



COMMUNAL  
PRAYER & FASTING  
GUIDE



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# Week 1: What Is Fasting, and Why Is It so Slow?

## What is fasting?

The Hebrew word *tsum* (צום Strong's H6684) means “to cover the mouth.” We know there are commandments to fast. On Yom Kippur as an act of repentance, we are commanded to deny ourselves (traditionally observed as fasting from food, water, and labor). In scripture are other instances of fasting - as an act of intercession for the ill, preventing calamity, an act of mourning, and an act of humility when G-D moves.

Fasting breaks our dependence on things. We depend on food to give us energy, money to pay bills and buy food, and our homes to keep us safe from the elements. We also depend on things to engage our minds. When we fast, we intentionally carve out a space for *ADONAI* to move according to His will as we acknowledge our total dependence on Him.

## So, how do we fast?

There are several scriptures that explain how we should fast.

**Joel 2:12-13** “Yet even now” —it is a declaration of *ADONAI*— “turn to Me with all your heart, with fasting, weeping and lamenting.” Rend your heart, not your garments, and turn to *ADONAI*, your G-D. For He is gracious and compassionate, slow to anger, abundant in mercy, and relenting about the calamity due.

**Isaiah 58:3-11** “Why have we fasted, yet You do not see? Why have we afflicted our souls, yet You take no notice?” “Behold, in the day of your fast you seek your own pleasure and exploit all

your laborers. Behold, you fast for strife and contention and to strike with a wicked fist. You should not fast as you do today to make your voice heard on high. Is this the fast I have chosen? A day for one to afflict his soul? Is it to bow down his head like a reed, and spreading out sackcloth and ashes? Will you call this a fast and a day acceptable to *ADONAI*? “Is not this the fast I choose: to release the bonds of wickedness, to untie the cords of the yoke, to let the oppressed go free, and to tear off every yoke? Is it not to share your bread with the hungry, to bring the homeless poor into your house? When you see the naked, to cover him, and not hide yourself from your own flesh and blood? Then your light will break forth like the dawn, and your healing will spring up speedily. Your righteousness will go before you, the glory of *ADONAI* as your rear guard.” Then you will call, and *ADONAI* will answer. You will cry and He will say, “Here I am.” If you get rid of the yoke among you— finger-pointing and badmouthing— If you give yourself to the hungry, and satisfy the desire of the afflicted, then your light will rise in darkness, and your gloom will be like midday. Then *ADONAI* will guide you continually, satisfy your soul in drought and strengthen your bones. You will be like a watered garden, like a spring of water whose waters never fail.”

In **Matthew 6:16-18**, Yeshua said “And whenever you fast, do not become sad-faced like the hypocrites, for they neglect their faces to make their fasting evident to men. Amen, I tell you, they have their reward in full! But when you fast, anoint your head and wash your face, so that your fasting won’t be evident to men, but to your Father who is in secret. And your Father, who sees in secret, will reward you.”

With these references, we see that fasting is acceptable by G-D when we humble ourselves and focus wholeheartedly on Him and His will for us and others. As with all worship, *ADONAI* seeks our hearts and does not want a spectacle. Fasting is rending our

hearts, restoring relationships, returning to *ADONAI*, and seeking Him for all our needs. It is a time of self-denial that draws us nearer to *ADONAI*.

### So why 40 days?

There are three instances in scripture where men fasted for 40 days. The first man to fast in scripture is Moshe. He fasted for 40 days and nights in the presence of G-D while being given the Decalogue (Ten Commandments) (**Exodus 34:28**). Then Eliyahu, after zealously declaring G-D's strength and witnessing G-D's might, fasted 40 days while traveling to Horeb. There he encountered *ADONAI*, again (**1 Kings 19:1-16**). Lastly, Yeshua fasted for 40 days in the wilderness after being immersed by Yochanan and filled with the Ruach ha-Kodesh (**Luke 4:1-2**) During or after a life-altering experience with *ADONAI*, these three men went into solitude and fasted. Each man removed obstacles that would prevent total dependence on G-D.

**Our goal** is to fast from food and remove all obstacles preventing our total dependence on G-D. Please consider obstacles like alcohol, media, and social media. For 40 days, we will deprive ourselves of areas where we seek sustenance and replace them with prayer, studying the Word, and personal connections with others in our community-whether in person or through phone calls.

