
YOM KIPPUR

We're all invited..

A Feast of THE LORD

THE DAY OF
Please! forgive me
ATONEMENT

Mimi Emmanuel

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

FOR MY CHILDREN

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](#). ¹This 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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¹ Teach our children - [Deuteronomy 11:18-20, 26-28](#).

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Foreword

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

Yom Teruah starts ten days before Yom Kippur. These ten days are a time of introspection.

Yom Kippur is celebrated from sundown on Oct 11 till sunset October 12 in 2024

INTRO

The LORD made me laugh ([Genesis 21:6](#)) by saving my life more than once. His angel's wings protected and gently carried my children and me 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.

Teach your children My Word

Lay up My Words in your heart and in your soul... And ye shall teach them your children, speaking of them when you sit in your house, and when you walk along the road, when you lie down, and when you get up.

*Write them upon the door posts of
your house, and on your gates:
(Deuteronomy 6:5-9, 11:18-20)*

This book on Yom Kippur is another one of my endeavours to share God's Holy Word with my children. In this case about the day of Atonement and repentance.

This *book 'YOM KIPPUR A FEAST OF THE LORD'* does not cover everything that the Jewish or Christian faith have to say and teach about Yom Kippur, nor is it an attempt to do so. This book, Yom Kippur, is an introduction to those unfamiliar with GOD's Feasts and an invite to participate and familiarise oneself with these holy gatherings.

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; Yahweh, 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 WAS RAISED A CATHOLIC

Yom Kippur is a feast mentioned in the Bible and a Jewish tradition

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.

The Catholic way

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 x-amount of 'Hail Marys and x-amount of 'Our Fathers.'

The Bible does not mention anything about the reciting of multiple 'Our Father's,' but this used to be (is?) the Catholic way of reflection and asking for forgiveness from sins.

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

Confession Guide

[Exodus 20](#) and [a helpful list to go through](#) for examining your conscience can be found [here in the Guide for Confession](#).

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.

He (Yahweh) Forgives our Sins

*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.*”

It does not mention this anywhere but it seems to me as if we are to make a lot of noise, to remind ourselves and each other to stand still and take stock.

A Memorial Blowing of Trumpets

Yahweh spoke to Moses, saying, “Speak to the children of Israel, saying, ‘In the seventh month, on the first day of the month, there shall be a solemn rest for you, a memorial of blowing of trumpets, a holy convocation. You shall do no regular work. You shall offer an offering made by fire to Yahweh.’”

(Leviticus 23:23-25)

Some people hold a Tashlikh ceremony (Jewish atonement ritual) on the afternoon of Yom Teruah. This is where

believers gather and throw either breadcrumbs or small rocks or pebbles into a river or pond. This tradition symbolises God's forgiveness and how He casts our sins into 'the depths of the sea.'

*.. You will have compassion on us.
You will trample our sins under your
feet and throw them into the depths
of the ocean! (Micah 7:19)*

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 (starting at sundown on October 11 in 2024).

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.

Music video Leonard Cohen

One of Leonard Cohen's most loved songs, [Who by Fire](#) was inspired by the medieval liturgical Jewish poem Unetaneh Tokef <https://www.myjewishlearning.com/article/unetaneh-tokef> - (writer unknown - A religious poem recited on the High Holidays that is meant to strike fear in us) and written in 1974 shortly after his visit to Israel at the break of the Yom Kippur war. Full text of the poem can be found at [https://www.sefaria.org/Unetaneh Tokef .1?lang=bi](https://www.sefaria.org/Unetaneh_Tokef.1?lang=bi)

([More information about Yom Kippur from the Jerusalem Post](#))

Yom Kippur war

More information about the Yom Kippur war (The second week of October, 1973, was one of the worst in Israel's history. At 2 p.m. on October 6, which was the Jewish fast day of Yom Kippur, Egypt and Syria launched surprise attacks) can be found at [Wikipedia](#).

HOW DID YOM KIPPUR COME ABOUT?

According to Jewish tradition, 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,

Make an Atonement for your Sin

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.

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

³² Yet now, if thou wilt forgive their sin--; and if not, blot me, I pray thee,

out of thy book which thou hast written.

