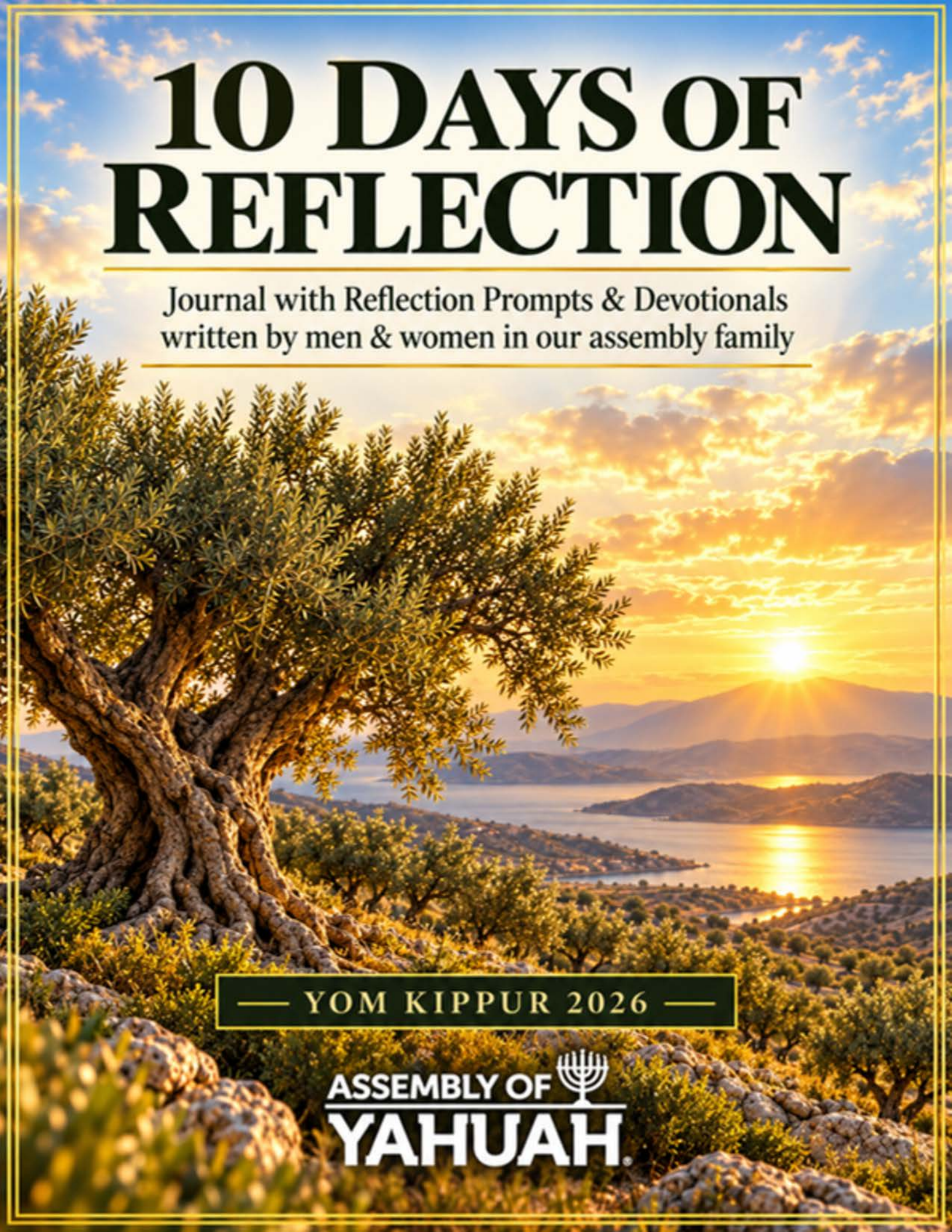
10 Days of Reflection

Journal with Reflection Prompts & Devotionals
written by men & women in our assembly family



YOM KIPPUR 2026

ASSEMBLY OF YAHUAH

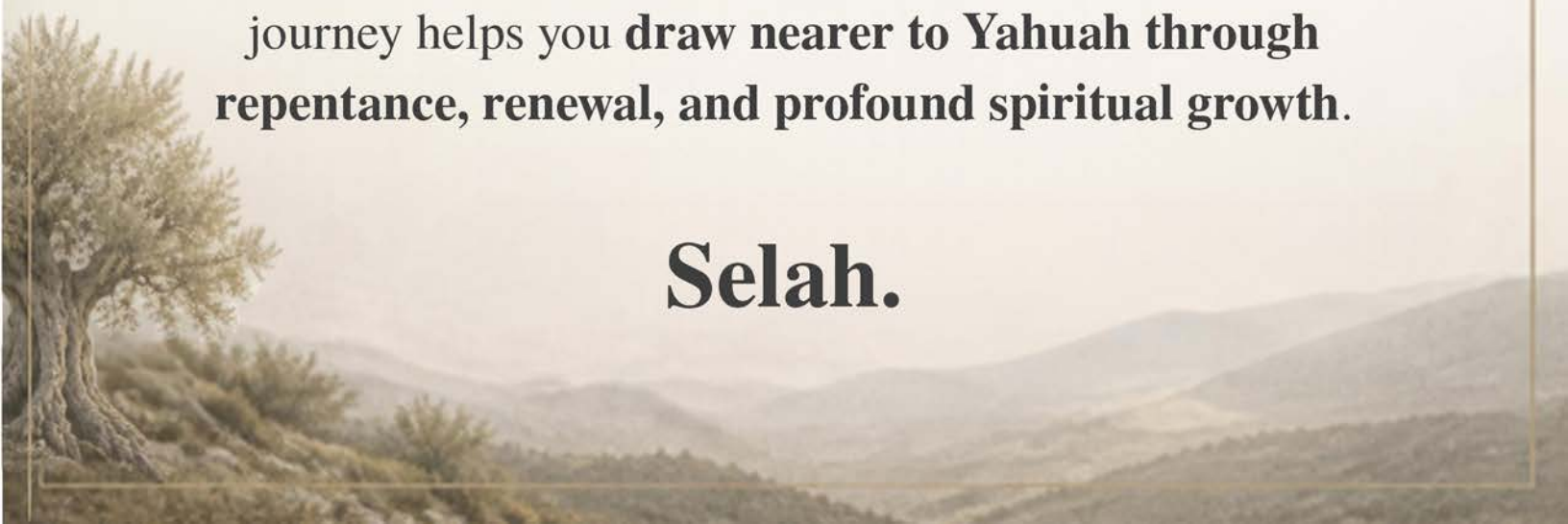
ABOUT THIS JOURNAL

Designed to aid in your spiritual preparation for Yom Kippur, this journal provides 10 days of Scripture, reflection, and heartfelt contemplation. It features insightful devotionals contributed by **Sister Jessica, Brother Bob, Brother Michael M, Brother Fred, Brother Ben, Sister Diane, and Brother Jamonte**.

Though there is no strict scriptural mandate to complete a daily exercise during the 10 days between Yom Teruah (Trumpets) and Yom Kippur (Atonement), **it is a beautiful season to intentionally pause and prepare**.

We invite you to move through these reflections at your own pace. Whether you choose to write directly on these pages or in a separate notebook, our hope is that this journey helps you **draw nearer to Yahuah through repentance, renewal, and profound spiritual growth**.

Selah.



A BLESSING

May Yahuah bless you as you read, reflect, and draw near to Him through this journal. May this time of preparation for Yom Kippur fill your heart with humility, clarity, peace, and renewal.

With love from your Assembly Family

YOM KIPPUR

Also on the tenth day of this seventh month there shall be a Day of Atonement: it shall be a set-apart convocation unto you; and ye shall afflict your souls.

LEVITICUS 23:27


DAY 1

The Shofar's Call to Repentance

BY SISTER JESSICA

Tâqa' shôphâr Tsîyôn, rûa' qôdesh har
Kôl yâshab 'erets râgaz Kîy yôm Yahuah bô', kîy qârôb;

JOEL 2:1

Blow ye the trumpet in Zion, and sound an alarm in my holy mountain: let all the inhabitants of the land tremble: for the day of Yahuah cometh, for it is nigh at hand." —Yo'el or Joel 2:1

The Hebrew word translated to "inhabitants" in this verse is "yâshab" (Strongs H3427). Yâshab is also translated throughout scriptures into many different English words.