### Why is a fast so slow?

Fasting may feel frustrating and slow because we are dying to ourselves...literally. As we remove our obstacles, we will see areas of our lives where we thought we were independent and per-

haps unknowingly decide we don't need G-D. These next 40 days will create room for *ADONAI* to do His will in our lives by seeing what we need to submit to Him. We will draw closer to Him, and lift each other up as we seek *ADONAI* with all our hearts. As a community, we are declaring our full dependence on G-D.

***Guided Prayer:*** "Our Father, in heaven, sanctified be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." **Matthew 6:9-13**

## Week 2: Stop, Look, and Listen

Solitude is not an easy habit to maintain today. Phones, media, and even some watches quickly notify you of anything you need to know - more often, it's things you never wanted to know. While fasting, especially from media and social media distractions, there is a basic need to focus on something else. Our goal is to use that time to seek *ADONAI* through studying the Word, prayer, and building good relationships. It might feel more natural or easy to fellowship (for those more extroverted). But the challenge should first be to withdraw and spend time with *ADONAI*.

Yeshua fasted regularly. He fasted before choosing his disciples (**Luke 6:12-13**), after performing miracles (**Mark 1:33-35**), when mourning (Matthew 14:12-13), and after teachings (**Luke 5:15-16**). Withdrawing to pray and seek solitude was a part of Yeshua's walk. He wanted his disciples to maintain the same practice (**Mark 6:30-32, 45-47**). Yeshua knew the importance of staying in tune with *ADONAI'S* voice and understood that the best way to hear His voice was away from distractions. *ADONAI* has spoken in loud booming tones, but often it is a still, small voice, and we need to have our hearts tuned in.

**John 10** clearly defines our role as sheep who know the voice of our shepherd and will not follow a stranger or thief. Yeshua continues by stating that He is the gate, willing to lay His life down for His sheep, and our salvation. **Psalms 23** is about the restoration and peace from *ADONAI*, our shepherd. It's safe to say today that peace is a precious thing right now. Whether it's busy family life, work, or the latest catastrophe shared on the news, we could all do with a bit of peace and solitude.

**What does solitude look like?** Here's what scripture says.

**Psalms 46:11** Be still, and know that I am G-D. I am exalted among

the nations. I am exalted in the earth.

**Lamentations 3:24-28** “*ADONAI* is my portion,” says my soul, “therefore I will hope in Him.” *ADONAI* is good to those who wait for Him, to the soul that seeks Him. It is good to wait quietly for the salvation of *ADONAI*. It is good for a man to bear the yoke in his youth. Let him sit alone and be silent, since He has laid it upon him.

**Matthew 6:6** But you, when you pray, go into your inner room; and when you have shut your door, pray to your Father who is in secret. And your Father, who sees in secret, shall reward you.

**Matthew 11:28-30** Come to Me, all who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you ‘will find rest in your souls.’

These references are examples of how to rest in *ADONAI*'S presence and withdraw to a place to wait on Him. As we draw nearer to Him, His voice becomes clearer, we are able to recognize His voice, and we can rest in Him. To know that the Creator of the universe wants to cultivate a personal relationship is reassuring. He prefers our time spent in His presence more than our acts of service and attempting perfection (**Luke 10:38-42**).

Because many of us aren't used to solitude, we might begin to struggle with loneliness. Even Yeshua felt lonely as He sought *ADONAI* in the garden before he was betrayed (**Matthew 26:36-45**). So, as we face moments where we struggle with loneliness or fight feelings of inadequacy while fasting, remember the following scriptures.

**Deuteronomy 31:6** *Chazak!* Be courageous! Do not be afraid or

tremble before them. For *ADONAI* your G-D—He is the One who goes with you. He will not fail you or abandon you.”

**Isaiah 41:10** Fear not, for I am with you, be not dismayed, for I am your G-D. I will strengthen you. Surely I will help you. I will uphold you with My righteous right hand.

**Romans 8:31-39** What then shall we say in view of these things? If G-D is for us, who can be against us? He who did not spare His own Son but gave Him up for us all, how shall He not also with Him freely give us all things? Who shall bring a charge against G-D's elect? It is G-D who justifies. Who is the one who condemns? It is Messiah, who died, and moreover was raised, and is now at the right hand of G-D and who also intercedes for us. Who shall separate us from the love of Messiah? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, “For Your sake we are being put to death all day long; we are counted as sheep for the slaughter.” But in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, nor angels nor principalities, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of G-D that is in Messiah Yeshua our L-rd.

