



**Leviticus 16:30** “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 the LORD.” **Verse 31:** “It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever.” The Heavenly Father has blessed his people with a specific “day” that teaches us how to be cleansed from “sins”. This day is called the day of Atonement. The scripture above said this day must be kept “by a statute for ever.” When and how are we to observe this day?

**WHEN?:** The day of Atonement is kept on the tenth day of the seventh month. **Leviticus 23:27** “Also on *the tenth day* of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; ....” In which the scriptures tells us begins in the ninth day at evening (darkness/night). **Leviticus 23:32** “It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.” From the **evening of Sept 27th until the evening of Sept 28th** we are to keep this day holy as a Sabbath afflicting our souls.

**HOW?:** A day a of *rest* where *no work* is to be done. **Leviticus 16:29** “And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and **do no work at all**, whether it be one of your own country, or a stranger that sojourneth among you:” This day must be kept like the weekly seventh day Sabbath which means it’s a day off from work and all your personal labors. See, **Isaiah 58:13**. When keeping the Sabbath you are not to buy or sell. Read, **Nehemiah 10:31**. No carrying of heavy burdens, or doing chores of any kind. See, **Jeremiah 17:21-22** and **Nehemiah 13:15-22**. No cooking is allowed on this Sabbath day for it is a day to afflict your soul. See, **Exodus 35:2-3**. The day of Atonement is unique from all the other holy days. In that the heavenly Father requires for us to afflict our soul which means to fast (no eating or drinking) to keep this day holy. This is the only day of the year that he has chosen for us to afflict our spirit by fasting. **Isaiah 58:5** “Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?” **Verse 6:** “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?” As you can see this day is chosen to free us from wickedness/sin through Jesus Christ. In this day our focus should be to show repentance and learn obedience by submitting our soul and body to the most High’s will. Casting away the evil spirits that we have entertained by repenting with fasting and prayer. Read, **Daniel 9:3-16**, **Daniel 9:24-27**, **Matthew 9:15-17**, and **Matthew 17:16-21**. Fasting means to not eat or drink, in other words put nothing in your mouth; to taste nothing (**Jonah 3:5-7**). **Esther 4:16** “Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink....” The prophecies in the scriptures teach us that those who repent sincerely and keep this day will be blessed with the kingdom of heaven one example of this is **Isaiah chapter 58**.

**WHO?:** Anyone with a soul; **Leviticus 23:29** “For *whatsoever soul* it be that shall not be afflicted in that same day, he shall be cut off from among his people.” To not fast on this day is a sin that will get you cut off which means to be destroyed. **Isaiah 48:18** “O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea:” **Verse 19:** “Thy seed also had been as the sand, and the offspring of thy bowels like the gravel thereof; his name should not have been cut off nor destroyed from before me.” Like the children of Israel that were in ancient Babylon we must all sanctify this day and call the assembly together for this fast. See, **Joel 2:15-16**.

**WHERE?:** Any where we are located as it said in the commandment. **Leviticus 23:30** “And whatsoever soul it be that doeth any work in that same day, the same soul **will I destroy** from among his people.” **Verse 31:** “Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings.” This is why the most High left us an righteous example in the apostle Paul. Since he kept the day of Atonement although he was in a ship as a prisoner going towards Rome. **Acts 27:9** “Now when much time was spent, and when sailing was now dangerous [during the fall season], because **THE FAST** [day of Atonement] was now already past, Paul admonished them,” These are the words that the Father (YHWH) commanded us to keep in his Son.