

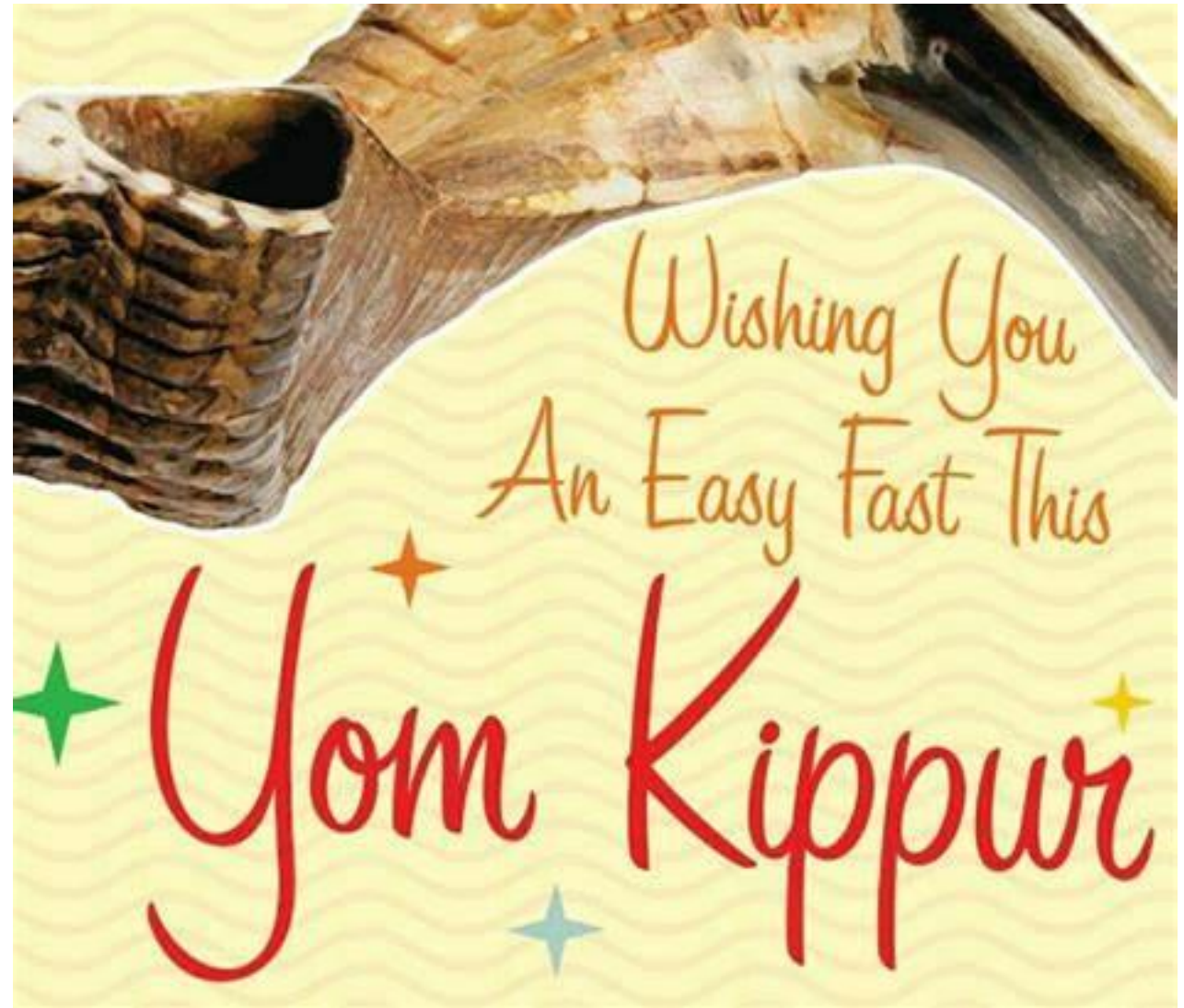
*join us for*

# THE HIGH HOLIDAYS



# YOM KIPPUR FASTING

- Fasting is considered a form of self-denial.
- Through fasting we set aside things of the flesh
- We concentrate on the spirit thru prayer, repentance, & a desire for self-improvement.



It is a solemn day—a day of fasting and doing no work;

It's a day for inspecting one's inner motives and thoughts; a day for teshuvah (repentance) and redemption.

It is a **SOMBER DAY**, that we recognize our sins and ask God to forgive us for another year,

We ask God to write our name in His book of life, health and prosperity.



Bad fates await those who are judged, saying that some will live and die.

Somber but Hopeful:

“Repentance, Prayer, and Charity annul the severe decree.”

Yom Kippur, the chance to make an appeal to change the judgment to good, to show our true repentance and to make amends.