Mostly as:

- dwell
- dwelt
- dwelled
- dwelleth
- dwellest
- dwelling

But also as:

- Inhabitant
- inhabit
- inhabited
- inhabiteth
- inhabitest
- habitation
- sit
- sitteth
- sittest
- sitting
- sat
- sat down
- satest
- set
- settle
- situate
- downsitting
- abide/abideth/abode/abodest
- tarry/tarried/tarrieth
- remain/remained
- place/placed
- continue/continued
- ease, taken, married/marrying
- establish, lurking, keep, have
- haunt, return

Continued on the next page.

THE SHOFAR'S CALL TO REPENTANCE

(Continued)

and the one I find most interesting...

endure.

It is translated to a variation of inhabitant 258 times. It is only translated as "endure", two times, in Psalm 9:7, where it says, "But Yahuah shall endure for ever: He hath prepared His throne for judgment."
and in Psalm 102:12, "But thou, Yahuah, shalt endure for ever; and Thy remembrance unto all generations."

There are ten different Hebrew words that translate to "**endure**" in the Tanak alone! (For reference, see H7272, H5975, H3201, H6965, H3885, H6440, H1097, H1961, and H5769.)

And I just found this so fascinating!

So let all those who endure, tremble when they hear the shofar sound!

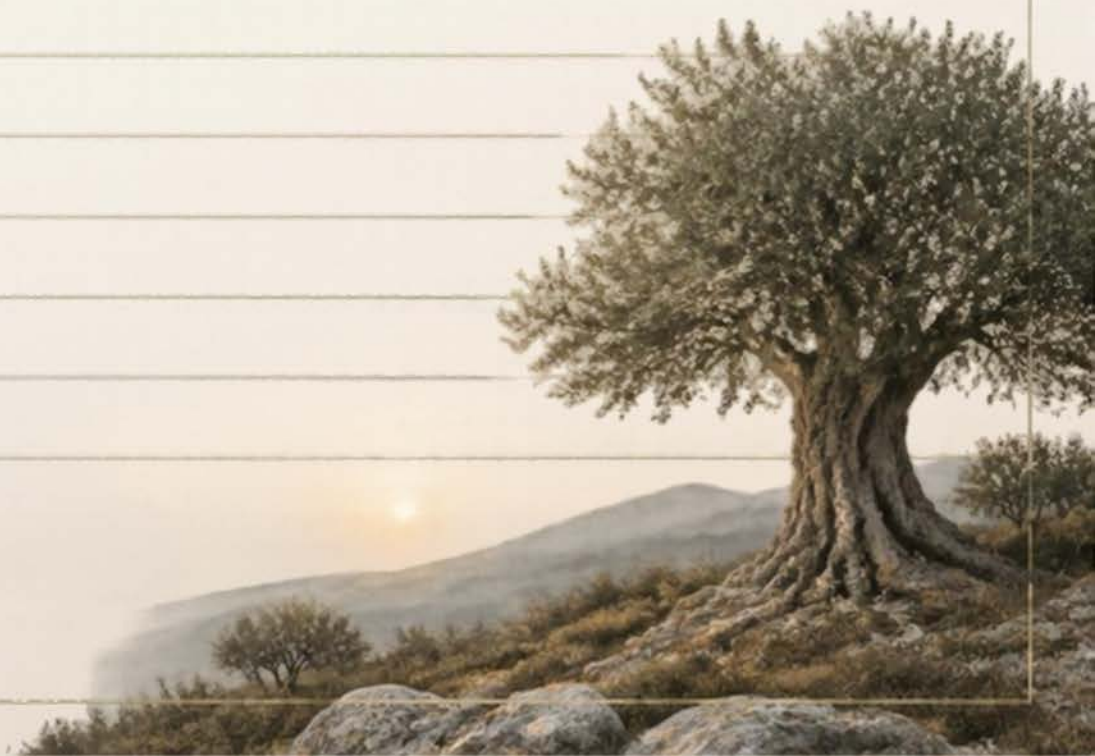
Today, as we celebrate Yom Teruah, may we ask ourselves,

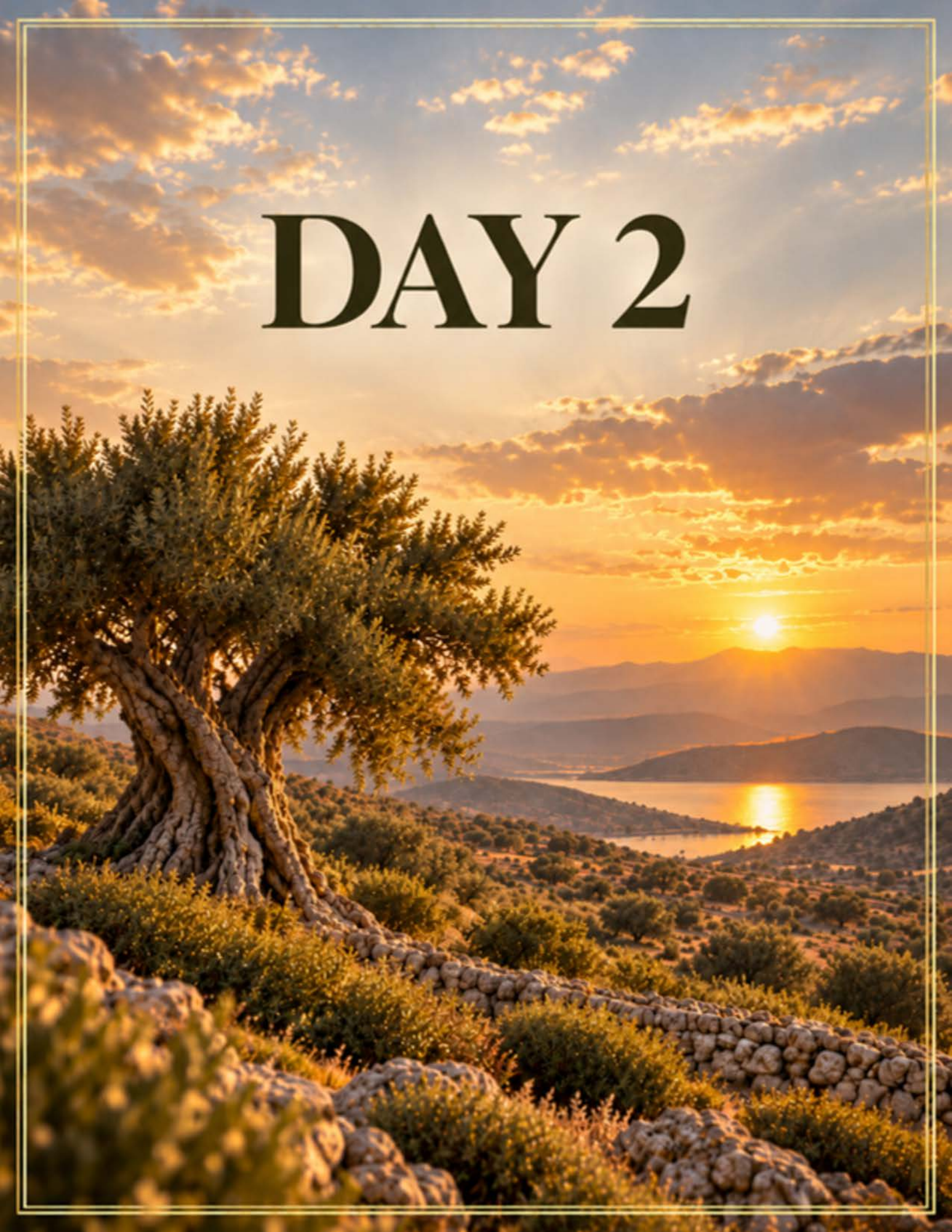
"If this ruah / alarm / shout were sounded today,
would we be found enduring?"

Let us use the next ten days leading up to Yom Kippur, the day of atonement, to reflect on this call to repentance, and to really understand what it means to repent. Let us circumcise our hearts, and allow our hearts to be circumcised by Yahuah.