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

34 Therefore 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.

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

HEAVENLY BOOKS OPENED

Also 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.

If we muck up, we're supposed to make up. And when we confess and fix wherever possible and resolve to do better next time, we can be assured that the Lord will hear us and forgive us. This is where the Book of Life comes into it,

I will confess his name

He that overcomes, the same shall be clothed in white raiment; and I will

*not blot out his name
out of the Book of Life, but I will
confess his name before my Father,
and before his angels.
(Revelation 3:5)*

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?

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

There has been mention in the news of

outstanding athletes and celebrities who placed their faith and devotion to Our Father as more important than their sport.

Examples

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

Baseman Hank Greenberg

Hank 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,

Sandy, 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

Shawn, (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,

Gabe, 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."

Matt Bernstein

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.

Laetitia Beck

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,

Boris, 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.

Israeli Tennis Team

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,

Dudi, 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](#).

In 1959 Sammy Davis Jr. refused to work on Yom Kippur during the film production of 'Porgy and Bess.' The film's producer,

Samuel Goldwyn (a non-practising Jew), said, 'Bless you,' and stopped production at a cost of \$30,000.

More Yom Kippur celebrity stories at the [Jewish Standard](#).

SABBATH OF SABBATHS

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. And 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,

A Statute forever

*The Lord spake unto Moses, saying,
Speak unto the children of Israel, and say to
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](#)

Yahweh says, *'these are my feasts.'*
(Leviticus 23:2)

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.'*** (Leviticus 23:2)

This means that anyone following the Lord, Yahweh, 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, we know for sure that *not* only Israelites are invited because, even 'strangers' such as any people of any culture and faith are invited to celebrate Yom Kippur as follows,

A Statute forever... anyone

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)

So even though Yahweh is talking to the Israelites “...make an atonement for the children of Israel for all their sins once a year (Leviticus 16:34), He includes the strangers and the foreigners in the invite.

It makes sense that Our Heavenly Father does not only expect Israelites to atone for their sin once a year, but invites anyone, including foreigners and strangers to do so as well.

Now what if I'm not an Israelite, nor a foreigner or stranger in Israel? Am I still invited?

What does Jesus have to say about this?

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) Also read Matthew 22:1-10

In Jesus' parable, the bad, the good, the poor, the weak, the blind and the disabled

were all invited to the feast.

If you feel that none of the above descriptions apply to you, it is worth considering that God made us in His own image (Genesis 1:27).

Made in God's image

*God created man in his own image,
in the image of God created he him;
male and female created he them.*

Moses tells us that the Israelites, the strangers and foreigners are invited to the yearly feast of atonement.

Jesus tells us that the bad, the good, the poor, the weak, the blind and the disabled are all invited to the feast.

I dare say that God will be happy to see his own creation (made in his image) participate in the feast.

It does not appear that anyone is excluded.

The blessings are there for us to accept. All we have to do is say, 'yes, please,' and

be obedient to the rules.

Blessings

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

also read Luke 14:16-24

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

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.'

Holy Gathering

*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 of your houses.'

God spoke to the children of Israel when He said the following

Cut Off

*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 either Jesus or his Father mention that the feast days '*have been done away with.*'

Feast days of the Lord ... for ever

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 stranger and the foreigner.

From this it follows, as far as I understand it, that anyone choosing to be part of God's people keeps the feast days as proclaimed.

By *not* keeping the feast days one automatically chooses *not* to be partying with Yahweh and His people.

JESUS KEPT THE FEAST DAYS

THE other thing we know for sure from reading the Bible is that Jesus himself kept the feast days ([Fellowship of Israel Related Ministries](#)) and we are supposed to follow him.

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

Our Creator proclaimed his laws and feast days to the Jewish people and as such I consider them the authority on such matters. Most of Israel celebrates Yom Kippur.

Later on GOD's Son came down to earth to clarify a few things and show us how it is done. We are to walk as He walked.

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

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."* (Leviticus 23:2)

Next, 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

you ever think about where the
Did
word 'scapegoat' come 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)

Below is part of 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

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.

https://www.chabad.org/library/article_cdo/aid/6577/jewish/Text-of-Al-Chet.htm

Psalm 25 is a fitting Psalm to recite during Yom Kippur and below are some excerpts.

