

A Practical Guide to Keeping Yom Teruah

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What is Yom Teruah?

Yom Teruah is the biblical name for Rosh Hashanah, Rosh Hashanah literally means the “head of the year”, it is the Jewish New Year. Yom Teruah means “day of shouting and blasting” and is also more commonly known as the feast of trumpets.

The Hebrew calendar should be seen as a circle, or a cycle. It is not linear like the Roman calendar year. This may take a while for us to grasp, especially if we come from a Greek mindset. In the Greek mindset, we want a beginning, a middle and an end. But with the Hebrew mindset all of God’s times and seasons manifest as cycles.

The beginning of the religious calendar is 1 Nissan and starts with Passover. This is when the feast cycle starts. Seven months later we have the beginning of the civil calendar on 1 Tishri, with Yom Teruah. That is why the LORD says in Exodus 12:2 that 1 Nissan will be the beginning of the months for us. This kicks off the cycle of the feasts! But 1 Tishri is the beginning of the year, Yom Teruah or Rosh Hashanah.

“One of the fascinating facts about the holy day of Rosh Hashanah is that it is considered the New Year, yet it’s not called that in the Bible. The truth is this day comes in the seventh month of the calendar year and was given a different name. The biblical new year starts in the spring with the month of Nisan (Exod. 12:2), the beginning of the new agricultural year. However, the sages gave such significance to the first Shabbat of the fall holidays, that they eventually considered this the “spiritual” new year hence the name change as well. Biblically known as Yom Teruah (the Day of Sounding / Festival of Trumpets), this day became Rosh Hashanah, the Head of the Year.

The purpose of this holy day is summed up in the word: regathering. Since the fall holidays call Israel to regather to a pure faith in God, Rosh Hashanah came to represent the day of repentance. It is the day when the people of Israel take stock of their spiritual condition and make the necessary changes to ensure that the upcoming new year will be pleasing to God. So important was the day of Rosh Hashanah that, in fact, the entire preceding Hebrew month of Elul take on a holy significance of its own. The sages stressed that the forty-day period from the first day of Elul through the tenth day of Tishri (Yom Kippur) was to be a time of special spiritual preparation. This was based on the belief that it was on the first of Elul that Moshe ascended Mount Sinai in order to receive the second set of Tablets of the Law and that he descended on Yom-Kippur (Priqer Rabbi Eliezer 46).”

- Quote from the Complete Jewish Study Bible

We find the commandment to keep Yom Teruah in Leviticus 23:23-25. We know that all seven of the feasts are commanded by God, He calls them His feasts. By keeping these

feasts, we are not celebrating the “Jewish feasts”, but the feasts of the Creator of Heaven and earth. These are His appointed times that He meets with us, these feasts are an open heaven, and a special anointing is downloaded with each feast.

Leviticus 23:23-25

Complete Jewish Bible

²³ Adonai said to Moshe, ²⁴ “Tell the people of Isra’el, ‘In the seventh month, the first of the month is to be for you a day of complete rest for remembering, a holy convocation announced with blasts on the shofar. ²⁵ Do not do any kind of ordinary work, and bring an offering made by fire to Adonai.’”

Yom Teruah is preceded by the month of Elul, a traditional time of repentance and introspection. During the month of Elul, and extending into the 9 days before Yom Teruah, the Shofar is blown every day as a symbolic warning – wake up, and repent, before the judgement day of the LORD.

