

## Yom Kippur 16

### *Fasting*

The Day of Atonement is not an automatic fast day for all or any. It is only for those to fast who are humble and contrite (Isa 66:2) over their sin and condition. And when you fast, do not be like the hypocrites or pretenders (Mt 6:16; 9:14; Zec 7:5-7). Our self-denial is not to be paraded before others. Only those who, by the inspiration of the Holy Spirit, are convicted of their condition should fast — even on Yom Kippur.

Preparation will be made for the day so that those in the kitchen will be able to rest from doing their usual daily tasks there. Food will be prepared in advance, but there will be no formal meals. What is prepared will be in people's rooms, maybe fruit and juice or water.

Mt 6:17 — Those who do fast, anoint your head and wash your face. Is this a hyperbole — a rhetorical exaggeration? (*Rhetoric* is the art of effective speaking or writing.) But maybe one should do just what our Master said in Mt 6:17. He made it very clear that His disciples will fast. Mk 2:19; Mt 9:15; and Lk 5:35 makes clear that we, His disciples, will not overlook the importance of fasting.

Yahshua's rhetorical responses further demonstrate the error of mechanical fasts, which fail to discern God's specific directive. Fasting is mourning over something that takes one's appetite away. While He was with them they were rejoicing — not mourning, but celebrating. It was like the banquet inaugurating the Kingdom. It was the kind of joy that is seen at a wedding banquet. How would it be for us to fast at a wedding celebration?

Mk 2:19; Lev 16:29; Lk 18:12 — The Pharisees went beyond the Spirit in their fasts. They fasted on Mondays and Thursdays. They did not discern that the present time was a time of joy and celebration while the Bridegroom was with them. Lev 16:29 mentions afflicting your souls or humbling yourselves. But the Jews (especially the

elders) got out of that verse that they would not eat on that day. That is an outward way — a ceremony — to pretend that the outward affliction was in their souls.

So, it's up to one's own spiritual apprehension of God's leading. The whole body rests<sup>1</sup> on one part (Eph 4:16) until it is cut off — so as to not bring damage to the whole nation (Jer 7). Mk 2:20 — They will fast in those days. They will fast over their spiritual condition of not being able to be led by the Spirit. They will be brokenhearted over this (Isa 66:2).

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<sup>1</sup> Depends on; is strengthened or impaired by...