

Yom Kippur (Day of Atonement)

A Day of Humbling the Soul

Leviticus 16
Leviticus 23:26–32

Yom Kippur is the most solemn appointed time of YAHUAH.

It is a day of:

- Atonement
- Repentance
- Self-examination
- Humbling oneself before YAHUAH

What the Torah Commands

Leviticus 23:27
“You shall afflict your souls...”

Traditionally understood as fasting and deep reflection.

It is also a day of:

- No regular work
- Solemn rest
- Complete focus on YAHUAH

How to Prepare for Yom Kippur

Prepare Your Heart Before the Day Arrives

Do not wait until sunset.

In the days leading up:

- Examine your life
- Confess sin
- Seek reconciliation
- Make wrongs right where possible

Lamentations 3:40

“Let us search out and examine our ways.”

Fasting (If Physically Able)

Many observe a full fast from sunset to sunset.

If fasting:

- Drink water (unless doing a complete fast)
- Avoid distractions
- Rest your body

If you cannot fast due to health:

- Modify appropriately
- Focus on humility and prayer

The purpose is affliction of the soul not harming the body.

Break the Fast Gently (After Sunset)

After the day ends:

Break your fast slowly with:

- Warm soup
- Fruit
- Light bread
- Small portions

Do not shock the body with heavy food.

What to Do During the Day

- Pray
- Read Leviticus 16
- Reflect on atonement
- Confess and repent
- Sit in quietness
- Limit digital and worldly distractions

This is not a feast day.
It is a cleansing day.

Spiritual Focus

Yom Kippur reminds us:

- Sin is serious
- Atonement requires humility
- YAHUAH desires a broken and contrite heart

Psalm 51:17

“A broken and contrite heart... You will not despise.”

Yom Kippur is not about how well you fast.

It is about how deeply you return.

The stomach may be empty
but the heart must be full of repentance.