

# YOM KIPPUR



**Yom Kippur**, the Day of Atonement, is the holiest and most revered day of the Jewish year. Yom Kippur concludes the Ten Days of Awe that began with Rosh Hashanah (the Jewish New Year). Yom Kippur is an introspective holiday, where we take spiritual inventory and prepare for the year ahead through fasting, penitence, and confession.



# Biblical Origins of Yom Kippur

## **Adonai established the Day of Atonement in Leviticus.**

*It shall be a statute to you forever that in the seventh month, on the tenth day of the month, you shall afflict yourselves and shall do no work, either the native or the stranger who sojourns among you. For on this day shall atonement be made for you to cleanse you. You shall be clean before the LORD from all your sins. It is a Sabbath of solemn rest to you, and you shall afflict yourselves; it is a statute forever. (Leviticus 16:29–31)*

Yom Kippur required action from both the high priest and the people: the high priest was to make atonement through sacrifice, and the people, for their part, were to practice self-denial and refrain from work. Thus, all Israelites had to do their part during this collective Day of Atonement.

By God's commandment, the high priest followed a specific protocol on Yom Kippur. He bathed and dressed in white linen raiments, an act of purification, before entering the Holy of Holies. There the high priest made two sin offerings: a bull for his house and a goat for the people. The priest would also lay the sins of the people on the head of a second goat, which had been chosen by lot as the "scapegoat." After the high priest spoke the sins and iniquities of the people and put them on its head, the scapegoat would be removed into the wilderness.

# Yeshua The Messiah

**For believers in Yeshua**, the scapegoat is a picture of Messiah Yeshua, who was sent “as an atoning sacrifice for our sins”

(1 John 4:10). Like the scapegoat, Yeshua receives our iniquities and transgressions and takes them from us. His sacrifice is good for all time, but we still continue to sin so there is still a need for repentance. Messianic Jews view Yom Kippur as a yearly recalibration of our souls. Through repentance and confession of our sins we recommit ourselves to be led by the Ruach rather than to be led by our flesh. Therefore, during Yom Kippur we confess the areas where our sins have distanced us from God and distanced us from humankind. We also ask God to help us in the next year to live a life of obedience to Him and His mitzvot.

## The Book of Life

The Talmud (Rosh Hashana 32b) says that on Rosh HaShanah, God inscribes everyone's name into one of three books for the following year. The righteous go into the Book of Life, the evil go into the Book of Death, and those in-between have judgment suspended until Yom Kippur. In actuality, the vast majority of us are neither totally good nor bad. We're more like 50/50, so we use the days between Rosh HaShanah and Yom Kippur to turn towards righteousness. That's why the Code of Jewish Law recommends going out of our way to do extra mitzvot during this time. This concept is taken from Malachi 3:16 that says “Then those who revere Adonai spoke with each other, and Adonai took notice and heard, and a scroll of remembrance was written before Him, for those who revere Adonai, even those who esteem His Name.” As Messianic Believers, we are thankful that our names are written in the Lamb's Book of Life and we ask God help us live a good life in the next year.

# Yom Kippur Traditions

Yom Kippur is a fast day. It is the holiest day of the year, when we are closest to God and to the essence of our souls. Yom Kippur means “Day of Atonement,” as the verse states, “For on this day He will forgive you, to purify you, that you be cleansed from all your sins before God.”

Yom Kippur is on the 10th day of Tishrei, and it comes ten days after Rosh Hashanah (the Jewish New Year, which is on the first and second days of Tishrei).

For nearly 26 hours we “afflict our souls” by avoiding the following five actions:

Eating or drinking (in case of need consult a medical professional and a rabbi)

Wearing leather shoes

Applying lotions or creams

No bathing

Engaging in conjugal relations

Like Shabbat, no work is to be done, and special holiday candles are lit before the onset of the holy day. We wear white on Yom Kippur

Yom Kippur is dedicated to introspection, prayer and asking God for forgiveness. Even during the breaks between services, it is appropriate to recite Psalms at every available moment.

# Yom Kippur Blessings

## Blessing for lighting the candles

Bah-rookh ah-tah ah-doh-noi eh-loh-hay-noo meh-lekh hah-oh-lahm,  
ah-shehr ki-deh-shah-noo beh-mitz-voh-tahv veh-tzee-vah-noo leh-hahd-lik  
nayr shehl [if Yom Kippur is on Shabbat add: shah-bahtveh-shehl]  
yohm hah-kee-poo-rim.

Blessed are You, Lord, our God, King of the universe, who has sanctified us with His  
commandments and has commanded us to kindle the light of [if Yom Kippur is on  
Shabbat add: Shabbat and] Yom Kippur.

Bendito eres, Tu Señor nuestro D-os, Rey del universo, que nos has santificado con  
Tus mandamientos, y nos has ordenado encender las velas de [si lom Kipur es en  
Shabat, agrega Shabat y ] lom Kipur

## Shehechiyanu

Bah-rookh ah-tah ah-doh-noi eh-loh-hay-noo meh-lekh hah-oh-lahm  
sheh-heh-kheh-yah-noo veh-kee-mah-noo ve-hig-ee-yah-noo  
liz-mahn hah-zeh.

Blessed are You, Lord our God, King of the universe, Who has granted us life,  
sustained us, and enabled us to reach this occasion.

Bendito eres ,Tu Señor nuestro Di-os, Rey del universo,  
que nos ha concedido la vida, nos ha sostenido, y nos ha permitido llegar a esta ocasión.

# The Story of Jonah

**It is traditional on Yom Kippur afternoon to read the story of Jonah.  
Here is a modern retelling**

One day God says to Jonah that the people in the far-off city of Ninevah are treating each other badly. Jonah should stop what he is doing, go there and tell the people to stop what they are doing.