Entering the Season

What am I carrying into Yom Kippur?




DAY 2

Afflict. Examine. Covered. Cleansed.

BY BROTHER MICHAEL M.

"Search me, O El, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." —Psalms 139:23–24

Yom Kippur calls us to humble ourselves before Yahuah, examine our hearts, and recognize the seriousness of sin. Scripture tells us that sin is the transgression of the Torah, reminding us that we cannot measure righteousness by our own standards.

We need the Set Apart Spirit of Yahuah to search the depths of our hearts, expose hidden sin, and reveal the areas where we have fallen short.

Yet revelation alone is not enough.

We must continually depend on His Spirit to empower us to repent, turn away from unrighteousness, and walk faithfully in His ways.

Continued on the next page.



AFFLICT. EXAMINE. COVERED. CLEANSED.

(Continued)

How merciful is Yahuah, who has not left us without hope!

Under the former covenant, the sacrifices served as a yearly reminder of sin, for the blood of bulls and goats could never take it away. But Yahuah sent His Son, Yahusha Ha'Mashiach, who knew no sin, to bear our sins so that we might become the righteousness of Elohiym in Him. Through Yahusha, we find atonement, cleansing, and the hope of reconciliation with our Father.

Let us never mistake His mercy for permission to continue in sin. Instead, let gratitude move us toward genuine repentance and wholehearted obedience. May we continually afflict our souls, welcome the Spirit's correction, and surrender every hidden corner of our hearts to Yahuah, trusting in the atonement and cleansing provided through Yahusha.

May we seek Him with humble hearts,
today and every day. Shalom.

"Blessing, and honor, and glory, and power, be unto him that sits upon the throne, and unto the Lamb forever and ever." Revelation 5:13

SCRIPTURES USED FOR CONTEXT:

- LEVITICUS 23:26-32
- NUMBERS 29:7-11
- 2 CORINTHIANS 5:17-21, 13:5
- HEBREWS 10
- 1 JOHN 1:5-10, 3:4



Looking Back

1. A MOMENT OF GROWTH

2. A DIFFICULTY I FACED

3. A MOMENT OF JOY

4. A CHANGE I EXPERIENCED

TESHUVAH

Teshuvah (תְּשׁוּבָה) is a Hebrew word meaning "return" or "repentance."

What do I need to acknowledge?

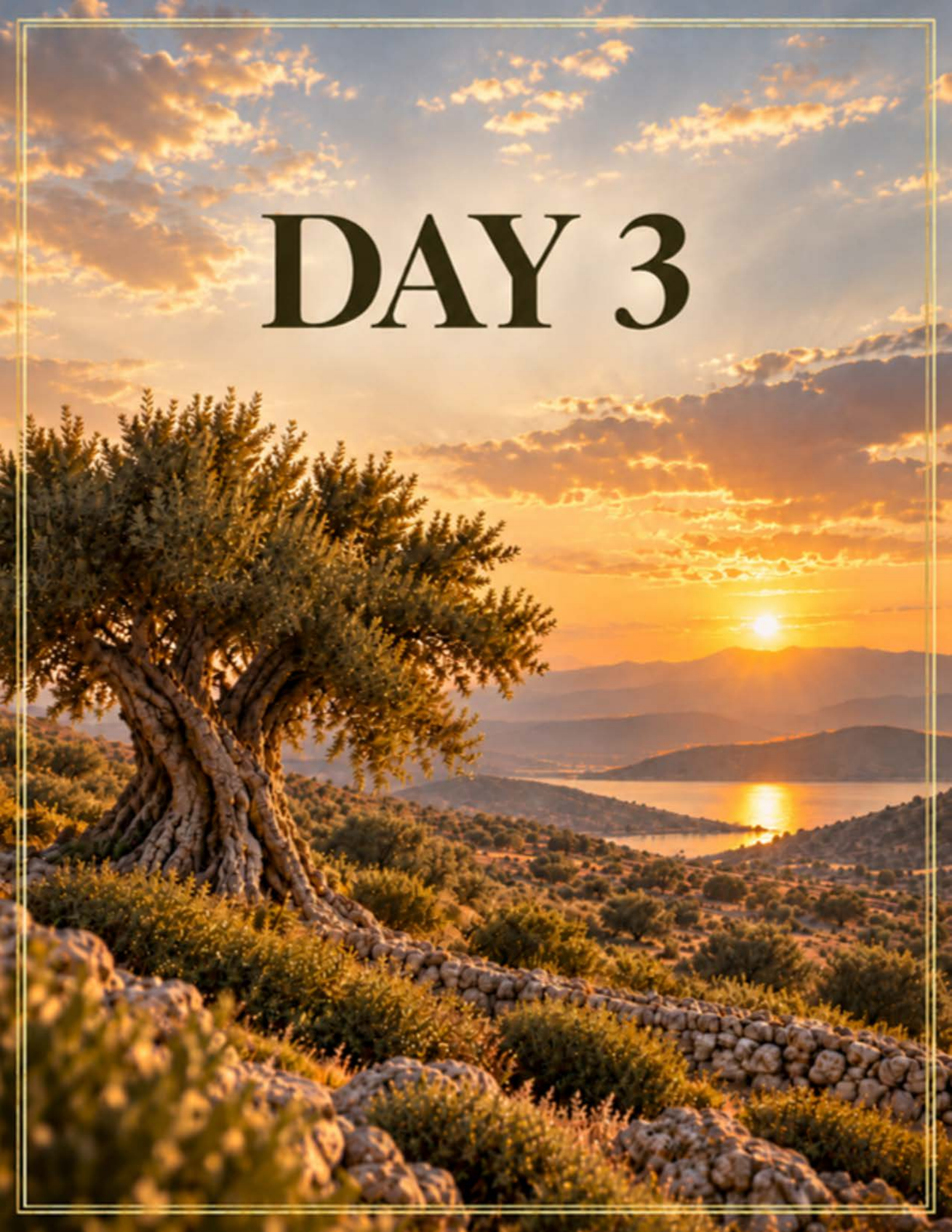
What do I need to change?

What do I need to make right?



**"Let us search and examine our ways,
And turn back to יהוה."**

– Ěḳah (Lamentations) 3:40


DAY 3

Humility: Becoming Children Who Are Willing To Be Taught

BY BROTHER BOB

As we reflect on the Day of Atonement, we are reminded of the importance of humility, repentance, and examining our hearts before YAH.

As obedient children, not fashioning yourselves according to the former lusts in your ignorance: But as He which hath called you is holy, so be ye holy in all manner of conversation.—1 Peter 1:14-15

As a parent, I see a direct connection between raising children and our walk with the Father. Teaching children requires patience, especially when they repeat the same mistakes. Sometimes, our expectations can cause us to become frustrated because we expect them to know better by now. Yet, we must remember that they are still learning and need constant guidance.

This makes me reflect on the patience and love of our Father YAH toward us. He has shown us the way through Yahushua Hamashiach, yet we often struggle with the same things repeatedly. His love is beyond what words can fully express, yet it is clearly demonstrated through His provision, correction, and the way He calls us back to Himself.

Continued on the next page.

HUMILITY

(Continued)

Like children who trust their parents, we must become willing to be taught, corrected, and guided, not merely out of fear, but through reverence, trust, and acceptance. Psalm 25:4–9 reminds us to ask YAH to teach us His paths. Yet we often focus more on external circumstances than on what is happening in our own hearts.

This is why the prayer of Psalm 139:23–24 is so important: "Search me, O Elohim, and know my heart: try me, and know my thoughts." Sometimes, when our shortcomings are exposed, we are quick to say, "That is not who I am," or blame the situation that brought out a particular reaction. But humility calls us to be honest about what is within us rather than continually making excuses for our actions.

Yahushua reminds us in Matthew 15:18 that the things coming out of the mouth proceed from the heart. Examining ourselves requires more than recognizing our mistakes; it requires a willingness to acknowledge them, repent, and allow YAH to transform us.

Ezra 7:10 reminds us of the importance of preparing our hearts to seek the instruction of YAH, to do it, and then to teach it to others. As Philippians 4:13 reminds us, we can do all things through Yahushua, who strengthens us.

