

### **1. 4TH MONTH FAST**

- a. (6/23/26 Dusk to 6/24/26 Dusk)
- b. In remembrance of the breaching of Jerusalem's walls (2 Kings 25:3-4)
- c. WE OBSERVE THE TANAKH (BIBLICAL) DATE...NON-TALMUDIC**
- d. Abstain from food & drink from dawn till dusk on 6/24/26

### **2. 5TH MONTH FAST**

- a. (7/20/26 Dusk to 7/24/26 Dusk)
- b. In remembrance of the destruction of the Temple (2 Kings 25:8-10 & Jeremiah 52:6-12 )
- c. WE OBSERVE THE TANAKH (BIBLICAL) DATE...NON-TALMUDIC**
- d. Abstain from food & drink from dawn till dusk on 7/21/26
- e. Abstain from food & drink from sunset 7/23/26 to dusk on 7/24/26

### **3. 7TH MONTH FAST**

- a. (10/4/26 Dusk to 10/5/26 Dusk)
- b. In remembrance of the assassination of Gedaliah last ruler of Judah
- c. (2 Kings 25:25, Nehemiah 9:1, Jeremiah 41)
- d. WE OBSERVE THE TANAKH (BIBLICAL) DATE...NON-TALMUDIC**
- e. Abstain from food & drink from dawn till dusk on 10/5/26

### **4. 10TH MONTH FAST**

- a. Tenth of Tenth Month Fast (12/18/26 Dusk to 12/19/26 Dusk)
- b. In remembrance of the start of Nebuchadnezzar's siege (2 Kings 25:1)
- c. Abstain from food & drink from dawn till dusk on 12/19/26

### **5. THE FAST OF ESTHER IS 13TH OF ADAR DAWN TO DUSK ON 3/2/26**