THE SEASON OF TESHUVAH

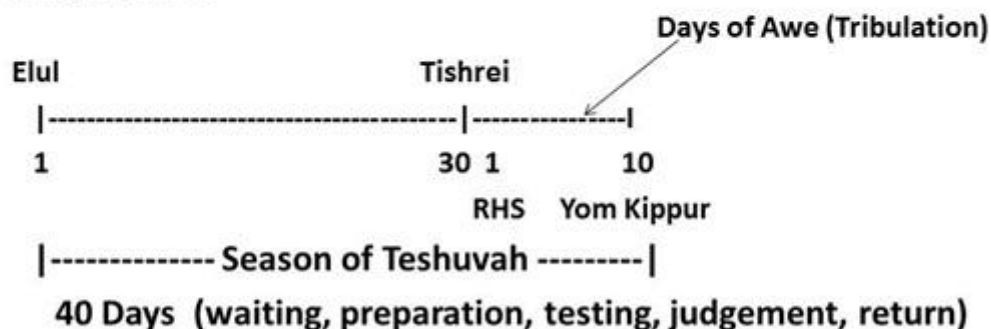
Elul = 6th month of the Jewish calendar

Tishrei = 7th month of the Jewish calendar

Tishrei 1 = Rosh HaShanah / Yom Teruah (The Day of the Awakening Blast)

Day of Judgement (Nehemiah 8:1); opening of gates of heaven (Isaiah 26),

Tishrei 10 = Yom Kippur / Day of Atonement – Closing of the Gates (Neilah) and final judgement



Teshuvah = “Repent or Return”

Source - <http://www.reclaimingtheancientpaths.com/270006433>

Important Dates – Fall Feasts 2026

There are different calendars that are followed, the Bible commands us to use the sighting of the New Moon or the harvesting cycles to know when many of these feasts start. But this is related specifically to the land of Israel, and since we are not in Israel, we cannot use these physical signs to know exactly when to honour the feasts of the LORD. Since the authority was given to Judah (this tribe would later become the Jewish Nation), we align ourselves with the Jews as the leading authority today and as a sign of coalition we keep the feasts based on the Hillel calendar, which they also follow.

Hillel was a Jewish scholar and religious leader who lived in Jerusalem during the 1st century BCE. He is known for his contributions to Jewish law and his role in establishing the Jewish calendar.

Prior to Hillel's time, the Jewish calendar was determined based on observations of the moon and the harvest seasons. However, this method was not always accurate, and it led to confusion and disputes about when to celebrate important festivals.

Hillel proposed a new system for calculating the calendar based on mathematical calculations and astronomical observations. He established a 19-year cycle that included seven leap years in which an additional month was added to the calendar. This helped to align the lunar and solar cycles and ensure that the festivals fell at the appropriate times of the year.

Hillel's calendar became widely accepted by the Jewish community and is still used today to determine the dates of major Biblical feast days such as Passover, Shavuot, and Sukkot.

The below dates are based on the Hillel calendar. It is important to note that these are not set dates for the feasts, and they change yearly.

ROSH HASHANAH (YOM TERUAH)

Start: Friday 11 September 2026 at sunset

End: Sunday 12 September 2026 at nightfall

Sabbath during Yom Teruah:

Starts Friday 11 September at sunset

Ends Saturday 12 September at nightfall

YOM KIPPUR (DAY OF ATONEMENT)

Start: Sunday 20 September 2026 at sunset

End: Monday 21 September 2026 at nightfall

Sabbath during Yom Kippur:

Starts Friday 20 September at sunset

Ends Saturday 21 September at nightfall

SUKKOT (FEAST OF TABERNACLES)

Start: Friday 25 September 2026 at sunset

End: Friday 2 October 2026 at nightfall

Sabbath during Sukkot:

Starts Friday 25 September at sunset

Ends Saturday 26 September at nightfall

Starts Thursday 1 October at sunset

Ends Friday 2 October at nightfall

Scripture Readings on Yom Teruah

- **Genesis 21:1-13** - a traditional passage to read. The Midrash (Jewish Folklore) teaches that Sarah gave birth on Yom Teruah.
- **Genesis 22** - the sounding of the shofar relates to the ram being sacrificed instead of Isaac.
- **Leviticus 23: 23 – 25** – Instructions for celebrating Yom Teruah.
- **Numbers 10: 1 – 10** – Trumpets were created for calling the children of Israel to battle and for sounding on feast days.
- **Numbers 29: 1 – 6** – Instructions for offerings on this day.
- **Jeremiah 31** – Yom Teruah is a day of remembrance, and this passage is about YHWH remembering His people.
- **Nehemiah 8: 1 – 12** – Ezra instructs the Hebrews on the Torah and their celebration of Yom Teruah.
- **Ezra 3: 6 – 7** – Ezra and the Hebrews offer sacrifices for Yom Teruah.
- **Psalms 47: 5** – YHWH will sound a Teruah/a blast with a shofar.
- **Psalms 98: 6** – Shout joyfully before the Lord with trumpets.
- **Psalms 100** – A song of praise to YHWH for His provision for us.
- **1 Samuel 1-2:10** - it is traditionally believed that Hannah conceived during Yom Teruah.
- **John 15-16:4** - Yeshua instructs us to remember these words.
- **1 Corinthians 15:51-52** - this significant event could be happening during a future Yom Teruah.
- **1 Thessalonians 4:15-17** - Yeshua shall return during a blast of the shofar.
- **Revelation 8-11** - the seven shofar blasts.

How to Celebrate Yom Teruah

1) Observe the season of repentance

The month before Yom Teruah is called Elul, this month is traditionally associated with a theme of self-reflection and repentance. It is a time that the bride of Messiah will spend to prepare herself for the return of the Bridegroom. The bride is indeed making herself ready (Rev. 19:7)! This time of introspection, reconciliation and preparation starts at the beginning of Elul and will end on Yom Kippur. The word for repentance in Hebrew is "Teshuvah" and it means to return. The goal of this season is simple: to return to God and to His instructions. To return to the Garden of Eden where we had an intimate, face to face relationship with our Creator.

Traditionally during this time of repentance, the Shofar is blown every morning and Psalm 27 is recited.

2) Blow the Shofar

In Leviticus 23:24 we are told that Yom Teruah is a memorial that is to be proclaimed by the blast of trumpets. The Hebrew word for trumpet is "Shofar". A Shofar is an ancient musical instrument made of a ram's horn. God commands us to make a lot of noise on Yom Teruah, so that is certainly one way to celebrate this feast! This feast holds special significance to those who believe in Yeshua the Messiah, as He will return at the sound of the Shofar / Trumpet (1 Thessalonians 4:16).

3) Don't do any ordinary work

Yom Teruah is also proclaimed a day of rest. It is a high Sabbath, meaning that even if it falls on a day that is not the weekly Sabbath, we should treat it the same way we would the weekly Sabbath. There is a commandment from God that we should not do any kind of ordinary work on this day. It is a day of rest and of celebration.

4) Have a holy convocation

All of God's feasts are about community. Therefore, it is a day to gather with friends and family as a congregation before our King. This is a day of praise and worship!

5) Have a *tashlich* ceremony

A tashlich ceremony is symbolic, and it is important to note that it is not commanded in the Bible, but this beautiful tradition holds much symbolism for those who believe in Messiah.

On the afternoon of Yom Teruah, gather to throw breadcrumbs or small rocks into a river (or any other flowing body of water). This tradition symbolizes God's forgiveness through Yeshua and how He casts our sins into "the depths of the sea" as mentioned in the book of Micah:

*Who is a God like You, pardoning iniquity and passing over transgression for the remnant of His inheritance? He does not retain His anger forever, because He delights in steadfast love. He will again have compassion on us; He will tread our iniquities underfoot. **You will cast all our sins into the depths of the sea.** (Micah 7:18-19)*

Since Yom Teruah is regarded as the head of the year, this is also a great time to make "New Year's Resolutions." We know that the month of Elul precedes Yom Teruah, and in Hebrew Elul means to "search". During this season of repentance, we are to ask God to search us and expose anything in our lives that offends Him. Therefore, your breadcrumbs or small rocks can represent particular sins, addictions, or even certain character deficiencies (e.g., tendencies to be prideful or easily frustrated). This tradition symbolizes the act of throwing those things away and allowing God to work in your life and bring about change.

6) Read the account of the binding of Isaac

It is also customary on Yom Teruah to read the account of the binding of Isaac in Genesis 22. God commanded Abraham "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you" (Genesis 22:2). This is the first mention of the word love in the Bible, and it is connected to the picture of a father offering his only son!

