by the Biblical references so that readers can determine for themselves if these traditions are in line with GOD’S Word and if they want to follow them or not.

AL CHET CONFESSION OF SINS

The below ritual took place for
the atonement of sin.

Did you ever think about where the word
'scapegoat' came from? Leviticus 16 tells
us that,

*Aaron (the priest) shall lay both his hands
upon the head of the live goat,
and confess over him all the iniquities of the
children of Israel, and all their
transgressions in all their sins, putting them
upon the head of the goat, and shall send
him away by the hand of a fit man into the
wilderness: And the goat shall bear upon
him all their iniquities unto a land not
inhabited: and he shall let go the goat in the
wilderness.*

Read all of Leviticus 16

Here is an [online scapegoat confessional](#).

eScapegoat @SinfulGoat · Sep 11

"For losing my temper, and taking the L-rds name in vain." via buff.ly/2vUxBRN



eScapegoat @SinfulGoat · Sep 11

"I spend too much time feeling angry." via buff.ly/2vUxBRN



eScapegoat @SinfulGoat · Sep 10

"Stealing cash." via buff.ly/2vUxBRN



eScapegoat @SinfulGoat · Sep 10

"I'd like to atone for the sins I've committed against myself: not eating well, not exercising, not sleeping enough, etc." via buff.ly/2vUxBRN



eScapegoat @SinfulGoat · Sep 10

"Lying to my husband and manipulating situations to my favor therefore being hurtful to him." via buff.ly/2vUxBRN



eScapegoat @SinfulGoat · Sep 10

"I am sorry that I may not have told some people the whole truth but in my

To make it easy for you there is an online confessional at www.escgoat.com.

Jewish friends have created a comprehensive prayer which I imagine covers most sins to be confessed. And if you think that you've come up with a new sin to confess I am sure the Rabbis would be happy to hear from you.

AL CHET

Traditionally Al Chet, (the long confession) is recited ten times during the Yom Kippur services.

1. For the sin which we have committed before You under duress or willingly.
2. And for the sin which we have committed before You by hard-heartedness.
3. For the sin which we have committed before You inadvertently.
4. And for the sin which we have committed before You with an utterance of the lips.
5. For the sin which we have committed before You with immorality.
6. And for the sin which we have committed before You openly or secretly.
7. For the sin which we have committed before You with knowledge and with deceit.
8. And for the sin which we have committed before You through speech.
9. For the sin which we have committed before You by deceiving a fellowman.
10. And for the sin which we have committed before You by improper thoughts.
11. For the sin which we have committed before You by a gathering of lewdness.
12. And for the sin which we have committed before You by verbal [insincere] confession.
13. For the sin which we have committed before You by disrespect for parents and teachers.

14. And for the sin which we have committed before You intentionally or unintentionally.
15. For the sin which we have committed before You by using coercion.
16. And for the sin which we have committed before You by desecrating the Divine Name.
17. For the sin which we have committed before You by impurity of speech.
18. And for the sin which we have committed before You by foolish talk.
19. For the sin which we have committed before You with the evil inclination.
20. And for the sin which we have committed before You knowingly or unknowingly.

For all these, God of pardon, pardon us, forgive us, atone for us.

21. For the sin which we have committed before You by false denial and lying.
22. And for the sin which we have committed before You by a bribe-taking or a bribe-giving hand.
23. For the sin which we have committed before You by scoffing.
24. And for the sin which we have committed before You by evil talk [about another].
25. For the sin which we have committed before You in business dealings.
26. And for the sin which we have committed before You by eating and drinking.
27. For the sin which we have committed before You by [taking or giving] interest and by usury.

28. And for the sin which we have committed before You by a haughty demeanor.
29. For the sin which we have committed before You by the prattle of our lips.
30. And for the sin which we have committed before You by a glance of the eye.
31. For the sin which we have committed before You with proud looks.
32. And for the sin which we have committed before You with impudence.

For all these, God of pardon, pardon us, forgive us, atone for us.

33. For the sin which we have committed before You by casting off the yoke [of Heaven].
34. And for the sin which we have committed before You in passing judgment.
35. For the sin which we have committed before You by scheming against a fellowman.
36. And for the sin which we have committed before You by a begrudging eye.
37. For the sin which we have committed before You by frivolity.
38. And for the sin which we have committed before You by obduracy.
39. For the sin which we have committed before You by running to do evil.
40. And for the sin which we have committed before You by tale-bearing.
41. For the sin which we have committed before You by swearing in vain.
42. And for the sin which we have committed before You by causeless hatred.

