

What The Bible Teaches on  
**PRAYER and FASTING**  
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## Chapter 3: What Did the Law Teach About Fasting?

### 3. What did the Law teach about fasting?

#### (a) The Day of Atonement

##### (1) **Leviticus 16: 29-34; 23:26-32; Numbers 29:7-8**

The one and only fast prescribed in the Law of Moses was the Day of Atonement, or Yom Kippur. It was a national holiday, during which “you must deny yourselves” which is understood to mean fasting as some translation footnotes explain. (This is what the nation of Israel was celebrating when their enemies launched a surprise attack on 6 October, 1973. It was the beginning of what was later known as the Yom Kippur War).

Sin separates people from God, and there is nothing that man can do to bridge the divide. God initiated this ritual to be observed each year on a day of national repentance from sin, consisting of a burnt offering by which an animal would be killed and consumed by fire. The blood of the animal was a symbol of the blood of His Son which was going to be shed for mankind.