

YOM KIPPUR: THE DAY OF ATONEMENT

A Solemn Guide for Family Reflection, Fasting, and Intercession (KJV)



“Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us.” — Hebrews 9:12

IMPORTANT SPECIAL NOTICE & GENERAL DISCLAIMER

Spiritual Perspective & Purpose:

This resource is designed purely as an educational and devotional guide to help Christian families study and observe the Fall Feasts of the Lord from a historical, prophetic, and scriptural perspective using the King James Version (KJV) of the Bible. It is intended for spiritual enrichment and family fellowship and does not impose legalistic obligations. We encourage you to do your own independent studies and consult with your religious leaders.

Health & Fasting Notice:

The fasting guidelines and alternatives outlined in the Yom Kippur section are for informational purposes only. A complete food and water fast can be physically demanding. Pregnant or nursing mothers, young children, the elderly, and individuals with underlying medical conditions, chronic illnesses, or specific nutritional needs should never attempt a strict fast without consulting a qualified healthcare professional first. Always prioritize medical safety and utilize the provided alternative fasting guide as appropriate.

Safety & Child Supervision:

This guide contains descriptions of outdoor structural construction (building a Sukkah), live candle lighting ceremonies, and children's crafts involving small pieces, scissors, or water.

- **Adult Supervision Required:** All building projects, knife handling during food preparation, and craft activities must be strictly supervised by an adult at all times.
- **Fire Safety:** Never leave burning festival candles or outdoor lanterns unattended. Ensure candles are placed in heavy glass shields on a stable, heat-resistant surface away from wind, flammable decorations, or children's reach.
- **Sukkah Safety:** Ensure any temporary canopy or wooden frame built outdoors is structurally secure, safely anchored against gusts of wind, and that overhead foliage is lightweight and securely attached.

NOTE ON PREPARATION & CURATION

This planning guide was developed in collaboration with artificial intelligence to organize historical context, structure daily timelines, and format household recipes. All content, scripture selections, and theological themes have been intentionally edited and reviewed by the author to ensure absolute alignment with the King James Version (KJV) Holy Bible and a Christ-centered perspective.

YOM KIPPUR / THE DAY OF ATONEMENT

Prophetic Theme: The Day of Judgment, Cleansing, the Blood of the Lamb, and Intercession.

What is Yom Kippur?

Yom Kippur (literally "Day of Atonement") is the holiest, most solemn day of the biblical calendar. It takes place ten days after Yom Teruah (the Feast of Trumpets) and just five days before Sukkot.

Core Meaning

The Commandment: Established in Leviticus 23:27, it is a day of complete rest, self-examination, and fasting ("afflicting your soul").

The Purpose: In biblical times, it was the one day a year the High Priest entered the Holy of Holies to make blood sacrifices, cleansing the Tabernacle and obtaining forgiveness for Israel's sins.

Scripture Focus

"Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD." —

Leviticus 23:27

"But Christ being come an high priest of good things to come... Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us." —

Hebrews 9:11-12

The Use of White (The Main "Visual" Theme)

Instead of hanging decorations, the visual focus of Yom Kippur is the color white, which symbolizes purity, cleansing from sin (Isaiah 1:18), and equality before God.

Clothing: It is traditional for everyone to wear white clothing to services or family prayer.

Linens: Families often use a simple, plain white tablecloth for the *Pre-Fast Meal* (Erev Yom Kippur) and the *Break-Fast Meal* the following night.

Yahrzeit (Memorial) and Holiday Candles

Before the fast begins at sundown, it is traditional to light a 24-hour memorial candle (Yahrzeit candle) in memory of loved ones who have passed away, alongside the standard holiday candles. These burn quietly in the home throughout the day.

Menu Plan (Pre- and Post-Fast)

Meal Before the Fast (Erev Yom Kippur): Easy-to-digest, hydrating foods with low sodium to make fasting easier.

- Large bowl of chicken vegetable noodle soup
- Plain baked chicken breasts and brown rice
- Water, herbal teas, and fresh watermelon slices

Break-the-Fast Menu: Light, comforting foods to reintroduce to the stomach.