John 3:16

Complete Jewish Bible

¹⁶ "For God so loved the world that He gave His only and unique Son, so that everyone who trusts in Him may have eternal life, instead of being utterly destroyed.

When we blow the Shofar on Yom Teruah, it reminds us of how God provided a ram instead of allowing Abraham to offer Isaac. As believers in Messiah Yeshua, it also reminds us of how Messiah died in our place to free us from sin and death! There are many Messianic prophecies hidden in this passage, let's briefly look at a few parallels between Yeshua and Isaac:

- Both have miraculous conceptions (Gen. 21:1-7, Matt.1:18-25)
- Both were the "only son" of the father (Gen. 22:2, John 3:16)
- Both carried the wood for their own sacrifices (Gen. 22:6, John 19:17)
- Both were delivered from death on the third day (Gen. 22:4, 1 Cor. 15:4)

7) Eat a festive meal

This is a day of celebration, so there should be a feast! Traditionally apples are dipped in honey and eaten on this day. This is a symbol of the hope for a “sweet” new year. For believers in Messiah Yeshua, the eating of the apples dipped in honey are done in anticipation for when He returns at the sound of a trumpet and brings us back into the land flowing with milk and honey! Lambs, rams, and bulls were sacrificed to the LORD on this feast day, it is suggested that you mimic this with the meal prepared to celebrate. A round Challah is eaten to represent the cycle of life and the new civil year we are entering.

Shanah Tovah (have a good year), friends! May your Yom Teruah celebration be blessed!

Prayers prayed on Yom Teruah:

The Shema

HEAR, O ISRAEL: THE LORD IS OUR GOD, THE LORD IS ONE.

Blessed be the Name of His glorious kingdom forever and ever.

And you shall love the LORD your God with all your heart, and with all your soul, and with all your might. And these words, which I command you this day, shall be upon your heart: and you shalt teach them diligently to your children, and you shall talk of them when you sit in your house, and when you walk on the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be tefillin between your eyes. And you shalt write them upon the doorposts of your house, and upon your gates.

Avinu Malkeinu

Our Father, Who dwells in Heaven, holy is Your Name. May Your kingdom come and Your will be done on earth just as it is done in Heaven. Give us today our daily food, and forgive us for our sins just as we forgive those who sin against us. Do not lead us into testing, but deliver us from the evil one's influence. Yours is the kingdom and the power and the glory now and forever.

My God, the soul You placed within me is pure. You created it, You formed it, You breathed it into me, and You guard it within me. One day You will take it from me, and restore it to me in a time to come. As long as the soul is within me, I will thank You, O LORD my God and God of my fathers, Master of all works, LORD of all souls. Blessed are You, O LORD, Who restores souls to dead bodies.

Half Kaddish

May His great Name be magnified and sanctified in the world which He created according to His will. May He establish His kingdom during our lifetime and during our days, and during the lifetime of all the house of Israel, even quickly and soon, Amen. Let His great Name be blessed forever and to all eternity. Blessed, praised and glorified, exalted, extolled and honoured, magnified and lauded be the Name of the Holy One, blessed is He, though He is high above all the blessings and hymns, praises, and consolations which are uttered in the world, Amen.

Yom Teruah and the Spirit of Power

Leviticus 23:23-25

Complete Jewish Bible

²³ Adonai said to Moshe, ²⁴ "Tell the people of Isra'el, 'In the seventh month, the first of the month is to be for you a day of complete rest for remembering, a holy convocation announced with blasts on the shofar. ²⁵ Do not do any kind of ordinary work, and bring an offering made by fire to Adonai.'"

Traditionally on Yom Teruah the account of the "binding of Isaac" is read. Following Yom Teruah, we have the 10 days of awe before Yom Kippur (known as the day of judgement). The month of Elul is the build-up to Yom Teruah and is typically a time of repentance and many will fast during this month. It is a time for introspection, of cleaning yourself, your heart, your character.