# Yom Kippur

יום כיפור

Day of Atonement

**Before we can seek forgiveness from the Father, we are taught to seek forgiveness from those whom we may have offended.**

**Forgiveness of others opens the door for God to resolve conflict between Himself and the petitioner.**

**REPENTANCE, FORGIVENESS, & MAKING AMENDS, are basic to our faith in the God this Day of Atonement**



# YOM KIPPUR

ATONEMENT FOR A PEOPLE

## 4 Steps to Repentance

- 1) **Verbally confess** your mistake and ask for forgiveness (*Mishneh Torah 1:1*).
- 2) **Express sincere remorse**, resolving not to make the same mistake again (*Mishneh Torah 2:2*).
- 3) Do everything in your power to “**right the wrong**,” to appease the person who has been hurt (*Mishneh Torah 2:9*).
- 4) **Act differently** if the same situation happens again (*Mishneh Torah 2:1*).

A golden menorah stands in a desert landscape under a bright sky. The menorah is the central focus, with its seven branches extending outwards. The background shows a vast, flat desert floor with some distant hills and a clear sky.

# YOM KIPPUR:

## *The Day of Atonement*

Judaism teaches that true “*teshuvah*” or repentance involves the “repair” of our relationship with our fellowman, and with Abba father.

This concept of repairing wrongs committed to others ties with the Hebrew concept of “Tikkun ha-Olam” (repairing the world), efforts over and above those commanded by God, to perfect the world.

# Yom Kippur

## The Day of Atonement

AL CHET ATONEMENT PRAYER



**Abba Father**, You gave us Yom Kippur to look inside our souls.

Abba, today, I release pride, replacing it with a broken & contrite heart

Cleanse my heart, shine Your light in all dark areas

Soften our hardened hearts.

Let Your light "*Shekinah Glory*", radiate through me

**AL CHET ATONEMENT PRAYER**

**Abba Father, God of love, Forgive us!**

Forgive us for squandering the gifts You have given us

For taking all Your blessings for granted.

For not living up to all the potential inside of us.

As we humble ourself before, open our eyes to what we have ignored.

**AL CHET ATONEMENT PRAYER**

**Abba Father, Forgive us!**

We have betrayed, we have deceived

We have been cruel, self-centered, unforgiving, and petty

We have taken others for granted, spread lies, and gossiped

**AL CHET ATONEMENT PRAYER**

**Abba Father, Forgive us!**

We have hated and stolen

We have hurt and neglected others

We stood by when we should have stood up

We have been jealous, greedy, uncharitable,  
stubborn, judgmental, and hypocritical

**AL CHET ATONEMENT PRAYER**

Abba Father, Forgive us!

For ignoring You

For acting without thinking

For giving in to sexual desires that we should have fought

For being cruel to family & friends

AL CHET ATONEMENT PRAYER

Abba Father, Forgive us!

For the lies we told

For looking down on others

For being dishonest in business

For being critical and judgmental

AL CHET ATONEMENT PRAYER

Abba Father, Forgive us!

For speaking when we should have kept silent

For our arrogance

For not taking responsibility

For hurting those we love

AL CHET ATONEMENT PRAYER

Abba Father, Forgive us!

For not weighing the consequences of our actions

For blindly following others instead of thinking for ourselves

For making promises we didn't keep

For not being generous to those we could have helped

AL CHET ATONEMENT PRAYER



**Ruach Ha-Kodesh, (Holy Spirit) You know us!**

You know all our secrets. Nothing is hidden from You.

You know our thoughts, desires, and clandestine acts.

You know our lies, the way we deceive ourselves and others.

You know the mysteries of the universe and the secrets of every soul.

**AL CHET ATONEMENT PRAYER**

## Ruach Ha-Kodesh (Holy Spirit)

Remind us to honestly repent because we do not have unlimited time on this earth.

Teach us to believe that transformation is possible when we yield to you.

Empower us to repair all that is broken our lives.

AL CHET ATONEMENT PRAYER

**Ruach Ha-Kodesh (Holy Spirit)**

Help me, to control my tongue

My cursed words have caused far too much pain

Remind me, that my words can cause joy.

My words can praise, enlighten, encourage, & inspire!

My words can comfort and heal!

**AL CHET ATONEMENT PRAYER**

## Ruach Ha-Kodesh (Holy Spirit)

Be with me, guide me, and teach me

Release the tension that binds me

Free me, Free Me indeed!

Let me shine, Let me bless Your world

Baruch HaShem, make us holy on this holy day

AL CHET ATONEMENT PRAYER

**Jehovah Rapha!**

Heal us, Repair us & Restore us

Help us to repair our lives, relationships, souls, & our world

Place wisdom on my lips

Blessings on my tongue

Honor, humility, and compassion in my heart

**AL CHET ATONEMENT PRAYER**

**Jehovah Rapha!**

Please accept this prayer with love.

We pray for the time when Your presence  
will be felt Throughout the earth.