- Fresh fruit platter (grapes, melons, berries)
- Quiche or egg bake with spinach and cheese
- Soft rolls with butter
- Mild vegetable broth

Reflection Guide & Family Prayers

The Atmosphere: A solemn, deeply reverent, and reflective atmosphere. The day is spent in prayer, fasting (for adults and older children as appropriate), scripture reading, and resting from labor.

Opening Prayer (Starting the Fast): "Almighty God, as we enter into this Day of Atonement, we humble our souls before Thee. We acknowledge our sins, and we thank Thee from the depths of our hearts for the perfect sacrifice of Thy Son, Jesus Christ, whose blood cleanseth us from all unrighteousness. As we fast today, let our hearts be fixed on Thy mercy, Thy holiness, and the great price paid for our redemption. Amen."

Family Discussion Prompt: Read Isaiah 53 together. Discuss how Jesus perfectly fulfilled the role of both the sacrificial goat and the scapegoat, carrying our sins far away from us.

Preparing Your Home Space

If you are observing the day at home with family and friends, you can prepare the physical environment to reflect the solemnity of the day:

Clear Away Distractions: Tidy up the main room, put away everyday clutter, and turn off televisions or music.

Prayer Visuals: Set out Bibles, journals, or prayer books on a clean table.

Comfortable Seating: Since it is a day of resting and praying, ensure there is a quiet, comfortable space for family members to read and reflect while fasting.

YOM KIPPUR DAILY ITINERARY

Print this schedule to guide your family smoothly through this solemn sabbath rest.

- **3:30 PM – Pre-Fast Kitchen Prep**
Prepare the hydrating chicken soup and unseasoned baked chicken. Simultaneously, assemble the break-the-fast quiche so it is ready to bake instantly the following evening.
- **4:30 PM – The Erev Yom Kippur Meal (Pre-Fast)**
Sit down as a family to eat a nourishing, low-sodium meal. Encourage everyone to drink plenty of water and herbal teas.
- **5:30 PM – Dress in Pure White & Tidy up**
Wash the dinner dishes quickly. Have every family member change into clean, pure white clothing to signify a state of holiness and readiness before God.
- **6:15 PM – Step 1: Solemn Candle Lighting**
Gather around the table as twilight approaches. The mother or hostess kindles the candles in absolute silence before reading the proclamation.
- **6:25 PM – Step 2: Opening Repentance Prayer**
The family leader reads the Isaiah and Hebrews passages, leading the family into a focused time of quiet reflection and prayer.

- **6:45 PM – Step 3: Children's Object Lesson**
Conduct the water-soluble paper activity to give children a powerful visual demonstration of how completely Christ removes our sins.
 - **7:15 PM – Holy Scripture Reading & Quiet Rest**
Read through Isaiah 53 and portions of the book of Hebrews together. Transition into a quiet evening of prayer, scripture journaling, and rest from all labor.
 - **NEXT DAY (All Day) – The Day of Affliction & Prayer**
Spend the day in rest, prayer, and fasting. Walk gently outside, read scriptures, and avoid any secular distractions or work.
 - **6:30 PM (Next Day) – The High Priest Blessing**
As sundown arrives to mark the end of the 25-hour fast, pronounce Aaron's blessing over the children and celebrate our complete redemption in Christ.
 - **6:45 PM (Next Day) – Greet the Harvest: Break-the-Fast**
Serve the light, comforting fruit platter and egg bake. Drink water and celebrate with immense gratitude!
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STEP 1: THE SOLEMN CANDLE LIGHTING SCRIPT

The mother or hostess strikes a match and kindles two white candles inside glass shields on the table.

The Proclamation: "We kindle these lights as we enter the most solemn day of the year: the Day of Atonement. In ancient times, this was the one day the High Priest could pass through the thick veil into the Holy of Holies with the blood of a spotless sacrifice. Tonight, we do not light these candles in fear of judgment, but in awe of the cross, knowing the veil has been rent in twain."