43. For the sin which we have committed before
You by embezzlement.
44. And for the sin which we have committed
before You by a confused heart.

For all these, God of pardon, pardon us, forgive us,
atone for us.

- And for the sins for which we are obligated to
bring a burnt-offering.
- And for the sins for which we are obligated to
bring a sin-offering.
- And for the sins for which we are obligated to
bring a varying offering [according to one's
means].
- And for the sins for which we are obligated to
bring a guilt-offering for a certain or doubtful
trespass.
- And for the sins for which we incur the penalty
of lashing for rebelliousness.
- And for the sins for which we incur the penalty
of forty lashes.
- And for the sins for which we incur the penalty
of death by the hand of Heaven.
- And for the sins for which we incur the penalty
of excision and childlessness.
- And for the sins for which we incur the penalty
of the four forms of capital punishment
executed by the Court: stoning, burning,
decapitation and strangulation.
- For [transgressing] positive and prohibitory
mitzvot, whether [the prohibitions] can be
rectified by a specifically prescribed act or not,
those of which we are aware and those of

which we are not aware; those of which we are aware, we have already declared them before You and confessed them to You, and those of which we are not aware -before You they are revealed and known, as it is stated:

The hidden things belong to the Lord our God, but the revealed things are for us and for our children forever, that we may carry out all the words of this Torah. For You are the Pardoner of Israel and the Forgiver of the tribes of Yeshurun in every generation, and aside from You we have no King who forgives and pardons.

This is where AL Chet (confession of sins) stops.

LET ME NOT BE ASHAMED

Excerpts from Psalm 25

*Remember not the sins of my youth,
nor my transgressions:
according to thy mercy
remember thou me
for thy goodness' sake,
O Lord.*

*Good and upright is the Lord:
therefore, will he teach sinners in the way.*

*For thy name's sake, O Lord,
pardon mine iniquity; for it is great.*

*O keep my soul and deliver me: let me not be
ashamed; for I put my trust in thee.*

Psalm 25:7-8, 11, 20

IN ADDITION, DON'T BE SILENT

In

Addition, another Chet had been suggested to add to the confession by the longtime head of the Yeshiva

University's rabbinical school, Rabbi Soloveitchik.

From dr Rafael Medoff: In a taped lecture at YU's Wurzweiler School of Social Work on December 24, 1973, Rabbi Joseph Soloveitchik, who was a key figure in the shaping of Modern Orthodox Judaism (1903-1993) remarked that "during the Holocaust period," many American Jews were not sufficiently concerned "with our brethren, with our fellow Jews, and we let millions of Jews go down the drain."

Therefore, he said, "to the list of Al Chets of the chatayim [sins] we enumerate on Yom Kippur, we should add another Al Chet. Perhaps it would be the worst, the most horrible one - Al chet shechatanu lefanecha bera'inu tzoras nafshoseihem shel acheinu bais Yisroel shehishchananu eileinu v'lo shamanu

'For the sin that we have sinned before You by seeing the suffering of our Jewish brethren who called to us and we did not listen.'

This is supported by Scripture

For there will never cease to be poor in the land. Therefore, I command you, 'You shall open wide your hand to your brother, to the needy and to the poor, in your land.'

Deuteronomy 15:11

*Give to him that asks you,
and do not refuse the one
who would borrow from you.*

Matthew 5:24

Also, read Luke 10:25-37

To find out Yom Kippur feast dates for
any year, you can visit
www.timeanddate.com and search for
Yom Kippur in your region.

JEWISH TRADITION

According to Jewish tradition, on Yom Kippur there is continuous prayer and repentance as well as fasting. Many wear white garments and charity is an important part of the holiday.

Jewish people visit people to seek or give forgiveness and many gather in synagogues before sunset for a prayer service.

Yom Kippur is a legal holiday in Israel. And starting in 2016 the United Nations officially recognises Yom Kippur, stating that from then on, no official meetings would take place on the day.