As we observe this Day of Atonement, may we approach YAH with the humility of children who are willing to learn, the honesty to acknowledge what is within us, and the faith to trust Him to continue His work in us. **Praise YAH!**

Reflection and Examining the Heart

What has my conduct revealed about the condition of my heart?

Are my thoughts, words, and actions aligned with the Word of Yahuah?

What areas of my life have I avoided examining honestly?

What changes do I need to make as I return to Yahuah?


DAY 4

Fighting the flesh

By Brother Ben

I have been in a season of fighting with my flesh when it pertains to my diet. It's been a season that has lasted five years.

I have been delivered from so many works of the flesh, but this particular chain has continued to ensnare me. I used to look at food as a comfort, as a way to distract from the aches and pains of my chronic bronchitis.

What I didn't realize was I have been adding to the inflammation and infection all my life.

1 Corinthians 6:19 states that our body is a temple for the Ruach ha Qadesh to dwell in. If I continue to seek daily pleasure and gluttony with food, I can only expect to add discomfort and mental fog to my Walk.

So what does Yah tell us through the scriptures to do?

Pray to Him for strength and wisdom.

Submit to Him and give all burdens to His blessed Son. Proverbs 3:5-6, Matthew 11:28-30.



Continued on the next page.

FIGHTING THE FLESH

(Continued)

What burdens do we still unnecessarily carry because of fear, lack of faith, or rebellion?

What other mighty ones have we put in front of The Most High?

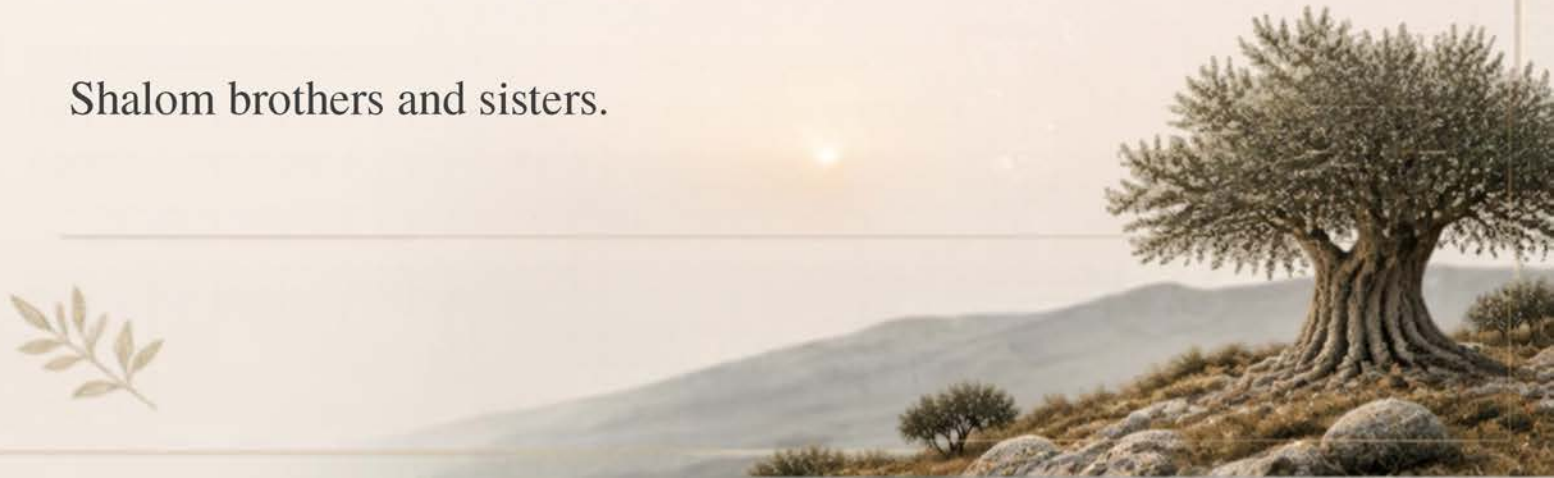
We cannot overcome these fleshly ways without repentance, turning away from these sins and handing our burdens over to our shepherd.

Matthew 7:7-8—Submit and you shall find the peace that Yahuah wants to give you. Our Messiah was sent to set us free from captivity. Isaiah 61:1, Luke 4:18.

Thankfully through Yah's power, I am finally using self-control to live a healthier lifestyle for the Father.

I pray this devotional helps you take another step closer to the Father and His Will for your lives,

Shalom brothers and sisters.



Repentance

Returning and repairing

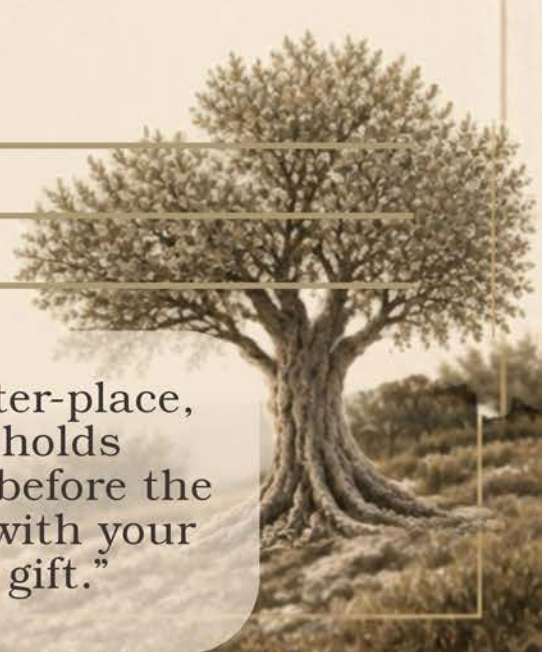
Turning honestly toward Yahuah opens the way to healing, restoration, and a sincere return.

1. What do I need to acknowledge?

2. Who may I have hurt or neglected?

3. What repair is within my power to make?

4. What change am I being called to begin?



"If, then, you bring your gift to the slaughter-place, and there remember that your brother holds whatever against you, leave your gift there before the slaughter-place, and go, first make peace with your brother, and then come and offer your gift."
– *Mattithyahu (Matthew) 5:23-24*

Repentance and Turning Away from Sin

Repentance involves more than feeling regret. It means turning away from sin and returning to Yahuah with a sincere heart.

Is there a sin or habit I need to turn away from completely?

Have I confused feeling sorry with truly changing my ways?

What does genuine repentance look like in my daily walk?

What steps can I take to stop repeating a pattern of disobedience?


DAY 5

A Life of Transformation

BY BROTHER FRED

SCRIPTURE FOCUS: LEVITICUS 16:30; JOEL 2:12–13; JAMES 1:22

"For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before Yahuah."
— Leviticus 16:30

The Day of Atonement is one of Yahuah's most solemn appointed times—a sacred opportunity to humble ourselves, examine our hearts, and reflect upon His mercy and forgiveness. It reminds us of three important truths:

1. Sin must never be treated lightly.
2. Yahuah is merciful toward those who sincerely turn to Him.
3. True repentance must be reflected in the way we live.

In Joel 2:13, Yahuah calls His people to rend their hearts and not their garments. This reminds us that He desires more than outward expressions of repentance. He desires sincere hearts willing to acknowledge sin, abandon disobedience, and return to Him wholeheartedly

But repentance is not merely about recognizing where we have fallen short. It is about allowing Yahuah to transform us.
faithfully we walk before Yahuah tomorrow.

Continued on the next page.

A Life of TransfOrmation

(Continued)

James 1:22 reminds us to be doers of the Word and not hearers only. Genuine repentance produces lasting change in our thoughts, attitudes, actions, and relationships.

As we observe this Day of Atonement, let us ask ourselves:

- ***Are there areas of our lives where we have resisted correction?***
- ***Have we allowed pride, bitterness, or disobedience to distance us from Yahuah?***
- ***Are we extending the same mercy and forgiveness to others that we seek for ourselves?***

May our repentance not end when this appointed day concludes.

May it continue through a life of humility, obedience, forgiveness, and faithfulness to Yahuah.

For the true measure of this day is not simply how deeply we humble ourselves today, but how faithfully we walk before Yahuah tomorrow.