**1 Peter 5:7** Cast all your worries on Him, for He cares for you.

*Guided Prayer:* Abba, Your name is above all other names. I ask that Your will be done here in my own life and in the lives around me. May I always draw near to You first and always recognize Your voice. Thank you for Your love for me, and that You desire a close relationship. Help me see all the ways I am to

depend on You so that I can honor You more fully. In Yeshua's name. Amen.

## Week 3: Meeting *ADONAI* and the Temptations

It may not be just your imagination running away with you. Temptations seem to be popping up more and more as time goes on during this fast. And for some of us, the self-flagellation might have already started. But don't condemn yourself as inept in fasting. The point of fasting is not condemnation but encouragement. It's well known, Yeshua was also tempted during His time of fasting and seeking *ADONAI*. He didn't beat himself up for being tempted by what the enemy said. Instead, He condemned the enemy for tempting Him, and He did so by quoting scripture.

Read **Matthew 4:1-11** to see what Yeshua said.

"Then *Yeshua* was led by the *Ruach* into the wilderness to be tempted by the devil. After He had fasted for forty days and forty nights, He was hungry. And when the tempter came to Him, he said, "If You are *Ben-Elohim*, tell these stones to become bread." But He replied, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of G-D.'"

Then the devil took Him into the holy city and placed Him on the highest point of the Temple. "If You are *Ben-Elohim*," he said, "throw Yourself down. For it is written, 'He shall command His angels concerning you,' and 'upon their hands they shall lift you up, so that you may not strike your foot against a stone.'" *Yeshua* said to him, "Again it is written, 'You shall not put *ADONAI* your G-D to the test.'" Again, the devil takes Him to a very high mountain and shows Him all the kingdoms of the world and their glory. And he said to Him, "All these things I will give You, if You fall down and worship me." Then *Yeshua* says to him, "Go away, satan! For it is written, 'You shall worship *ADONAI* your G-D, and Him only shall you serve.'" Then the devil

leaves Him. And behold, angels came and began to take care of Him.”

Isn't it interesting that the Word made flesh was quoting the Word to overcome the lies of the enemy? Ben Elohim could have just commanded satan to be gone, but He didn't. Yeshua showed us how to overcome temptation by speaking the truth of the Word. We can be certain, the enemy is going to be ready to test us whenever we desire to meet with *ADONAI*, just as he did with Yeshua.

So, when the lies of inadequacy or doubt begin to creep up, we can take refuge in what the scriptures say. The challenge will be to combat the temptations we encounter with scripture instead of grumbling. To do this, we need to spend time learning what exactly the Word says. When we commit the scripture not just to memory but hide the words in our hearts, it becomes an unshakeable foundation. The more we know by heart, meditating on the meaning of these words, the less of a foothold the enemy will have.

Reading the Word is one of the best ways to meet *ADONAI* and learn about His heart for us.

**Psalm 27:8** To You my heart says: “Seek My face.” Your face, *ADONAI*, I seek.

Perhaps we can see this as tending the soil of our hearts by weeding out the thorns and tilling the soil so that the seeds of the Word will have deep roots (**Luke 8:5-15**). We want to be like those who bear fruit with patient endurance.

Below are several scriptures we can meditate on to help us overcome temptation.

**Deuteronomy 31:6** *Chazak!* Be courageous! Do not be afraid or

tremble before them. For *ADONAI* your G-D—He is the One who goes with you. He will not fail you or abandon you.”

**Isaiah 41:10** Fear not, for I am with you, be not dismayed, for I am your G-D. I will strengthen you. Surely I will help you. I will uphold you with My righteous right hand.

**Lamentations 3:24-28** “*ADONAI* is my portion,” says my soul, “therefore I will hope in Him.” *ADONAI* is good to those who wait for Him, to the soul that seeks Him.

**Romans 8:37-39** But in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, nor angels nor principalities, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of G-D that is in Messiah Yeshua our L-rd.

**Romans 12:2** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of G-D, what is good and acceptable and perfect.

**1 Corinthians 10:13** No temptation has taken hold of you except what is common to mankind. But G-D is faithful—He will not allow you to be tempted beyond what you can handle. But with the temptation He will also provide a way of escape, so you will be able to endure it.

