

PREPARING FOR THE DAY OF ATONEMENT – Part 1

9/24/25

- Tonight – Opportunity to give a Bible study
- Comment – Yesterday, was Feast of Trumpets – October 2 for the Day of Atonement
- Comment – So, we have 2 Wednesday-night meetings before that service on October 2
 - Tonight – 9/24/25
 - October 1 – which is actually at the beginning of the Day of Atonement
- Title – “Preparing for the Day of Atonement – Part 1”
- Subtitle – “3 Situations for Fasting” – (A version was given 8/24/19 and 9/16/21)

- Before we look at the 3 situations for fasting – let’s see what the Son of God taught about fasting

Matt. 6:16-18	when you fast
Luke 5:33-35	“why don’t Your disciples fast?” – “they will fast in those days”
Luke 18:9-14	Pharisees fasted improperly – • fasting – should be about repentance • fasting – should be about a relationship with the Father
Acts 13:3	fasted and prayed – before they sent out servants
Acts 14:23	prayed with fasting – when appointing “elders” (servants) in every church
1 Cor. 7:5	fasting and prayer – a reason to delay marital love

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| • Chronological approach would be | Before – During – After |
| • My approach in this study | After – During – Before |

1. After a Sin – Repentance

1 Sam. 7:5	Samuel – “Gather all Israel to Mizpah, and I will pray to the Lord for you”
6	the people fasted and prayed – “We have sinned against the Lord”
1 Kings 21:2-3	when Ahab asked Naboth to sell him some land, Naboth said “no”
4-7	when Ahab was sullen – Jezebel said that she would get the land for him
8	Jezebel’s plan – she wrote letters in Ahab’s name; sealed them with his seal; and sent them to the elders and nobles
11	the men, elders and nobles – did as Jezebel had written
12-14	during the proclaimed fast – 2 “scoundrels” stoned Naboth
15-16	when Ahab heard that Naboth was dead, he took the land
17-26	Elijah – told Ahab what Jezebel had done
27-29	Ahab – humbled himself before God

Ezra 10:1	Ezra was – praying, confessing, bowing down before the house of God
2-4	Shechaniah said – “we have trespassed against our God”
5-6	Ezra – ate no bread and drank no water
Neh. 1:3	they said – “the survivors who are left from the captivity in the province are in great distress and reproach, the wall of Jerusalem is also broken down and its gates are burned with fire”
4-11	Nehemiah confessed the sins of the children of Israel
Neh. 9:1-3	the children of Israel – confessed & worshipped
Dan. 9:3-19	prayer, supplications, fasting, sackcloth and ashes
5	“we have sinned and committed iniquity – we have done wickedly and rebelled – even by departing from Your precepts and Your judgments”
17	“hear the prayer of your servant”
18	“Oh my God, incline Your ear and hear; open Your eyes and see our desolations, and the city which is called by Your name – for we do not present our supplications before You because of our righteous deeds, but because of Your great mercies”
19	“Oh Lord, hear!” – “Oh Lord, forgive!” – “Oh, Lord, listen and act!” – “Do not delay for Your own sake, my God – for Your city and Your people are called by Your name”

2. During a trial – Seeking help during the trial

Judges 20:21-26	after the children of Israel were defeated by the Benjamites on 2 days, they went to the house of God and fasted
2 Sam. 12:15-23	David – beseeching God for his sick son
2 Chron. 20:3-4	Jehoshaphat (Judah) – responding to approaching armies
Ezra 8:21-23	Ezra proclaimed a fast – ashamed to ask for an escort of soldiers – on the way to Jerusalem
Esther 4:1-3	Mordecai and the Jews – mourning
16	Esther and the Jews – before visiting the king
Jonah 3:5-10	the people of Nineveh – believed God – proclaimed a fast
Matt. 17:21	leaves only by prayer & fasting

3. Before Important Events – connecting with Our Father

Exod. 34:28	Moses – writing the 10 Commandments on the tablets
Matt. 4:1-11	Christ in the wilderness