RELATIONSHIPS AND FORGIVENESS

1. Who do I need to approach with honesty?

2. Where do I need to apologize?

3. What gratitude do I want to express?

4. What forgiveness am I ready to offer?




DAY 6

Drawing Near Through Repentance

BY BROTHER JAMONTE

The Day of Atonement calls me to humble myself, examine my life, and turn sincerely back to Yahuah.

Through the conviction of the Ruach Ha'Qodesh (Holy Spirit),

I began to see that Yahuah was humbling me and leading me toward spiritual maturity—even before I understood that it was His Spirit working in me.

Living a life of repentance means continually turning my heart back to Yahuah. I wasn't sure how to pray because I didn't grow up in "the church," and for a long time I wondered whether I was saying the right words.

I've come to understand that prayer doesn't have to follow a special formula. I can speak honestly to Yahuah as if He is right here with me —sharing my struggles, asking for forgiveness, and seeking His guidance.

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Drawing Near Through Repentance

(Continued)

Understanding that Yahuah desires sincere repentance was a tremendous shift for me. It humbled me deeply as I began to see how my way of living had hurt Him and kept me from fully receiving Him. I learned not to cease seeking Him—in my heart and thoughts, in my interactions with others, and in the words I speak.

I cry every day when I think about the time I lost and the ways I lived that hurt Yahuah and kept me from drawing near to Him. Yet through those tears, I am grateful that He has led me toward His love and truth. I'm learning to guard my thoughts and heart and resist fleshly desires, trusting in the hope of Yahuah's everlasting inheritance through Yahusha Ha'Mashiach.

The Day of Atonement has also helped me see people through the eyes of Yahuah, our Creator, and drawn me closer to His everlasting love and guidance. I'm learning to examine myself thoroughly, guard my eyes and ears, and be mindful of my conversations with others. I believe Yahuah calls us to follow His Torah and live righteously.

"How much more shall the blood of Yahusha, who through the eternal Spirit offered himself without spot to Yahuah, purge your conscience from dead works to serve the Living Elohim?" — Hebrews 9:14

I thank Yahuah for allowing me this opportunity to share my thoughts with all of you! Love you all!

Gratitude and Blessings

What people, experiences, and gifts
do I not want to overlook?



"Rejoice always, pray without ceasing, in all circumstances give thanks, for this is the desire of Elohim in Messiah יהושע for you."

– Tas`loniqim Aleph (1 Thessalonians) 5:16-18


DAY 7

I Am Grateful

BY SISTER DIANE

"For Yahuah so loved the world
That He gave His Only Begotten Son,
That whosoever believes in Him
Shall not perish,
But have everlasting life."
— John 3:16

I once wandered far in my sinful ways,
Like the prodigal child,
Lost and alone.
But as I remembered my Father Yah,
I came to a profound understanding
Of His atoning grace.
He loved me so deeply
That He answered my cry.
While the wages of sin are death,
Our Heavenly Father,
In His boundless love,
Sent His Only Begotten Son
To pay the cost—
So that I might have life
In all its fullness.
Oh, how grateful I am!
By faith, I was healed
From the disease of immorality.
This transformation occurred only
Through the redemption of Yahusha,
My Messiah,



I Am Grateful

(Continued)

With a heart full of gratitude, I declare:
What a mighty Yah we serve!
I am immensely grateful.
Oh, that we would all praise Yahuah
For His goodness,
And for His wonderful works
Toward the children of men.
— Psalms 107:8

Whom Yahuah sent forth
As a propitiation for sin.
His sacrifice,
The shedding of His blood,
Replaced the blood of bulls and goats
And made the new declaration
For the remission of our sins.
Yahuah is patient with us.

Through atonement,
He has made provision,
Allowing us to be reconciled to Him
Through faith in His Son.
Because I have been forgiven,
I am called to forgive others.
Yes, I am grateful!
And I honor the Day of Atonement
As a sacred testament
To Yahuah's saving grace,
Salvation,
And redemption.



Forgiving Myself

What am I ready to release with compassion?

"Who is an Ĕl like You – taking away crookedness and passing over the transgression of the remnant of His inheritance? He shall not retain His wrath forever, for He Himself delights in loving-commitment. He shall turn back, He shall have compassion on us, He shall trample upon our crookednesses! And You throw all our sins into the depths of the sea!"

– Miḳah (Micah) 7:18-19



CLEANSING AND PURIFICATION

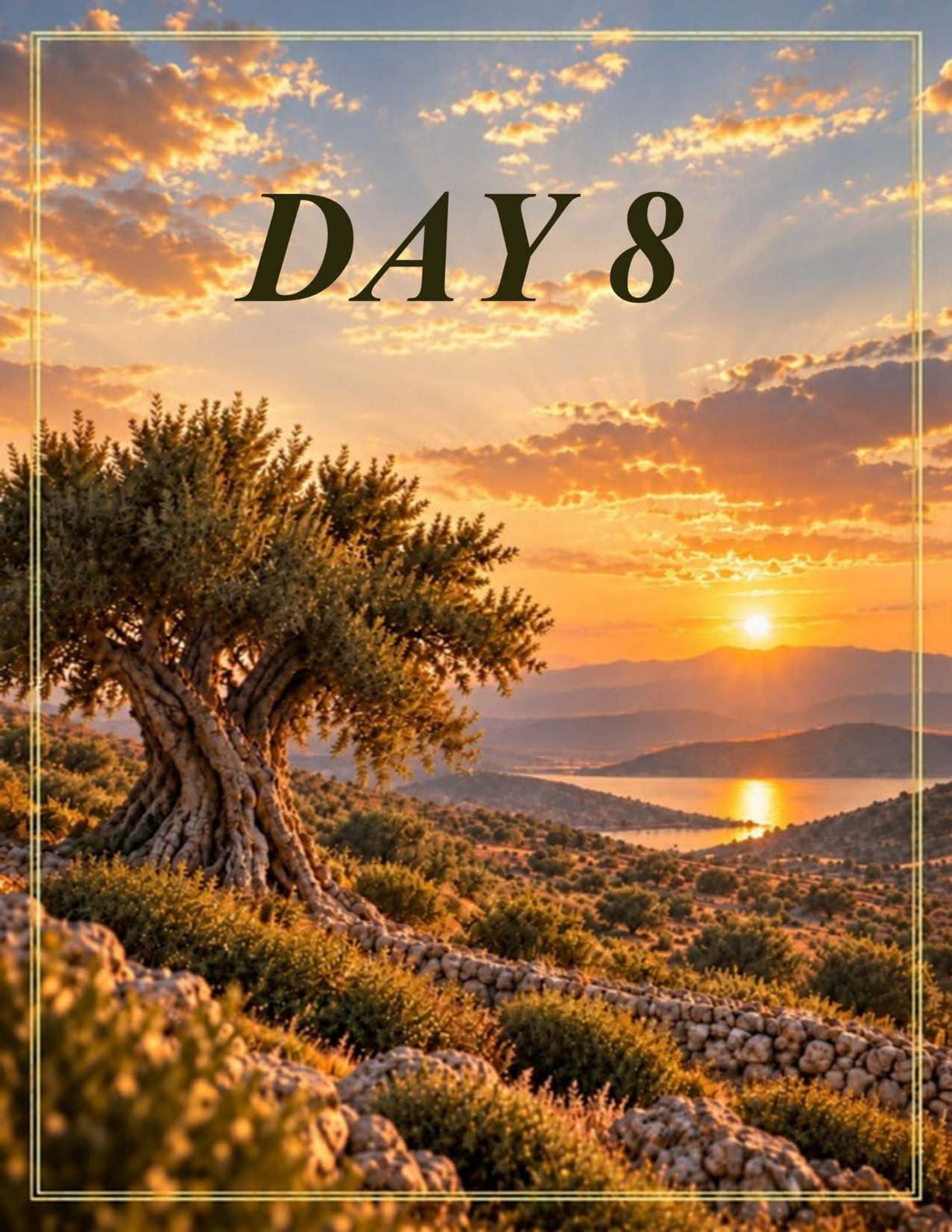
In Ezekiel 36:25-27, Yahuah promises cleansing, a new heart, a new spirit, and the ability to walk in His statutes. So, draw near with a true heart in full assurance of faith with hearts cleansed from a wicked conscience and our bodies washed with clean water (Hebrews 10:19-22)

What thoughts, attitudes, or behaviors are polluting my heart?