It makes me think of the Spring Feasts when we clean out our homes before Passover and Unleavened Bread. This also signifies ridding our lives of sin. But the time of Elul is on a much more personal scale. In this time, it is even forbidden to find fault with others, we are to only focus on ourselves and our own hearts in preparation for the King who will be returning for His bride. Yeshua said it best in:

Matthew 7:5

Complete Jewish Bible

⁵ You hypocrite! First, take the log out of your own eye; then you will see clearly, so that you can remove the splinter from your brother's eye!

Although the time leading up to Yom Teruah and after Yom Teruah is a time for repentance and introspection, Yom Teruah itself is a very joyous event, it is the proclamation and coronation of the King. During this feast we are not looking at Yeshua as the sacrificial lamb, but we are changing that crown of thorns into a royal crown and proclaiming Him as our King and LORD!

If we look at the creation, we will note that Yom Teruah is associated with the fifth day of creation, and with the Spirit of Power. On the fifth day we see that God created the fish and the birds:

Genesis 1:20-23

Complete Jewish Bible

²⁰ God said, "Let the water swarm with swarms of living creatures, and let birds fly above the earth in the open dome of the sky." ²¹ God created the great sea creatures and every living thing that creeps, so that the water swarmed with all kinds of them, and there was every kind of winged bird; and God saw that it was good. ²² Then God blessed them, saying, "Be fruitful, multiply and fill the water of the seas, and let birds multiply on the earth." ²³ So there was evening, and there was morning, a fifth day.

This is a beautiful picture for us to move in the Godly appointed times and seasons. Because both fish and birds are known to migrate. They move from place to place based on the seasons and where it will be most favourable for them to feed, to mate and to spawn.

If these swarms of fish or birds get it wrong, and don't move in season, it leads to death. In the same way we should be sensitive to the Spirit of the LORD when it prompts us to move, but we should also have the discernment and wisdom to know when to move, where to move to, and how to get there.

The times we find ourselves in today are definitely times of change, the question remains: are you open to the Spirit of God, are you in sync with His times and seasons, and do you have the faith to step out and move when He says move?

As I was preparing for this Yom Teruah, I was reminded of the importance of waiting for the right time / season to move. If you think of a baby in a womb, all the organs are fully formed by week 24. Around week 32 toenails and fingernails are present, and the eyes open. Yet the full term of the average pregnancy is about 40 weeks. Why? The baby needs that extra time for fat deposits to form, and to mature to a stage where if born, it will have the best chance of survival, to grow and be healthy. In the same way we often have seasons that bring us to the brink of change, but having the patience to wait it out, and to only give birth when the time is right, is something that we often struggle with.

That is why we need to move in all the 7 manifestations of the Spirit of God. We cannot only have Understanding (discernment) without the Wisdom to know what to do with that Discernment. We need to be able to accept Counsel, we need to be empowered by the Spirit of Power to do that which He wants us to do, we need the Knowledge of an intimate relationship with our Creator, and the Fear of the LORD that takes us all the way back to Wisdom.

You see, God will not bring anything into your life that He does not equip and empower you to deal with and to overcome. You are commissioned and sealed by royal decree of the King. The Spirit of Power empowers us to move in the times and seasons of the LORD. His Word clearly says:

Zechariah 4:6

Complete Jewish Bible

⁶..... 'Not by force, and not by power, but by My Spirit,' says Adonai-Tzva'ot.

And that is the mistake we so often make, we discern something, an impending change, a mission from the LORD, but we want to do it in our own power and our own time, and when we get it wrong, we want to blame Him for not being true to His Word. In the year to come, may we all submit to our King, and allow His Power to flow through us and guide us to move in His times and seasons.

My favourite example of this Jochebed, the mother of Moses. She had the discernment and wisdom to know what she needed to do, with the resources she had.

Exodus 2:2-3

Complete Jewish Bible

² When she conceived and had a son, upon seeing what a fine child he was, she hid him for three months. ³ When she could no longer hide him, she took a papyrus basket, coated it with clay and tar, put the child in it and placed it among the reeds on the riverbank.