Even Jewish people who don't follow traditions tend to participate in Yom Kippur. In Jerusalem all traffic, including public transport, comes to a halt and all radio and tv stations refrain from broadcasting during Yom Kippur. All shops and business are closed.

In 2013, 73% of Jewish people of Israel

said that they were intending to fast on Yom Kippur.

From sunset to sunset during Yom Kippur, Jewish people

1. *Don't eat.*
2. *Don't drink.*
3. *Don't wash.*
4. *Don't wear leather.*
5. *Don't have intimate relations.*

Jewish people attend Yom Kippur services where they recite prayers and confess their sins so that they can be locked in on the right side of the gates of heaven for another year. The services are finished with the blast of a shofar.

The fasting lasts for 25 hours and begin on the evening before Yom Kippur and ends after nightfall on Yom Kippur.

Before and after Yom Kippur nice meals are eaten including sweet cakes and candles are lit and a blessing is recited over all children before the commencement of Yom Kippur.

The Lord Bless Thee

The Lord bless thee, and keep thee:

*The Lord make his face shine upon thee,
and be gracious unto thee:*

*The Lord lift up his countenance upon thee,
and give thee peace.*

*And they shall put my name upon the
children of Israel, and I will bless them.*

Read all of Numbers 6:22-24

THE STORY OF JONAH

In the afternoon the whole of the book of Jonah is read out. The book of Jonah is about a reluctant prophet who, after having been swallowed and spat out by a whale, eventually does as he is told and with his message of GOD's loving kindness saves the whole city of Nineveh.

[The story of Jonah](#) is a story of redemption for all of us, believers and unbelievers alike.

<https://www.youtube.com/watch?v=rOjrDdImvI8>

SCRIPTURAL REFERENCES

 Really wanted to understand what is meant when we are told to 'afflict our souls.' I continued searching, looking at the Hebrew and so on and what it comes down to is that we are to humble ourselves on Yom Kippur. Deny our self, not carrying on as usual with 'important work,' and eating yummy meals.

We are to use this day to reflect on where we have gone wrong and how we can make up for this and can do better in future. Take stock, reassess and adjust with a humble spirit.

For health reasons, I cannot fast on food. If you're like me and you cannot fast on food, you'll find plenty alternatives in the Scripture Verses below.

Following are some of the Scriptural references I found with regards to fasting, the Day of Atonement, repentance and the confession of sins.

A Holy Gathering

And ye shall have on the tenth day of this seventh month a holy gathering; and ye shall afflict your souls: ye shall not do any work therein:

Read all of Numbers 29:7-11

Afflicting ones soul translates from the Hebrew language as having a fast. Following are some of the things Jesus said about praying and fasting. He tells us not to repeat ourselves unless we have good reason to.

USE NOT VAIN REPETITIONS

But when ye pray, don't repeat yourselves endlessly, just like the pagans: because they think they'll be heard if they speak a lot. Don't be like them: for your Father knows what you need, before ye ask him.

Matthew 6:7-8

Jesus told us how to pray,

PRAY LIKE THIS

*Our Father which art in Heaven,
Hallowed be thy name,
Thy Kingdom come,
Thy will be done
In earth as it is in Heaven.*

*Give us this day our daily bread,
And forgive us our debt
as we forgive others.*

*And lead us not into temptation
But deliver us from evil.*

*For thine is the kingdom,
and the power and the glory,
forever.
Amen*

According to this prayer, we'll be forgiven the same way as we forgive others. Food for thought, I think.

DON'T BOAST ABOUT FASTING

*Moreover, when ye fast, be not,
as the hypocrites, of a sad countenance:
for they disfigure their faces,
that they may appear unto men to fast.
Verily I say unto you,
They have their reward.*

*But thou, when thou fastest,
anoint thine head,
and wash thy face;*

*That thou appear not unto men to fast,
but unto thy Father which is in secret:
and thy Father, which sees in secret,
shall reward thee openly.
Matthew 6:16-18*

This is what the prophet Isaiah has to say
about fasting on the Sabbath,

BE KIND AND COMPASSIONATE

*Is not this the fast that I have chosen?
to stop evil, make things lighter for others,*

*and set people that are oppressed free, and
that you break every chain that holds
someone prisoner?*

*Don't you know that I want you to share
your bread with the hungry, and that you
bring poor people that have been thrown out
on the street to your house? When you see a
naked person, provide clothes; and be
available to family members that need your
help.*

*If you do those things your light shall shine
bright in the morning and your health shall
greatly improve; and your goodness shall
travel before you and the glory of the Lord
shall be your reward.*

*Then when you call, the Lord will answer
you; when you cry, He'll say, don't worry, I
am here for you. If you take oppression away
from the midst of you, stop pointing the
finger and stop talking rubbish.*

*And if you are compassionate to the hungry
and help people who are in trouble, then
shall your light shine bright out of darkness*

and your night will be like midday.