What does a clean heart look like in practical, everyday life?

Where do I need renewal in my thoughts, motives, or conduct?

What changes would help me walk more consistently in holiness?


DAY 8

A Heart Prepared for Yahuah

BY SISTER EDKIRA

Searching Ourselves | Returning to Yah, | Preparing for His Kingdom

Scripture Focus:

Joel 2:12–13 | Psalm 139:23–24 | Psalm 51:10 | Matthew 7:21

What Is the Condition of Our Hearts?

Joel 2:12–13 calls us to return to Yahuah with all our hearts, to rend our hearts rather than our garments, for He is gracious and merciful.

As we prepare for the Day of Atonement and the Feast of Sukkot, we often focus on getting everything in order. But how much time do we spend preparing ourselves spiritually? Beyond knowing the appointed times and understanding the commandments, what is the condition of our hearts when nobody is watching?

If Yahuah searched our hearts today, would He find humility or pride, forgiveness or resentment, obedience or excuses? Sometimes we become so focused on the shortcomings of others that we overlook what Yahuah is trying to correct within us.

David prayed in Psalm 139:23–24, "Search me, O God, and know my heart," not search everyone around me. Genuine repentance begins when we invite Yahuah to reveal what needs to change in us. Someone else's wrongdoing never excuses our own disobedience.

Continued on the next page.

A Heart Prepared for Yahuah

(continued)

Preparing for Atonement and Sukkot

Yahuah desires more than outward appearances. We can observe the appointed times and speak about righteousness, yet still resist the correction of His Word.

The Day of Atonement calls us to humble ourselves (Leviticus 23:27). Repentance requires action: forgiving others, admitting our wrongs, changing our conduct, and choosing obedience.

As Sukkot approaches, consider what you may need to lay down. Are you holding onto bitterness, pride, unresolved conflict, or habits that hinder your walk? Sukkot reminds us of Yahuah's provision in the wilderness (Leviticus 23:42–43). May we trust His direction and obey even when it is not convenient.

Matthew 7:21 reminds us that entering the Kingdom requires doing the Father's will. Let us continue growing in humility, repentance, and obedience.

Selah: Personal Examination

- What have I allowed to become normal that Yahuah is calling me to change?
- Do I receive correction with humility or defensiveness?
- Is there someone I need to forgive or make peace with?
- What must I surrender as I prepare for Sukkot?

Continued on the next page.

A Heart Prepared for Yahuah

(continued)

Closing Prayer

ABBA Yah,
Search our hearts and reveal what we have overlooked or justified. Give us humble spirits willing to receive correction.

Create clean hearts within us and renew right spirits. As we prepare for Sukkot, help us become doers of Your Word, walking faithfully in Your ways until Yahusha returns.

In the name and authority of Your Son, Yahusha.

HalleluYah and Amein.

Today's Reflection: We can prepare everything for the Feast and still neglect our hearts. Our goal is not simply to prepare for another appointed time, but to continually prepare to stand before Yahuah.

Selah.



Humility and Afflicting Our Souls

Isaiah 66:2:

"And all these My hand has made, And all these came to be," declares Yahuah. "And to this one I look: To him who is humble and bruised of spirit, and who trembles at My Word."

Philippians 2:3-8:

"doing none at all through selfish ambition or self-conceit, but in humility consider others better than yourselves. Each one should look out not only for his own interests, but also for the interests of others. For, let this mind be in you which was also in Messiah Yahusha, who, being in the form of Elohim, did did not consider it robbery to be equal with Elohim, but emptied Himself, taking the form of a servant, and came to be in the likeness of men. And being found in fashion as a man, He humbled Himself and became obedient unto death, death even of a stake."

HUMILITY AND AFFLICTING OUR SOULS

(Continued)

1. In what areas have pride or self-righteousness influenced my decisions?

2. Do I readily accept correction from the Word of Yahuah?

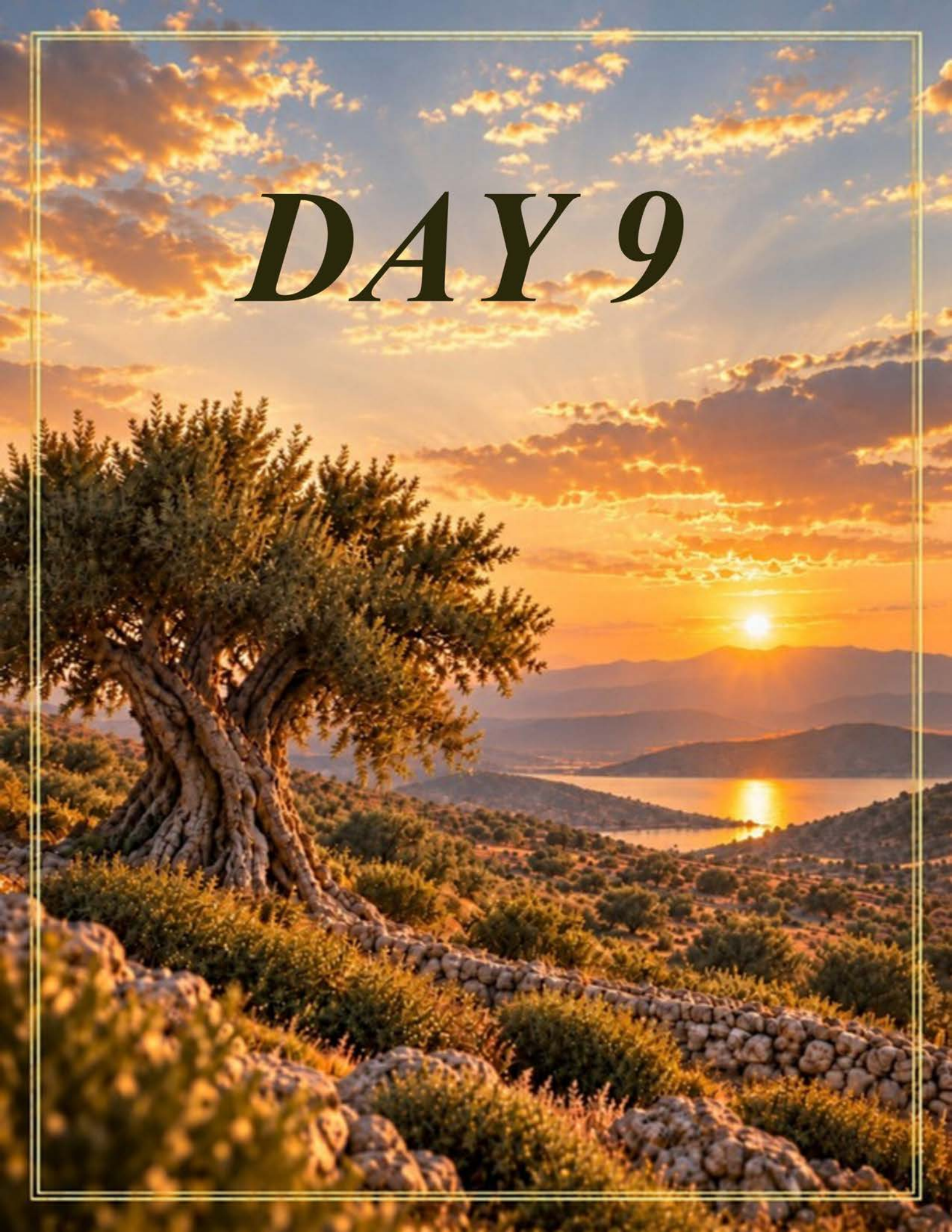
3. Have I been relying on my own understanding instead of seeking His guidance?

4. What would it look like to humble myself in my relationships and daily conduct?

QUIET REFLECTION

Thoughts, prayers, or meditation




DAY 9

What Must Depart, And What Must Remain?

BY SISTER APRIL J.

