

## Why Yom Kippur is a Fast

Some ministries are promoting the idea that Yom Kippur is not a Day of Fasting.

Yet scripture gives us a clear picture of what was meant when the word "afflicted" was mentioned.

### Leviticus 23:29

*"For whoever is not afflicted on that very day shall be cut off from his people."*

- In this verse, the word "**humble** or **afflicted**" here is תַּעֲנִיָּה (te·'un·neh), which comes from the root word **6031a. anah**, which means "to be bowed down or afflicted".

תַּעֲנִיָּה (te·'un·neh), from the root word עָנָה (anah) = to oppress, humiliate; to be afflicted  
**Strong's, H6031a** = to be bowed down or afflicted, to oppress; humiliate; to be afflicted.

- Read all of Isaiah 58.
- **Isaiah 58:5**, gives a further explanation into what it meant to **humble** one's self.
  - *Is such the **fast** that I choose, a day for a person to **humble** himself?*
  - *Is it to **bow down** his head like a reed, and to spread sackcloth and ashes under him?*
  - *Will you call this a **fast**, and a day acceptable to the Lord?*
- This gives a clear picture of what fasting looked like in the Bible; To humble one's self:
  - To be bowed down in prayer (humbling one's self)
  - To wear sackcloth (to humble and humiliate one's self; which was only done in fasting)
  - To be sitting on and be covered in ashes (to humble and humiliate one's self; which was only done in fasting)
- Yet there are some who use **Isaiah 58:6** to try to explain that this is not the fast in which Yehovah wants, rather that verses 6-12 are an alternative to fasting.
- Yet that is a misinterpretation. Verse six implies that fasting was to be accompanied also by the following, not the alternative to fasting.

According to **Ellicott's Commentary for English Readers**: Isaiah 58:6

*(6) To loose the bands of wickedness.—The words do not exclude abstinence from food as an act of discipline and victory over self-indulgence, but declare its insufficiency by itself. So in the practice of the ancient Church fasting and almsgiving were closely connected, as indeed they are in Matthew 6:1; Matthew 6:16.*

- Many other Biblical scholars agree that this meant that fasting was right and pure, yet it done with the wrong intention, motives or heart, it was useless.
- **Acts 27:9**, also mentions the **fast** of the **Day of Atonement**. Most Christian scholars agree, that the fast mentioned here is referring to Yom Kippur.