**2 Corinthians 5:17** Therefore if anyone is in Messiah, he is a new creation. The old things have passed away; behold, all things have become new.

**2 Timothy 1:7** For G-D has not given us a spirit of timidity but of power and love and self-discipline.

**Hebrews 2:18** Because He Himself suffered when put to the test, He is able to help those being tested.

**James 1:13** Let no one say when he is tempted, "I am being tempted by G-D"—for G-D cannot be tempted by evil, and He himself tempts no one.

**James 4:7** Therefore submit to G-D. But resist the devil and he will flee from you.

**1 John 1:9** If we confess our sins, He is faithful and righteous to forgive our sins and purify us from all unrighteousness.

**Activity:** Commit at least one of the listed scriptures to memory. Then when tempted, you can condemn the enemy with the truth of the Word.

## Week 4: Come Together Right Now, Over ME

“Amen, I tell you, whatever you forbid on earth will have been forbidden in heaven and what you permit on earth will have been permitted in heaven. Again I say to you, that if two of you agree on earth about anything they may ask, it shall be done for them by My Father in heaven. For where two or three are gathered together in My name, there I am in their midst” (**Matthew 18:18-20**).

Even at the creation of man, G-D knew how much we would need one another. He craves time with us, too, made evident in how He provided Yeshua as the final atoning sacrifice and poured out the Holy Spirit on us. We come together for the weekly practice of Shabbat. And we come together in moments of one-on-one discipleship - all in the name of Yeshua.

This doesn't mean that whenever we come together, we should wear a mask, and pretend everything is fine with us. There will be times of spiritual warfare, and we will need others aware of our need to come alongside us and help hold our hands up (**Exodus 17:8-16**).

We learn how to work together to build up the community while simultaneously protecting it (**Nehemiah 4:7-15**). We will celebrate with those who are celebrating and mourn with those who are mourning. We will bear each others' burdens (**Galatians 6:2**). We share our testimonies about how *ADONAI* has given us the victory so that it encourages others (**Deuteronomy 20:4**). We should worship and pray together so that our light shines brightly and is never shaded (**Luke 8:16**).

We aren't always going to get along or agree on every aspect of life. When this occurs, we must remember our calling is to love one another and to keep the peace between us (**Romans 12:18**). There might also be times we will need to bring correction to one another (Galatians 6:1). But we must be gentle, loving, and show mercy in those moments. Yeshua commanded us to love our neighbors as ourselves (**Matthew 22:35-40, John 13:34-35**). If we are to be like iron sharpening iron (**Proverbs 27:17**) we must be respectful and loving while challenging another and spurring them on. We cannot judge and build up at the same time (**James 3:11, 4:11-12**). Instead, we are to lift each other up and encourage others to draw closer to G-D.

Sharing with others about how *ADONAI* has shown up in our lives honors Him and begins a connection that strengthens everyone. We should share how He has moved in our lives during the fast and even share our shortcomings. That vulnerability builds a trust that allows others to pray into our situations. And often, once we share our struggles, the problem feels as though it's more manageable. Likewise, sharing the victories in your life might speak directly into a wounded place for someone else. That testimony will serve to show the faithfulness of G-D and encourage those who are enduring the same struggle.

**Read the below scripture.**

**1 John 4:7-14; 20-21** Loved ones, let us love one another, for love is from G-D. Everyone who loves is born of G-D and knows G-D. The one who does not love does not know G-D, for G-D is love. The love of G-D was revealed among us by this—that G-D sent His one and only Son into the world so that we might live through Him. This is love—not that we have loved G-D, but that He loved us and sent His Son as an atonement for our sins. Loved ones, if G-D so loved us, we also ought to love one another. No one has ever seen G-D. If we love one another, G-D abides

in us and His love is made perfect in us. We know that we abide in Him and He in us by this—because He has given us of His Spirit. We have seen and testify that the Father has sent His Son as Savior of the world.

As we spend time building each other up, loving one another, and mentoring one another, we will be like a beacon on a hill shining brightly for *ADONAI* - stirring up those around us to wonder how we can be so bright in a world becoming so dark. We want to provoke those around us to jealousy so that they become curious and hopeful that they can also have this joy.

**Matthew 28:18-20** says, “And Yeshua came up to them and spoke to them, saying, “All authority in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, immersing them in the name of the Father and the Son and the *Ruach ha-Kodesh*, teaching them to observe all I have commanded you. And remember! I am with you always, even to the end of the age.”