The Scripture Recitation:

"Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; And having an high priest over the house of God; Let us draw near with a true heart in full assurance of faith..." — Hebrews 10:19-22

The Prayer: "Almighty God, Judge of all the earth, we humble our souls before Thee tonight as we begin this solemn fast. Wash us, cleanse us, and search our hearts. We rest completely in the finished work of Jesus, our Great High Priest. Let Thy peace rest upon this home. Amen."

STEP 2: THE REPENTANCE LITURGY & SCAPEGOAT PROCLAMATION

The family leader stands to lead a time of deep family confession and gratitude.

The Leader Script: "Yom Kippur is a day to afflict our souls through fasting, reminding us that we cannot save ourselves. In the Old Covenant, two goats were chosen: one was sacrificed for the people's sins, and the other—the scapegoat—had the sins of Israel confessed over its head before being led away into the wilderness, never to be seen again. Jesus fulfilled both roles perfectly. He shed His blood to pay our penalty, and He carried our sins infinitely far away from us."

The KJV Scripture Focus:

"Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all." —

Isaiah 53:4-6

The Nightly Family Prayer: "Lord God Almighty, we confess that we have sinned against Thee in thought, word, and deed. We thank Thee from the depths of our souls that Thou hast laid all of our iniquities upon Jesus. Thank Thee that His blood cleanseth us from all unrighteousness. We lay aside our pride, our self-reliance, and our worldly desires today. Keep us clothed in Thy pure righteousness. In Jesus' holy name, Amen."

STEP 3: THE "CAST AWAY" CHILDREN'S COVENANT SCRIPT

To be performed directly after the Repentance Prayer. Place the large clear glass bowl filled with warm water in the center of the table and hand the children their written water-soluble or tissue papers.

The Leader Proclamation: "Children, look closely at this bowl of clear water. The Bible tells us that our sins make us heavy and separate us from God. But when we repent and trust in the blood of Jesus, God doesn't just hide our mistakes—He completely destroys them. He casts them into the deepest sea."

The Scripture Recitation (Have the children read or repeat):

"He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea." — Micah 7:19

The Action: Have each child carefully drop their paper into the water bowl. Let everyone watch in silence as the ink and paper dissolve and break apart completely into nothingness. (***Explain to them that because of Jesus, their mistakes are dissolved completely and remembered no more.)***

The Closing Object Lesson Prayer: "Dear Heavenly Father, we thank Thee for this beautiful picture of Thy grace. Just as this paper has dissolved and vanished from our sight, we thank Thee that through the sacrifice of Jesus, our sins are washed away completely. Thank Thee for having compassion on our family. Amen."

STEP 4: Holy Scripture Reading & Quiet Rest

Read through Isaiah 53 and portions of the book of Hebrews together. Transition into a quiet evening of prayer, scripture journaling, and rest from all labor.

STEP 5: THE BREAKING OF THE FAST LITURGY

To be read aloud at sundown to officially close Yom Kippur.

THE CLOSING LITURGY

The Action:

Gather the family around the dinner table where the fresh fruits, water, and warm quiche are set out. Do not eat or drink yet. The family leader stands and sounds one final, long, triumphant blast on the Shofar to announce the end of the fast.

The Host Script (Read aloud):

"Family, hear the sound of the trumpet! The Day of Atonement is finished. The fast is over, and our souls are completely cleansed. We have afflicted our flesh to remind ourselves that we cannot save ourselves.

Tonight, we stand in pure white garments, fully redeemed. The thick veil of the Temple has been rent in twain. We no longer look at God through a curtain of fear; we look at Him through the blood of Jesus Christ, who has carried our sins away forever. It is time to step out of solemn reflection and step into the pure joy of the harvest!"

The KJV Scripture Recitation:

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies... As far as the east is from the west, so far hath he removed our transgressions from us." — Psalm 103:2-4, 12

The High Priest Blessing Over the Children:

(The father or leader places his hands on the children's heads and pronounces the Aaronic blessing)

"The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace. Amen."

