

THE DAY OF ATONEMENT

Exo 34:4-9

Ezra 8:21-23

Jonah 3:6-10

Isa 29:13; 66:1-4

Eze 33:10-11, 14-16

Joel 2:12-17

Isa 58:1-14

Lev 16:29-31

The phrase mentioned above "to deny or afflict yourself" occurs 5 times in Leviticus 16 and 23 (Lev. 16:29, 31; Lev. 23:27, 29, 32). The verb of this Hebrew word means, "to be bowed down, and is associated accomplished by fasting. That is why we fast today, but even more important is repenting.

Heb 9:6-15, 24-28