When we come together, we experience the Body of Messiah working. We see the *Ruach ha-Kodesh* show-up and move when we are united in His name. We become a community. A community is giving to those who have needs, loving one another in every season of life, being genuine with one another, and bringing glory to G-D in the process. A community focused on building up each other's faith is precious and creates a ripple effect that will flow over into life outside the walls of our synagogue. As we learn how to be good stewards of the relationships G-D gives to us and how the community can work together for the glory of *ADONAI*, we become better equipped as fishers of men.

**Activity:** Gather with others within the community, read and discuss Romans 12. Make plans to check in regularly to encourage

and support each other.

## Week 5: Wishin' and Hopin' and Thinkin' and Prayin'

The Oxford dictionary defines hope as “A feeling of expectation and desire for a certain thing to happen” and “A feeling of trust.” We can look forward with an expectation that G-D will move in our lives and the community. And that hope, in seeing the fruit getting ready for harvest, is something we can all celebrate. At the close of this fast, we should all hope to see that the soil of our hearts is richer, the roots of the Word grow deeper, our relationship with *ADONAI* is closer than before, and our community is stronger from the support we show each other.

In other words, we are hoping and praying that we will bear fruit from this experience. It will happen if we focus on creating space for G-D to do His will in our lives and community. Our prayers should continue toward that purpose because we remember that *ADONAI* is not an idle G-D. He is, and always will be, faithful.

When Moshe came out of his 40-day fast, he gave the Word of *ADONAI* to the children of Israel and led them through the wilderness. Elijah anointed kings and passed his mantle to Elisha at the end of his fast. After 40 days, Yeshua went out and began to teach and do more miracles. Each of these men walked firmly in the calling put upon their lives, not wavering because they knew G-D's heart better. In other experiences of fasting and praying, people were delivered from evil, forgiven for sin, and brought out of condemnation.

We can rest in knowing that as we have drawn closer to *ADONAI*, He has drawn closer to us. That experience leaves a

permanent mark. As we bear up through temptations in the future, we will remember how G-D sustained us and provided for us. As we struggle with loneliness in the future, we know G-D will not leave us, and He surrounds us with a community we can trust to support us. When we see warning signs that we are becoming dependent on things apart from G-D, we will remember the freedom that comes from being dependent on Him and can resubmit ourselves fully to G-D.

**Deuteronomy 31:6** *Chazak!* Be courageous! Do not be afraid or tremble before them. For *ADONAI* your G-D—He is the One who goes with you. He will not fail you or abandon you.”

**Isaiah 40:30-31** Even youths grow tired and weary, and young men stumble and fall, but they who wait for *ADONAI* will renew their strength. They will soar up with wings as eagles. They will run, and not grow weary. They will walk, and not be faint.

**Psalm 71:5** For You are my hope, *ADONAI* my L-rd— my trust from my youth.

**Jeremiah 29:11** For I know the plans that I have in mind for you,” declares *ADONAI*, “plans for *shalom* and not calamity—to give you a future and a hope.

**Psalm 84:12** For *ADONAI Elohim* is a sun and a shield. *ADONAI* gives grace and glory. No good thing will He withhold from those who walk uprightly.

**Lamentations 3:34-25** “*ADONAI* is my portion,” says my soul, “therefore I will hope in Him.” *ADONAI* is good to those who wait

for Him, to the soul that seeks Him.

**Romans 5:1-5** Therefore, having been made righteous by trusting, we have shalom with G-D through our L-rd Yeshua the Messiah. Through Him we also have gained access by faith into this grace in which we stand and boast in the hope of G-D's glory. And not only that, but we also boast in suffering—knowing that suffering produces perseverance; and perseverance, character; and character, hope. And hope does not disappoint, because G-D's love has been poured into our hearts through the *Ruach ha-Kodesh* who was given to us.

**Romans 15:4** For whatever was written before was written for our instruction, so that through patience and the encouragement of the Scriptures we might have hope.

**Hebrews 6:18-20** So by two unchangeable things, in which it is impossible for G-D to lie, we who have fled for refuge might have strong encouragement to take hold of the hope set before us. We have this hope as an anchor of the soul, both firm and steady—a hope that enters the inner place behind the curtain. *Yeshua* has entered there as a forerunner on our behalf, having become *Kohen Gadol* “forever, according to the order of *Melchizedek*.”