When all the brokenness will be healed

When all suffering will cease.

**AL CHET ATONEMENT PRAYER**

**Yehovah Shalom!**

Let my anxiety give way to your Blessed assurance

Let my scattered thoughts focus and meditate on You!

Let my fears give way to firm, fortified, faith!

**AL CHET ATONEMENT PRAYER**

Abba Father, we CONFESS & REPENT!

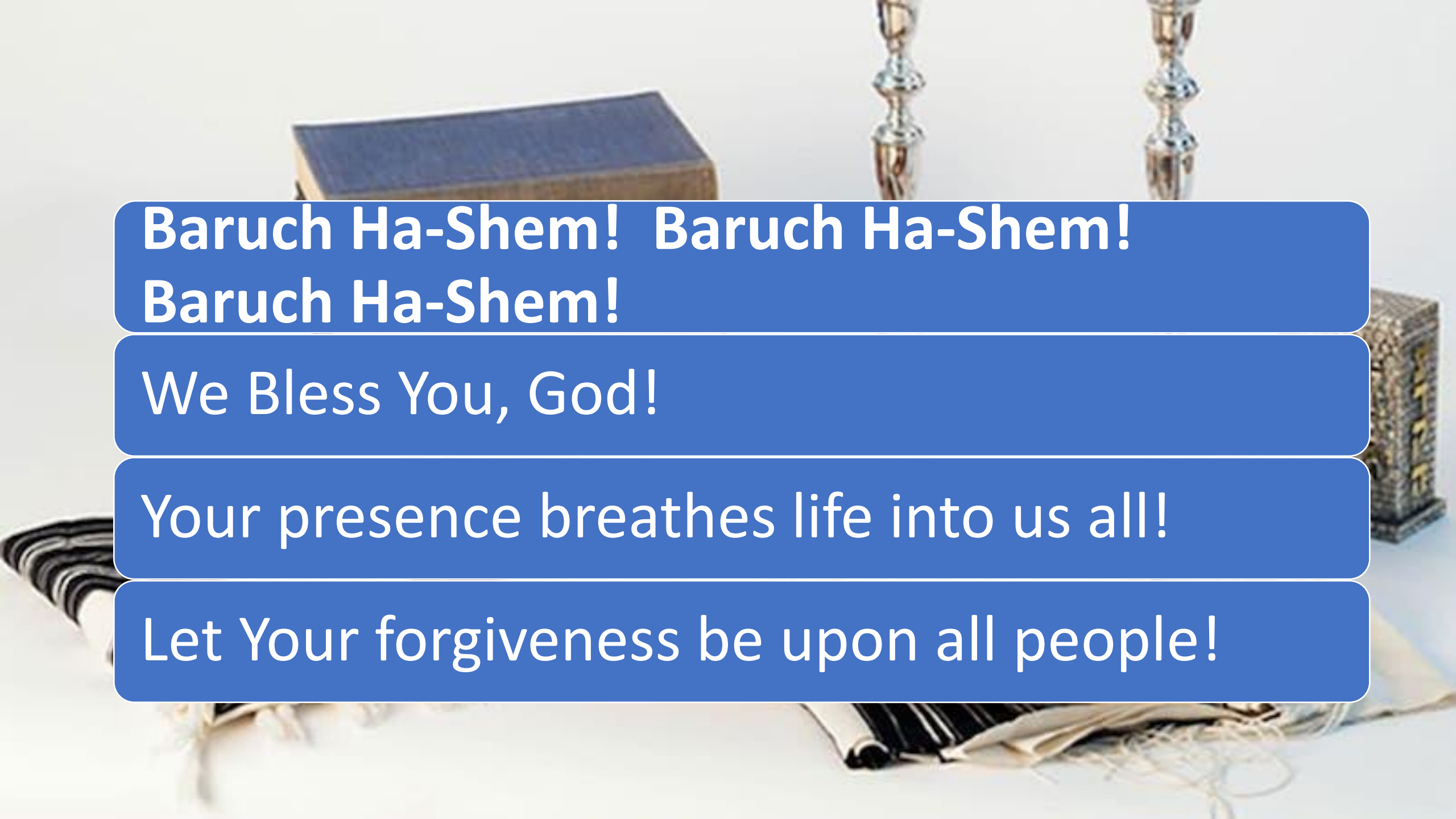
God of forgiveness, forgive us, teach us how to change.

Let us hear you say: *I have forgiven you, as you have asked!*

Let all the People who confess & repent be forgiven by the miraculous, cleansing, purifying Blood of Yeshua! Amen!

AL CHET ATONEMENT PRAYER





**Baruch Ha-Shem! Baruch Ha-Shem!  
Baruch Ha-Shem!**

**We Bless You, God!**

**Your presence breathes life into us all!**

**Let Your forgiveness be upon all people!**