*And the Lord shall continually guide you
and take care of you when things get tough
and make sure that you're healthy and you
shall be like a watered garden and like a
fountain that never fails.*

Read all of Isaiah 58

We are to sound a trumpet on the Day of
Atonement throughout our land,

THE SOUND OF A TRUMPET IN THE DAY OF ATONEMENT

*Then shalt thou cause the trumpet of the
jubile to sound on the tenth day of the
seventh month, in the day of atonement shall
ye make the trumpet sound throughout all
your land.*

Read all of Leviticus 25:8-10

Aaron was appointed to make atonement
on behalf of the people for all their sins.

AN ALTAR TO MAKE ATONEMENT

And Aaron shall make an atonement upon the horns of it once in a year with the blood of the sin offering of atonements: once in the year shall he make atonement upon it throughout your generations: it is most holy unto the Lord.

Read all of Exodus 30:1-10

The Lord tells us that He won't remember our sins, but we need to be able to argue our case.

I WILL NOT REMEMBER YOUR SINS

*I, even I, am he that blots out your wrongdoings for my own sake and will not remember your sins. Remind me of what happened, let us argue the matter together; state your case to prove that you are right.
Isaiah 43:25-26 also read Micah 7:18-19*

We can pray like a king and recite Psalm 51. The following is what King David prayed when he was found out to be

cheating with his neighbour's wife and had her husband killed in a battle.

HAVE MERCY O GOD

Psalm 51 excerpt

*Have mercy upon me,
O God, according to thy lovingkindness:
according unto the multitude of thy tender
mercies blot out my transgressions.*

*Wash me thoroughly from mine iniquity,
and cleanse me from my sin.*

*For I acknowledge my transgressions:
and my sin is ever before me.*

*Against thee, thee only, have I sinned,
and done this evil in thy sight:
that thou mightest be justified when thou
speakest, and be clear when thou judgest.*

*Behold, I was shapen in iniquity;
and in sin did my mother conceive me.*

Behold, thou desirest truth in the inward

*parts: and in the hidden part thou shalt
make me to know wisdom.*

*Purge me with hyssop, and I shall be clean:
wash me, and I shall be whiter than snow.*

*Make me to hear joy and gladness; that the
bones which thou hast broken may rejoice.*

*Hide thy face from my sins,
and blot out all mine iniquities.*

*Create in me a clean heart, O God;
and renew a right spirit within me.*

*Cast me not away from thy presence;
and take not thy holy spirit from me.*

*Restore unto me the joy of thy salvation;
and uphold me with thy free spirit.*

*Then will I teach transgressors thy ways;
and sinners shall be converted unto thee.*

*Deliver me from bloodguiltiness, O God,
thou God of my salvation: and my tongue
shall sing aloud of thy righteousness.*

*O Lord, open thou my lips; and my mouth
shall shew forth thy praise.*

*For thou desirest not sacrifice; else would I
give it: thou delightest not in burnt offering.*

*The sacrifices of God are a broken spirit:
a broken and a contrite heart,
O God, thou wilt not despise.*

From the moment Jesus began preaching,
he taught repentance wherever he went.

REPENT

*The people which sat in darkness saw great
light; and to them which sat in the region
and shadow of death light is sprung up.*

*From that time Jesus began to preach,
and to say, 'Repent: for the kingdom of
heaven is at hand.'*

Matthew 4:16-17

Jesus taught us, [just like the old prophets](#),
that it is never too late to turn our life
around. Luke 13

EXCEPT YE REPENT, YE PERISH

*I tell you, Nay: but, except ye repent,
ye shall all likewise perish.*

*He spake also this parable;
A certain man had a fig tree planted in his
vineyard; and he came and sought fruit
thereon, and found none.*