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 shehischananu eileinu v'lo shamenu"*

'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.'

<https://www.jewishledger.com/2011/01/for-the-sin-of-silence-during-the-holocaust/>

This is supported by Scripture

Help where you can

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 the Samaritan story in

(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

A ccording 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.

A Blessing

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)

https://en.wikipedia.org/wiki/Yom_Kippur

THE STORY OF JONAH

In the afternoon, on the day of Yom Kippur, according to Jewish tradition, 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

I 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, as I understand it, 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

Not do any work

*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 and also
Numbers 15:27-31)*

Afflicting one's 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 bread for tomorrow,
And forgive us our debt
as we forgive others.*

*And lead us not into a test
But deliver us from evil.*

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

Amen

(Matthew 6:9-13)

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)

And also, 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)

The following verses are from **Moses**. 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)

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.

King David begged the Lord for forgiveness after he committed adultery and tried to cover his tracks.

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.*

Psalm 51 is a beautiful example of a prayer asking for mercy.

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 also mentioned

Reconcile

*... that anyone who is angry with his brother will be subject to judgment...
So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar. First go and be reconciled to your brother; then*

come and offer your gift...
[\(Matthew 5:22-24\)](#)

Remember, we're talking about Yom Kippur, the Feast of Atonement. God doesn't care about our gifts if we're not loving those around us. He likes us to be good with each other and apologise when necessary. To love each other, to be as one. ([John 17:21-22](#), [John 13:35](#))

Jesus taught us, [just like the old prophets](#), (Ezekiel 18:19-30) that it is never too late to turn our life around.

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)

In other words, don't give up easily on yourself and others. Give it time and effort.

Jesus spoke about forgiveness just like the Psalmist in [Psalm 130](#).

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

*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.*

(Psalm 130)

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)

My intent for this book is to help readers understand what Yom Kippur is all about. Many people don't realise that they have been invited to participate in this feast of the Lord.

Yes, you can accept or decline or take a raincheck. The choice is yours.

As mentioned before

A Statute Forever

*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 for All

*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, Numbers 15:15-16)²

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

² You shall treat the stranger who sojourns with you as the native among you, and you shall love him as yourself, for you were strangers in the land of Egypt: I am the Lord your God. (Leviticus:19:34) For the assembly, there shall be one statute for you and for the stranger who sojourns with you, a statute forever throughout your generations. You and the sojourner shall be alike before the Lord. ⁴⁶One law and one rule shall be for you and for the stranger who sojourns with you." (Numbers 15:15-16). If you sin unintentionally... make atonement... And all the congregation of the people of Israel shall be forgiven, and the stranger who sojourns among them, because the whole population was involved in the mistake. (Numbers 15:22-31) The guilt offering is just like the sin offering; there is one law for them. (Leviticus 7:6-8) Re the Passover – if anyone eats what is leavened, that person will be cut off from the congregation of Israel, whether he is a sojourner or a native of the land... If a stranger shall sojourn with you and would keep the Passover to the Lord, let all his males be circumcised. Then he may come near and keep it; he shall be as a native of the land. But no uncircumcised person shall eat of it. ⁴⁹There shall be one law for the native and for the stranger who sojourns among you." (Exodus 12:19-49)

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

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).

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.

Jesus attended His Father's Feasts.

Every year His parents went to Jerusalem for the Feast of the Passover. And when He was twelve years old, they went up according to the custom of the Feast. (Luke 2:41)

On the first day of the Feast of Unleavened Bread, the disciples came to Jesus and asked, "Where do you

want us to prepare for You to eat the Passover?" (Matthew 26:17)

Jesus kept the Passover and because of this we can be pretty sure that He also kept Yom Kippur, God's most important Feast.

Aren't we supposed to walk as he walked?

If I were to throw a feast for my family, neighbours and friends and if they then amongst themselves were to start arguing 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 them and, instead find myself some other friends to party with?

Many called... few chosen

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 Yahweh.*

(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, Yahweh, 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 love, 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
www.mimiemmanuel.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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