We often overcomplicate our circumstances by taking control and doing too much. That is not the Spirit of God. We need to only do what we can, and then, have the wisdom to know when the season is right to let go, and create space and time for God to work a miracle in. Imagine how difficult it must have been, for that mother to place her three-month-old baby in that basket, and remove her hands, to let go. But what faith! And it created all the space and time for God to work in! It resulted in such a profound miracle that we are still today reading the words that Moses wrote down in the Torah. Jochebed's faith and wisdom is still a blessing to all of us today!

What are you holding onto? Because as long as you are holding on, and working in your own flesh and power, there is no place for the King to work!

We confuse the word “power” with physical strength, but spiritual power has more to do with carrying out the purposes of God according to His divinely appointed times and seasons. We see this example of waiting on the LORD and moving when He empowers us in:

Luke 24:49

Amplified Bible

“⁴⁹ Listen carefully: I am sending the Promise of My Father [the Holy Spirit] upon you; but you are to remain in the city [of Jerusalem] until you are clothed (fully equipped) with power from on high.”

He says to them: “I am sending you on a mission, the Holy Spirit will empower you to do it, but *wait* in the city until the right time and until you have been fully equipped”. Just like the baby in the womb needs to wait, even though it is fully formed, those extra weeks in the womb are required to ensure the success of the mission.

Rabbi Moshe Ben Maimon, one of the Jewish sages, taught that the sound of the Shofar was calling out “Awake all you who are asleep, search your ways and mend them in repentance”. As we blow the Shofar during this time, may our spirits awake to the sound of the call to repentance, and to submission to our King and LORD. As we read the passage in Joel 2, may it speak to your spirit. May you envision your King, and may you get off the throne of your own life and allow the King of Glory to reign.

This involves doing what He tells you to do, when He tells you to do it, whether it suits you or not, whether it is convenient or not, whether you understand it or not. One of the things that the Jews pray every day is the Shema:

HEAR, O ISRAEL: THE LORD IS OUR GOD, THE LORD IS ONE.

He is the King!! And sometimes we hear His Word, but we don’t understand it, that is okay, He is not asking you to understand or to be comfortable with it, He is asking you to be obedient to Him, and to acknowledge that He is in control.

Joel 2:1-16

Complete Jewish Bible

*2 “Blow the shofar in Tziyon!
Sound an alarm on my holy mountain!”
Let all living in the land tremble,*

for the Day of Adonai is coming! It's upon us! —

*² a day of darkness and gloom,
a day of clouds and thick fog;
a great and mighty horde is spreading
like blackness over the mountains.
There has never been anything like it,
nor will there ever be again,
not even after the years
of many generations.*

*³ Ahead of them a fire devours,
behind them a flame consumes;
ahead the land is like Gan-‘Eden,
behind them a desert waste.
From them there is no escape.*

*⁴ They look like horses,
and like cavalry they charge.*

*⁵ With a rumble like that of chariots
they leap over the mountaintops,
like crackling flames devouring stubble,
like a mighty horde in battle array.*

*⁶ At their presence the peoples writhe in anguish,
every face is drained of colour.*

*⁷ Like warriors they charge,
they scale the wall like soldiers.
Each one keeps to his own course,
without getting in the other's way.*

*⁸ They don't jostle each other,
but stay on their own paths;
they burst through defences unharmed,
without even breaking rank.*

*⁹ They rush into the city,
they run along the wall,
they climb up into the houses,
entering like a thief through the windows.*

*¹⁰ At their advance the earth quakes,
and the sky shakes,
the sun and moon turn black,
and the stars stop shining.*

*¹¹ Adonai shouts orders to His forces —
His army is immense, mighty,
and it does what He says.
For great is the Day of Adonai, fearsome,
terrifying! Who can endure it?*