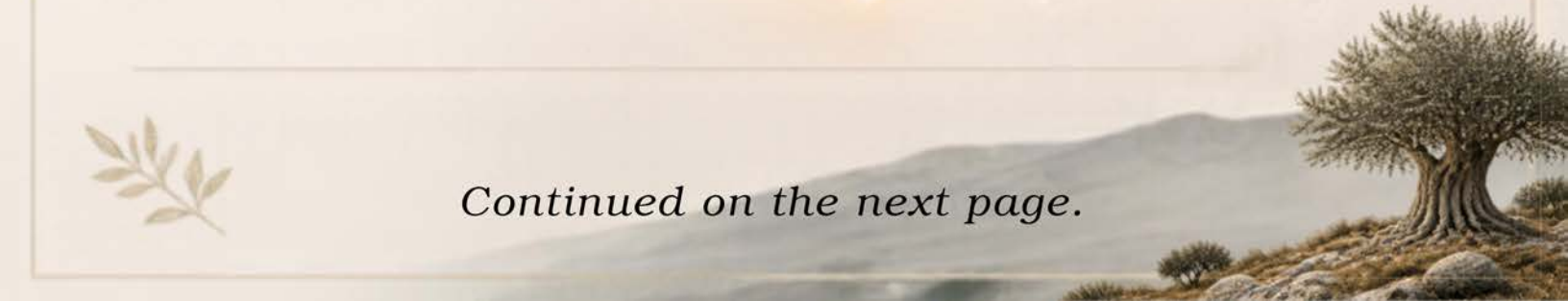
"And the goat shall bear on itself all their crookednesses, to a land cut off. Thus he shall send the goat away into the wilderness." —Leviticus 16:22

In Abba's Word, Leviticus 16:22 tells us that He gave Israel visible assurance that the sins committed during the past year were *REMOVED* from them. In *YAH's* perfect justice, those sins were placed upon the head of the goat representing sin's *ORIGINATOR*—Satan.

That "goat of departure" (Strong's 5799, 'ăzâ'zêl), was cast out of the camp into the wilderness. This foreshadows Revelation 20:2–3, where Satan is cast into the bottomless pit.

The people watched as the azazel left their midst, carrying their sins away. How their hearts must have overflowed with thankfulness and joy!

This invites personal reflection for *US*: What does *YAH* want to *DEPART* from our lives, and what does He *NEVER* want to *DEPART* from our hearts?



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WHAT MUST DEPART, AND WHAT MUST REMAIN?

(Continued)

YAH NEVER WANTS US TO DEPART FROM:

- ***His Word:*** Jos 1:8 — Abba, keep Your Word on our lips and in our meditation, that our ways may honor You.
- ***Wisdom and discretion:*** Pr 3:21 — YAH, help us preserve wisdom and discretion and resist distractions that weaken our devotion.
- ***His statutes:*** 2Sa 22:23 — Merciful Abba, keep Your judgments before us and let us not turn from Your statutes.
- ***His covenant faithfulness:*** Isa 54:10 — During unsettling times, anchor us in Your peace and unfailing kindness.

YAH DOES WANT US TO DEPART FROM:

- ***Evil:*** Ps 34:14 — Through Yahushua, teach us to depart from evil, pursue peace, and do good.
- ***Iniquity:*** 2Ti 2:19 — YAH, assure us that You know Your own, and lead us away from iniquity.
- ***Wicked influence:*** Nu 16:26 — Abba, give us courage to separate from every corrupting influence.
- ***Uncleanness:*** Isa 52:11 — Purify our hands and hearts; remove us from impurity so that we may carry only what is holy.

Anciently, Israel's sins were confessed, forgiven, and removed. The same applies to us today.

May we urgently cast away all that separates us from Yah while holding fast to all that draws us nearer to Him. Then, Mishpacha, as Abba steadily purifies our yielded hearts, may He graciously equip us for every good work—both now and in His Kingdom to come. HalleluYAH!

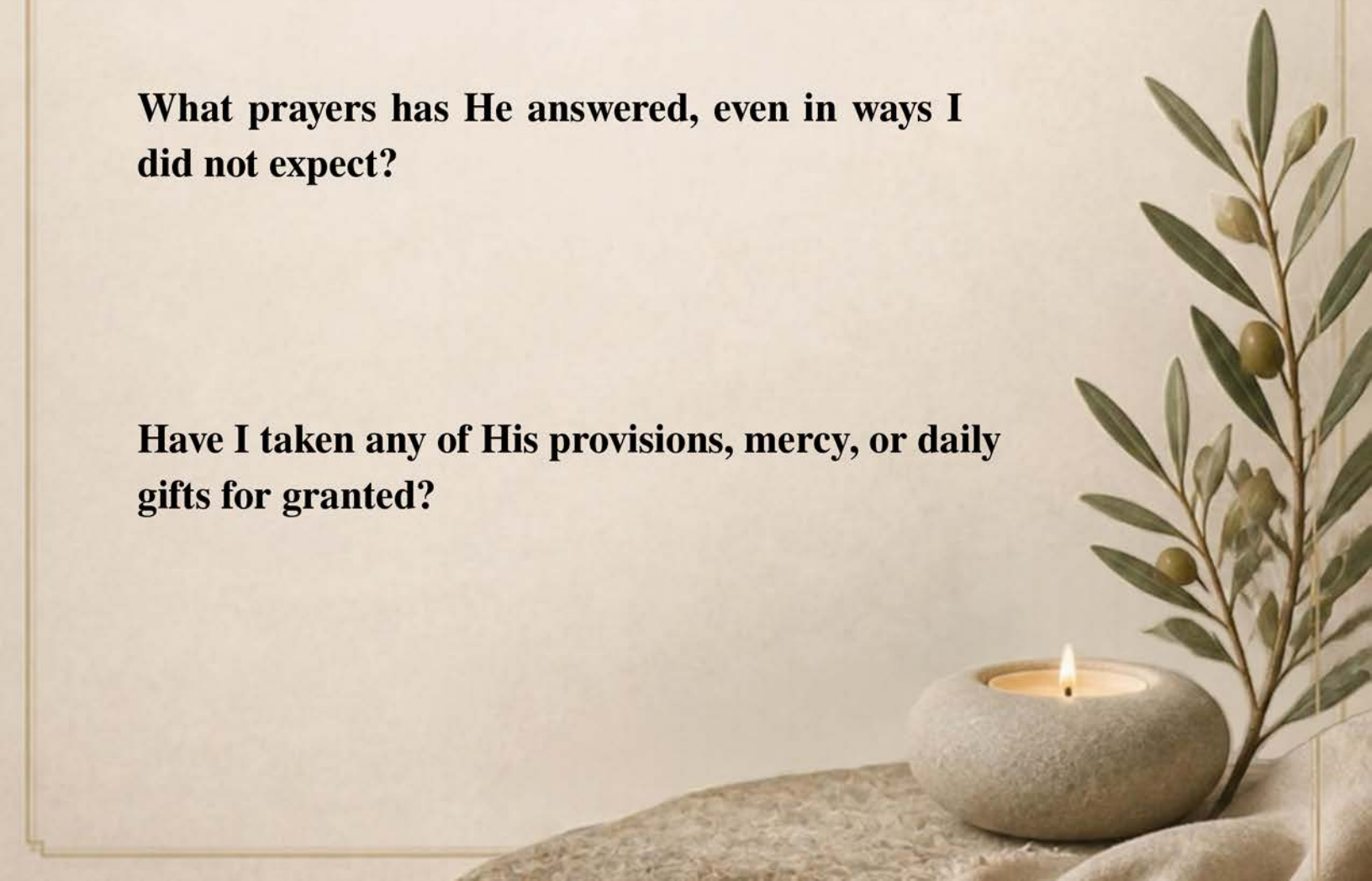
REMEMBERING AND HONORING

The scriptures encourage us to remember what Yahuah has done, give thanks in every circumstance, and recognize His goodness even during seasons of correction and reflection.

What has Yahuah done in my life that I need to remember and give thanks for?

What prayers has He answered, even in ways I did not expect?

Have I taken any of His provisions, mercy, or daily gifts for granted?



