

THE BEGINNERS GUIDE* TO YOM KIPPUR ESSENTIAL FACTS

- THE HOLIEST DAY OF THE YEAR IN JUDAISM.
- THE "DAY OF ATONEMENT" BASED ON LEVITICUS 16 AND 23:26-32.
- THE BIBLICAL COMMAND IS FOR THE HIGH PRIEST TO ENTER THE "HOLY OF HOLIES" ONCE PER YEAR TO MAKE AN ANNUAL SACRIFICE FOR ALL THE SINS OF THE PEOPLE.
- NO WORK OF ANY KIND IS ALLOWED.
- ALL ISRAEL SHUTS DOWN. ALL BUSINESSES CLOSED, NO TRAVEL, NO RADIO OR TV.
- A 25 HOUR FAST BEGINS SUNDOWN THE NIGHT BEFORE.
- WORSHIPERS SPEND THE DAY IN PRAYER AT THE PLACE OF WORSHIP.
- FOLLOWERS OF YESHUA (JESUS) BELIEVE THAT MESSIAH AS HIGH PRIEST ATONED FOR OUR SINS "USING HIS OWN BLOOD TO SET US FREE ONCE AND FOR ALL" (HEBREWS 9:11-12). HE IS "THE FINAL SOLUTION OF SIN" (HEBREWS 9:26).

FIVE PRAYER SERVICE THEMES CORRESPOND TO FIVE DIMENSIONS OF THE SOUL

1. EVENING PRAYERS (MAARIV) RELATE TO NEFESH , "SPIRIT" PERTAINS TO **PHYSICAL, BIOLOGICAL** DIMENSION OF LIFE.
2. MORNING PRAYER (SHACHARIT) CORRESPONDS TO RUACH, "BREATH", THE **EMOTIONAL** DIMENSION, EMOTING PENITENCE.
3. ADDITIONAL PRAYER (MUSAF) PERTAINS TO (CHAYAH) "LIFE", THE HOLY AND **TRANSCENDENTAL** SPIRITUAL DIMENSION.
4. AFTERNOON PRAYER (MINCHA) RELATES TO NESHAMAH, "SOUL" THE AREA OF THE MIND OR **INTELLECTUAL** LIFE.
5. SUNDOWN PRAYER (NEILAH) CORRESPONDS TO YECHIDA, THE DIMENSION OF "**ONENESS**", INTIMATE ESSENCE "SEALED."

YIZKOR, "REMEMBER"

is a special prayer for departed souls said only on Yom Kippur. It honors the "powerful resource of eternity, remembering those that came before us."

One of the most personal and touching prayers in Jewish liturgy.

THE CONCLUSION OF YOM KIPPUR IS TO DECLARE THE SHEMA:

*Hear Oh Israel, the Lord is our God, the Lord is One.
You shall love the lord your God with all your heart,
with all your soul, and with all your strength.*

Deuteronomy 6:4-5