Jonah says "No thank you. I'm not getting involved. He boards a boat sailing in the opposite direction.

**When have you run  
away from  
responsibility?**

**When have you  
forgiven someone?**

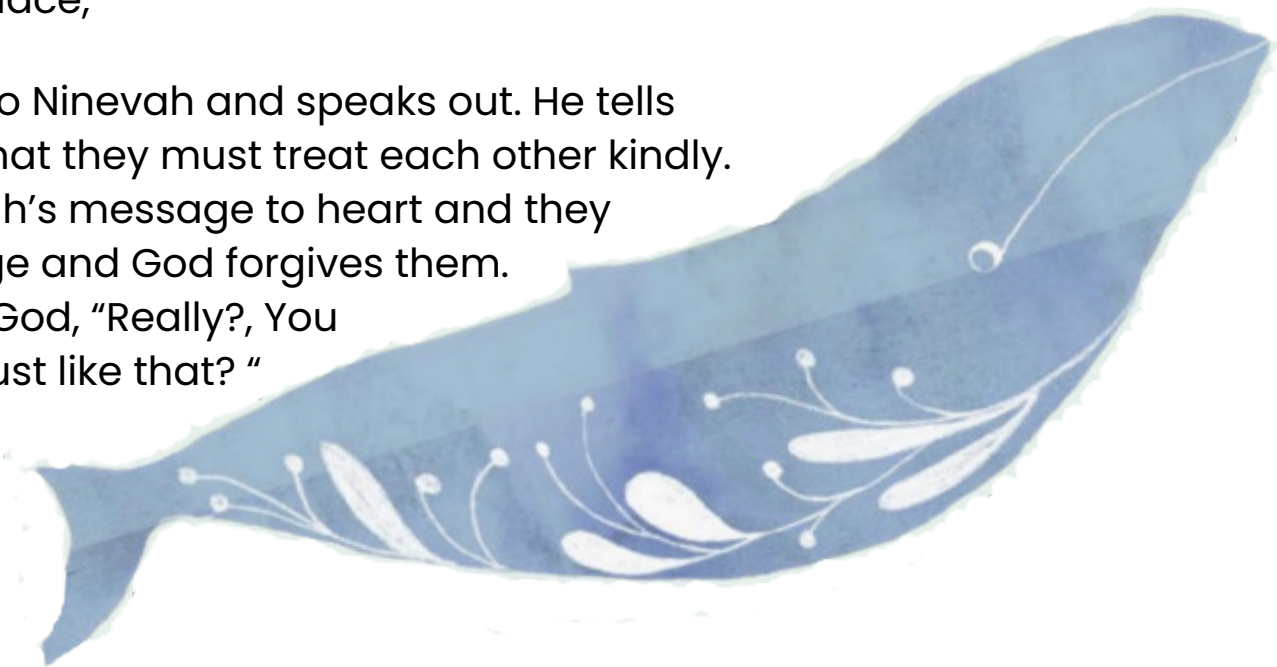
Unfortunately for Jonah, God makes the sea stormy. The sailors realize that Jonah has angered God by running away. They ask Jonah what will make the seas calm again. He tells them to throw him overboard.

Before Jonah has a chance to swim, a giant fish comes along and swallows him. From inside the fish's belly, Jonah prays to God. When the fish spits Jonah onto the land, Jonah knows that he must do what God asked him to do in the first place,

Jonah travels to Ninevah and speaks out. He tells the residents that they must treat each other kindly. They take Jonah's message to heart and they begin to change and God forgives them. Jonah says to God, "Really?, You forgive them just like that? "

The answer is  
"YES"

God is gracious and ready to forgive if we confess and turn away from our sins. Also, everyone of us has the power to forgive and everyone can show compassions and kindness to others.



# Recipe Time

## Break the Fast with Flavored Cream Cheese

How to make homemade very berry cream cheese. Use this formula to add in the mix-ins of your choice.

Go meshugena!



## Ingredients

**8 oz container of cream cheese at room temperature  
(not low fat)**

**Fresh blueberries ,Raspberries, blackberries and strawberries (chop the strawberries into smaller pieces), washed and dried well.**

**Jam works well as an alternative!)**

**1 tablespoon granulated sugar, plus more to taste**

**Pinch salt**

**Lay the cream cheese on a cutting board and flatten.**

**Add a layer of berries on top with sugar, and a pinch of salt.**

**With a flat spatula, fold the cream cheese over the fruit and pat down.**

**Repeat five times until ingredients are incorporated.**

**To test, run a finger across the cream cheese.**

**If it's mixed enough, you won't see pure white.**

**Adjust sugar to taste and spread on your favorite bagel.**

**Refrigerate any leftovers. Best served the day it's made.**



# Family Time



The High Holidays are a wonderful time to dig deep and explore the value of "I'm sorry," with young children. While children may be too young for some of the rituals associated with Yom Kippur, like fasting, kids of all ages understand the weight of "saying sorry" and "doing better."

Families can start the day by saying sorry to each other or talking all together about moments or events that they wish they'd handled differently.

You can sit and read a story about forgiveness, make a list of people to apologize to, or use puppets and stuffed animals to act out and model saying sorry. In addition to issuing apologies, practice and discuss the much more difficult act of accepting apologies and forgiving others.

## ***DO SOME GOOD***



During the High Holidays we reflect on the past year and work on moving forward and doing better in the year ahead. We do teshuva to fix our actions and behaviors and do better in the coming year. One of the best ways to look forward to the coming year is to make resolutions. Kids may decide that they'll try to make sure to reach out to the child who is picked last for kickball or to sit with someone at lunch. Adults might resolve to not participate in gossip or to call friends more often.

**Do Some Good**





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