¹² *"Yet even now," says Adonai,
 "turn to Me with all your heart,
 with fasting, weeping and lamenting."
¹³ Tear your heart, not your garments;
 and turn to Adonai your God.
 For He is merciful and compassionate,
 slow to anger, rich in grace,
 and willing to change His mind about disaster.
¹⁴ Who knows? He may turn, change His mind
 and leave a blessing behind Him,
 [enough for] grain offerings and drink offerings
 to present to Adonai your God.
¹⁵ "Blow the shofar in Tziyon!
 Proclaim a holy fast,
 call for a solemn assembly."
¹⁶ Gather the people; consecrate the congregation;
 assemble the leaders; gather the children,
 even infants sucking at the breast;
 let the bridegroom leave his room
 and the bride the bridal chamber.*

We see here that the King is commanding His army, they charge like warriors, scale the walls, don't break rank, they break through defences unharmed. They are empowered by the Spirit of Power and submitted as one man under the command of their King. Are you living in this victory now in your life? If not, take heed of the trumpet call, wake up spirit man, and start moving in God's times and seasons.

Where else do we find the description of God in thick darkness, clouds, fog and the sound of the Shofar?

Exodus 19:16-19

Complete Jewish Bible

¹⁶ *On the morning of the third day, there was thunder, lightning and a thick cloud on the mountain. Then a shofar blast sounded so loudly that all the people in the camp trembled. ¹⁷ Moshe brought the people out of the camp to meet God; they stood near the base of the mountain. ¹⁸ Mount Sinai was enveloped in smoke, because Adonai descended onto it in fire — its smoke went up like the smoke from a furnace, and the whole mountain shook violently. ¹⁹ As the sound of the shofar grew louder and louder, Moshe spoke; and God answered him with a voice*

There is a connection to this passage not only to Shavuot, but also to Yom Teruah. In Joel 2:3 it says: "ahead the land is like Gan-Eden". It takes us back to the garden of Eden. What happened when the serpent deceived Adam and Eve? He said they could be like God. Knowing good from evil. By eating from the fruit of the tree of knowledge of good and evil, they took God off the throne of their lives as the judge, and they themselves proceeded to go and sit on the throne of judgement.

At Mount Sinai God gave us the Living Word, the Torah, the Tree of Life to eat from. If we eat from the Tree of Life, and live according to His Torah, we are getting off the throne of judgement, and we are giving it back to the rightful owner, ADONAI, the King of kings, and the Lord of lords.

Between Yom Teruah and Yom Kippur, we have the 10 days of awe. This is a time of repentance, not only for sin against God but also against man. If there is anything you still have against a brother or a sister, or enemy for that matter, that is yet unresolved, this is the last call before judgement day to sort it out!

Deuteronomy 30:2

Complete Jewish Bible

² and you will return to Adonai your God and pay attention to what He has said, which will be exactly what I am ordering you to do today — you and your children, with all your heart and all your being.

Matthew 18:21-22

Amplified Bible

²¹ Then Peter came to Him and asked, "Lord, how many times will my brother sin against me and I forgive him and let it go? Up to seven times?" ²² Jesus answered him, "I say to you, not up to seven times, but seventy times seven.

On the day of Yom Kippur we are to afflict our souls by denying ourselves according to:

Leviticus 23:26-32

Complete Jewish Bible

²⁶ Adonai said to Moshe, ²⁷ "The tenth day of this seventh month is Yom-Kippur; you are to have a holy convocation, you are to deny yourselves, and you are to bring an offering

made by fire to Adonai. ²⁸ You are not to do any kind of work on that day, because it is Yom-Kippur, to make atonement for you before Adonai your God. ²⁹ Anyone who does not deny himself on that day is to be cut off from his people; ³⁰ and anyone who does any kind of work on that day, I will destroy from among his people. ³¹ You are not to do any kind of work; it is a permanent regulation through all your generations, no matter where you live. ³² It will be for you a Shabbat of complete rest, and you are to deny yourselves; you are to rest on your Shabbat from evening the ninth day of the month until the following evening."

What does it mean to afflict your soul and deny yourself? It is traditionally interpreted as a day of fasting, and usually if your health permits it, no water or food for 24 hours. During this time the soul protests and calls out, but we are to afflict it, spending the day in repentance and focussing on the Word of ADONAI, feeding our spirits with His Bread of Life and Living Waters.