Values and Commitments

Three values I want to carry forward

1

2

3

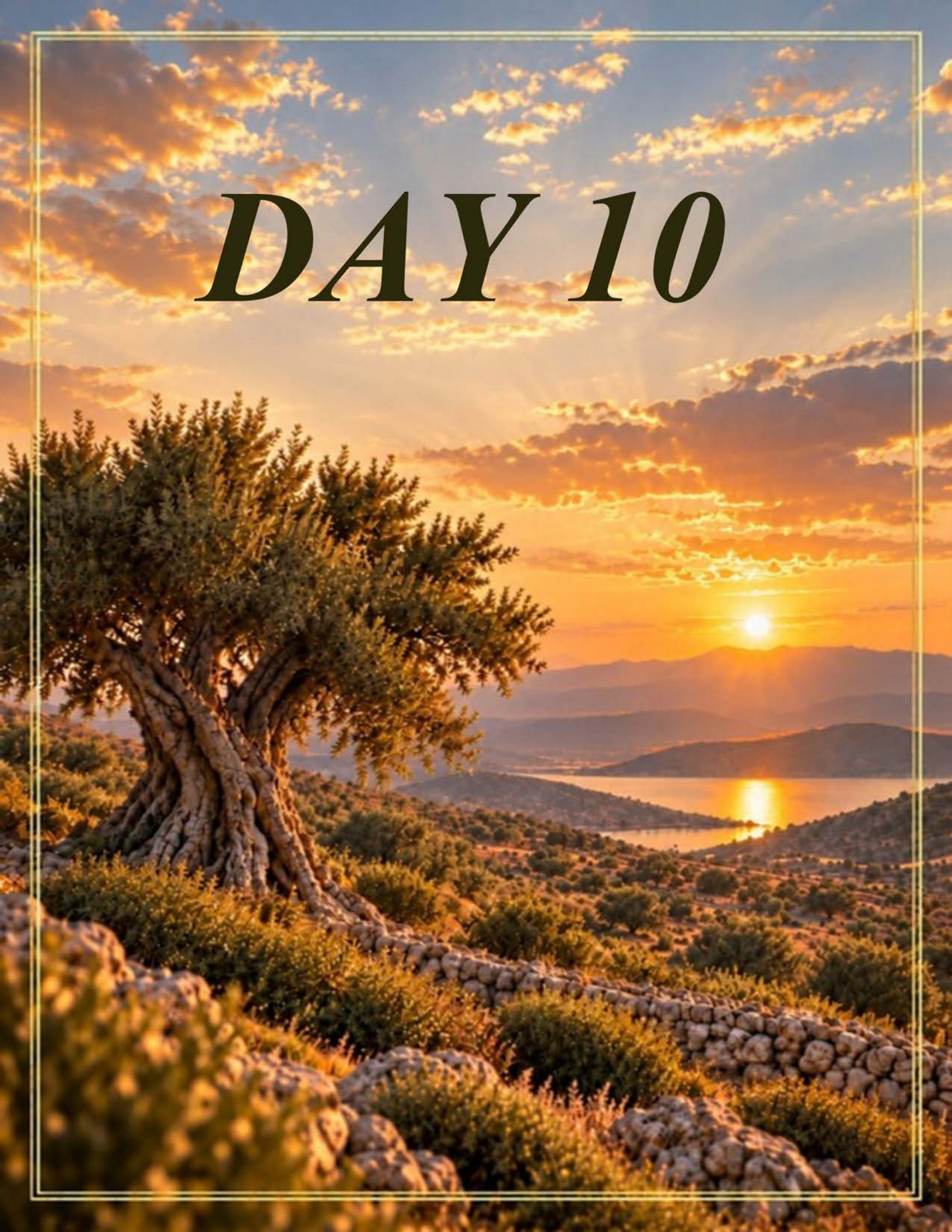
How will I live these values in practice?



Looking Forward

What kind of person do I want to become?




DAY 10

INVITATION TO FAST

Some of us within our assembly family will be fasting on the Yom Kippur (the Day of Atonement), on Wednesday, October 21, beginning at midnight and continuing until after our online convocation service, which begins at 12:00 noon ET.

While Scripture commands us to "afflict our beings" on the Day of Atonement (Leviticus 16:29–31; 23:27–32), it does not explicitly command fasting from food and water as the only means of doing so.

Nevertheless, fasting has long been understood as one meaningful way to humble ourselves before Yahuah (Psalm 35:13; Ezra 8:21).

If you feel led to join us in fasting, you are warmly invited to do so. This is a personal decision between you and Abba Yahuah.

Fasting With Purpose

Fasting is about much more than abstaining from food. It is an opportunity to quiet the distractions of everyday life, humble ourselves, examine our hearts, deepen our prayers, and draw nearer to our Elohim.

There are different ways to fast, including:

- Complete fast: Abstaining from both food and water for a period of time (Esther 4:16).
- Water fast: Abstaining from food while continuing to drink water (Luke 4:2 describes abstaining from food).
- Partial fast: Abstaining from certain foods or delicacies, as Dani'el did during his period of mourning and seeking understanding (Daniel 10:2–3).

Continued on the next page.

INVITATION TO FAST

(Continued)

A fast accompanied by prayer and repentance: Setting aside our usual comforts and distractions to earnestly seek Yahuah, humble ourselves, and turn away from wrongdoing (Joel 2:12–13; Jonah 3:5–10).

Whatever form of fasting we choose, let us remember that the purpose is not simply to go without, but to draw closer to Yahuah and allow Him to work within us. Fasting should never become a measure of our righteousness or a reason to judge others.

Beyond the Day of Atonement

As we observe this set-apart day, let us seek more than forgiveness for past wrongdoings. Let us sincerely repent, asking Yahuah to cleanse us through the blood of the Lamb, Yahushua our Messiah, and to help us walk in renewed obedience and righteousness.

True repentance should produce lasting change.

Our outward lives should reflect the transformation taking place within our hearts.

Galatians 5:22–23 reminds us of the fruit of the Ruach: **love, joy, peace, patience, kindness, goodness, trustworthiness, gentleness, and self-control**.

INVITATION TO FAST

(Continued)

As we reflect, let us ask ourselves:

- Are these fruits evident in my daily life?
- Am I becoming more loving, patient, forgiving, gentle, and self-controlled?
- Do my words, attitudes, and actions reflect the character of Messiah?
- Would my family members, coworkers, neighbors, and others recognize that I am a believer by the way I live?
- Or would they be surprised to learn that I profess to walk a set-apart life with Abba Yah?

These are questions worth considering, not only on the Day of Atonement, but throughout the year.

Scriptures for Fasting, Repentance & Reflection

- Isaiah 58:6–11 — The fast Yahuah desires: loosening the bonds of wickedness, showing compassion, and caring for others.
- Joel 2:12–13 — Return to Yahuah with all your heart, with fasting, weeping, and mourning.
- Psalm 51:10–12 — A prayer for a clean heart and a renewed, steadfast spirit.
- Matthew 6:16–18 — Yahushua's teaching on fasting with sincerity rather than seeking recognition.
- James 4:8–10 — Draw near to Elohim, cleanse your hands, purify your hearts, and humble yourselves.

INVITATION TO FAST

(Continued)

- 1 John 1:7–9 — Walking in the light, confessing our sins, and receiving cleansing through Messiah. reflects His presence in our lives.
- 2 Corinthians 7:10–11 — The difference between worldly sorrow and sincere repentance that produces change.
- Galatians 5:16–25 — Walking in the Ruach and bearing fruit that reflects His presence in our lives.

A Final Reflection

As these ten days of reflection come to a close, may our commitment to examining ourselves, repenting, forgiving, and growing in righteousness continue.

Let the Day of Atonement not simply be a day we observe, but a reminder of the life we are called to live every day.

May Yahuah search our hearts, reveal what needs to change, cleanse us from unrighteousness, and strengthen us to walk more faithfully in His ways.

All praises to Yahuah for His mercy, His patience, and the precious gift of atonement through Yahushua our Messiah!

May your Day of Atonement be filled with sincere reflection, renewed commitment, and a deeper walk with Yahuah.

CLOSING REFLECTION

What am I leaving behind?

What am I carrying with me?



Final Notes

Notes, prayers, and reflections