*Then said he unto the dresser of his
vineyard, Behold, these three years I come
seeking fruit on this fig tree, and find none:
cut it down; why cumbereth it the ground?*

*And he answering said unto him,
Lord, let it alone this year also,
till I shall dig about it, and dung it:
And if it bear fruit, well: and if not,
then after that thou shalt cut it down.*

Read all of Luke 13:1-9

FORGIVE US OUR SINS

*If we confess our sins, he is faithful and just
to forgive us our sins, and to cleanse us from
all unrighteousness.*

1 John 1:9

FORGIVE AND YOU'LL BE FORGIVEN

*If ye forgive men their trespasses,
your heavenly Father will also forgive you:
But if ye forgive not men their trespasses,
neither will your Father forgive your
trespasses.*

Matthew 6:14-15

THERE IS FORGIVENESS WITH
YOU LORD, AND MERCY

Psalm 130

*Out of the depths have I cried unto you,
O Lord.*

*Lord, hear my voice:
let thine ears be attentive to
the voice of my supplications.*

*If thou, Lord, shouldest mark iniquities,
O Lord, who shall stand?*

*But there is forgiveness with thee,
that thou mayest be feared.*

*I wait for the Lord, my soul doth wait,
and in his word do I hope.*

*My soul waits for the Lord more than they
that watch for the morning: I say, more than
they that watch for the morning.*

*Let Israel hope in the Lord:
for with the Lord there is mercy,
and with him is plenteous redemption.
And he shall redeem Israel from all his
iniquities.*

Afterword

THE PROMISE

*If my people, which are called by my name,
shall humble themselves, and pray, and seek
my face, and turn from their wicked ways;
then will I hear from heaven, and will
forgive their sin, and will heal their land.*

2 Chronicles 7:14

I 'm not sure if many people have thought this one out but the decree for the Day of Atonement stands, 'forever, strangers included.'

*And this shall be a statute for ever
unto you: that in the seventh month,
on the tenth day of the month, ye shall
afflict your souls, and do no work at
all, whether it be one of your own
country, or a stranger that lives
among you: Leviticus 16:29*

One law shall be to him that is homeborn, and unto the stranger that lives among you. Exodus 12:49 Also read Leviticus 19:34

In His name repentance and forgiveness of sins will be proclaimed to all nations, beginning in Jerusalem. Luke 24:47

Matthew 12:21 And in his name shall everyone (the Gentiles) trust.

All the nations will be gathered before Him, and He will separate the people one from another, as a shepherd separates the sheep from the goats. Matthew 25:32 Also read Mark 16:15

Occasionally I wonder where those ‘believers’ expect themselves to be after they’ve declined the invitation and GOD is partying ‘for ever’ with his posse?

The Creator of Heaven and Earth did not say that his feasts are Biblical or Jewish or Christian. No, he called these feasts, *HIS FEASTS* and we are all invited.

If I were to throw a feast for my family, neighbours and friends and if they then amongst themselves were to start to argue if it is a good idea to go or not to go, to follow the dress code or to ignore the dress code, if it is the politically correct thing to attend or not... do you think that I would miss any of these so-called 'friends'? What's the chances that I won't miss any of these killjoys and, instead find myself some other friends to party with?

For many are called, but few are chosen.

Read all of Matthew 22:1-14

and Luke 14:15-24

When our Creator throws a feast, I'll be there! And I hope to see you there too.

... as for me and my house,

we will serve the Lord.

Joshua 24:15

*For all people will walk everyone in the
name of his god, and we will walk in the
name of the Lord our God for ever and ever.*

Micah 4:5

G'mar Chatimah Tovah!

(May you be sealed in THE BOOK OF LIFE
for good). My wish for you is to be written
in THE BOOK OF LIFE and enjoy
happiness and fulfillment.

May all my readers live for ever!

Mimi Emmanuel

Many Thanks

To all who helped with the production of
this book so far.

I pray that you may live for ever!

Mimi

For the whole story grab a Bible or visit
[Live forever how to.com](http://Liveforeverhowto.com)

Mimi Emmanuel is a mother of two and godmother of one who thanks the LORD for saving her life and every day counts her blessings. In her spare time, she writes lyrics for the band peopleisgrass which lives at itunes. GOD's Word tells us to teach our children and this book on Yom Kippur is another one of Mimi's endeavours to do so.

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