**Hebrews 10:22-23** So let us draw near with a true heart in full assurance of faith, with hearts sprinkled clean from an evil conscience and body washed with pure water. Let us hold fast the unwavering confession of hope, for He who promised is faithful.

All of these scriptures show that we should have hope because we can trust that G-D will be faithful. Our confidence in *Yeshua*, our faith, is the difference between wishing and hoping. And while we may have wished that the fast was already over, the

endurance that *ADONAI* taught us has also taught us to remain hopeful while we struggle. We learned to meditate and think about what the Word says and the promises it holds for us. Our prayer lives have likely increased after spending time in solitude with G-D and as we gathered together to lift each other up.

***Guided Prayer:*** Abba, thank You for Your faithfulness and that you have plans for a hope and a future for me and all others who live according to Your Word. I ask for continued grace as this fast continues. May Your will be done this week and the weeks to come. I thank You for the fruit that is going to be harvested at the end of this season. I continue to put my hope in You, *ADONAI*. In Yeshua's name. Amen.

## Take 5: The Key to Atonement

With only five days left in our fast, we are preparing for Yom Kippur. During the Ten Days of Awe, (also known as Aseret Yemei Teshuvah), we are looking for personal redemption and focusing on returning to ADONAI. We may spend this time asking for forgiveness from people in our lives to ensure we begin this new year with our slates wiped clean. As believers in Yeshua ha-Mashiach, we know from where our redemption comes. Yeshua offered Himself as the once and for all atonement sacrifice so that we could have salvation while we were yet sinners (**Romans 5:8**).

The fast of Yom Kippur is different from what we have experienced during the past 40 days. We have been fasting as a community with the outline of seeking *ADONAI* in scripture and prayer while also lifting each other up. However, on Yom Kippur, our fast becomes very personal. We focus on our sins and afflict our bodies and souls as an act of repentance to *ADONAI* (**Leviticus 16:29**).

**Leviticus 23:27-32** says “However, the tenth day of this seventh month is *Yom Kippur*, a holy convocation to you, so you are to afflict yourselves. You are to bring an offering made by fire to *Adonai*. You are not to do any kind of work on that set day, for it is *Yom Kippur*, to make atonement for you before *Adonai* your G-D. For anyone who does not deny himself on that day must be cut off from his people. Anyone who does any kind of work on that day, that person I will destroy from among his people. You shall do no kind of work. It is a statute forever throughout your generations in all your dwellings. It is to be a *Shabbat* of solemn rest for you, and you are to humble your souls. On the ninth day of the month in the evening—from evening until evening—you are to keep your *Shabbat*.”

This fast is very serious and a personal command to all generations. And yet, we now rest in the knowledge that, through Yeshua, we have been made clean. We can look forward to the end of our 40-day fast and praise *ADONAI* for making a way, a way for us to dwell with Him. It is certain that without Yeshua's holy sacrifice, we could never find forgiveness for our sins. We have the joy of *ADONAI*. It has sustained us through the entire fast and brought us closer to Him (**Romans 5:11**).

**Hebrews 2:11-18** For both He who sanctifies and those being sanctified are all from one—so He is not ashamed to call them brothers and sisters, saying, “I will proclaim Your name to My brothers and sisters. In the midst of the congregation, I will sing praise to You.” And again, “I will put My trust in Him.” And again, “Here am I and the children G-D has given Me.” Therefore, since the children share in flesh and blood, He Himself likewise shared the same humanity—so that through death He might break the power of the one who had the power of death (that is, the devil) and free those who by fear of death were in bondage all their lives. For surely He is not concerned about angels, but about the seed of Avraham. Therefore He had to be made like His brothers in all things, so He might become a merciful and faithful *Kohen Gadol* in matters relating to G-D, to make atonement for the sins of the people. Because He Himself suffered when put to the test, He is able to help those being tested.

This scripture explains how Yeshua became the final atonement for our sins and how He suffered for our sake. He did this so that we can be reconciled with G-D and can celebrate His goodness. Our hope for the coming harvest can bubble up when the Yom Kippur fast draws to a close, and we hear Rabbi Ari say, “Go! Eat choice food, drink sweet drinks, and send portions to those who have nothing ready. For today is kadosh to our L-RD. Do not grieve, for the joy of *ADONAI* is your strength” (**Nehemiah 8:10b**).















**Baruch  
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