The Action:

Pour the cups of water. The leader takes the first bite of fruit and passes the platter, officially breaking the fast with joy!

THE TRANSITION TO SUKKOT

Read this brief prompt immediately after the meal is cleared to prepare the family for the next phase.

The Host Script:

"Now that our hearts are clean, our next appointment with the Lord is only five days away! The Bible tells us that after we are forgiven, we are called to rejoice. Let us go outside together tonight and lay the very first foundation frame of our Sukkah. As we drive this stake into the ground, we declare that our home is ready to tabernacle with the King!"

APPENDIX: HOLY CONVOCATION ALTERNATIVE FASTING GUIDE

*A Biblical Approach to Afflicting the Soul for Children,
Expectant Mothers, and Those with Health Constraints*

While a complete food and water fast is traditional for adults on Yom Kippur, the underlying biblical command in Leviticus 23:27 is to "afflict your souls." True scriptural affliction is not about legalistic physical starvation, but about humbling our hearts, denying our fleshly desires, and removing distractions to fix our gaze entirely on Jesus Christ.

If age, health conditions, or personal medical constraints prevent you from doing a complete food fast, this guide offers four high-utility biblical alternatives to fully participate in the solemnity of the day without compromising your physical well-being.

SPECIAL TRACKER: HOW TO SUBSTITUTE THESE INTO YOUR ITINERARY

**When your family reaches the Day of Affliction &
Prayer on your Yom Kippur schedule:**

- Instead of spending the afternoon managing hunger, use the hours normally spent on cooking or digital entertainment to gather the family and read **Isaiah 58** aloud, discussing what a true fast looks like in the eyes of God.

1. THE DANIEL FAST (THE PLAIN DIET)

The Scripture Focus: *"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all..." — Daniel 10:2-3*

The Practical Action: Abstain entirely from "pleasant foods." This means cutting out sweets, baked treats, rich meats, heavily seasoned dishes, juices, and caffeine.

How it Afflicts the Soul: You consume only what your body fundamentally *needs* to stay healthy—such as plain water, simple vegetables, oatmeal, or plain unseasoned chicken—removing the fleshly pleasure of taste so your satisfaction comes only from the Word of God.

2. THE TOTAL DIGITAL & MEDIA FAST

The Scripture Focus: *"Turn away mine eyes from beholding vanity; and quicken thou me in thy way."* — **Psalms 119:37**

The Practical Action: Power down every screen in the household for the entire 25 hours. This includes smartphones, televisions, tablets, laptops, video games, and secular music.

How it Afflicts the Soul: In our modern world, entertainment and digital noise are the primary ways we distract our souls from reflecting on our spiritual condition. Silencing the noise forces a deep, quiet self-examination and opens up hours of uninterrupted time for prayer and scripture journaling.

3. THE LABORS OF COMFORT FAST (THE PILGRIM WALK)

The Scripture Focus: *"Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus..." —*

Philippians 2:4-5

The Practical Action: Deny yourself modern physical luxuries. Fast from using soft couches, warm lounging blankets, hot luxurious showers, or sleeping with your favorite pillows.

How it Afflicts the Soul: By intentionally making your physical surroundings modest and simple for one day, you identify with the wandering, fragile state of our earthly tent. It serves as a physical reminder that our true comfort is found only under the wings of the Lord.

4. THE FAST OF WORDS (THE SILENT HOUR)

The Scripture Focus: *"Let every man be swift to hear, slow to speak, slow to wrath... If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."* —

James 1:19, 26

The Practical Action: Set aside a 3-hour or 6-hour block during the day of Yom Kippur for total, absolute family silence. No speaking, whispering, or verbal communication is permitted unless it is reading scripture aloud together.

How it Afflicts the Soul: Bridling the tongue is one of the hardest disciplines for the human flesh. Choosing absolute silence curbs the urge to complain, gossip, or speak idly, turning your internal thoughts into a continuous, quiet prayer before the throne of God.

