

## Missing a Meal

The Day of Atonement is the 5<sup>th</sup> of God's annual Feasts and Holy Days. We read about it in **Leviticus 16:29-34**- "And it shall be a statute forever to you: in the seventh month, on the tenth of the month, you shall afflict your souls and do no work at all, *whether it be* one of your own country or a stranger who is living among you, For on that day an atonement shall be made for you, to cleanse you, so that you may be clean from all your sins before the LORD. *It shall be* a Sabbath of rest to you, and you shall afflict your souls, by a statute forever. And the priest whom he shall anoint, and whom he shall consecrate to minister in the priest's office in his father's stead, shall make the atonement and shall put on the linen clothes, the holy garments. And he shall make an atonement *for* the holy sanctuary, and he shall make an atonement for the tabernacle of the congregation, and for the altar; and he shall make an atonement for the priests and for all the people of the congregation. And this shall be an everlasting statute to you, to make an atonement for the children of Israel for their sins once a year." And he did as the LORD commanded Moses."

Also, in **Leviticus 23:27-32**- "Also, on the tenth *day* of this seventh month, is the Day of Atonement. *It shall be* a holy convocation to you. And you shall afflict your souls and offer an offering made by fire to the LORD. And you shall do no work in

that same day, for it *is* the Day of Atonement, in order to make an atonement for you before the LORD your God, For whoever is not afflicted in that same day, he shall be cut off from among his people. And whoever does any work in that same day, the same one will I destroy from among his people. You shall do no manner of work. *It shall be* a statute forever throughout your generations in all your dwellings. *It shall be* to you a Sabbath of rest, and you shall afflict yourselves. In the ninth *day* of the month at sunset, from sunset to sunset, you shall keep your Sabbath.”

**Numbers 29:7-11-** “And you shall have a holy convocation on the tenth day of this seventh month. And you shall afflict your souls. You shall not do any work *therein*.

But you shall offer a burnt offering to the LORD *for* a sweet savor: one young bull, one ram and seven lambs of the first year. They shall be to you without blemish. And their grain offering *shall be* flour mixed with oil, three tenth parts to a bull, two tenth parts to one ram, One tenth part for each of the seven lambs; One kid of the goats *for* a sin offering, besides the sin offering of atonement and the continual burnt offering and the grain offering of it, and their drink offerings.”

In our future, as the resurrected chosen and saints of God, we will have fulfilled our responsibilities and our devotion to our God and His Son, Jesus Christ. The

plan of God reveals to us the order of things to come. We who live His way of life have a life without despair and dread but one of hope and promise. We will have been made spirit beings in the first harvest, the First Resurrection. **1 Corinthians 15:52-53**- “In an instant, in *the* twinkling of an eye, at the last trumpet; for *the* trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruptibility, and this mortal must put on immortality.” We will meet with Jesus Christ in the clouds on the Sea of Glass.

**1 Thessalonians 4:16-18**- “Because the Lord Himself shall descend from heaven with *a* shout of command, with *the* voice of an archangel and with *the* trumpet of God; and the dead in Christ shall rise first; Then we who are alive and remain shall be caught up together with them in *the* clouds for *the* meeting with the Lord in *the* air; and so shall we always be with *the* Lord. Therefore, encourage one another with these words.” Our return to earth to fight with Him will begin around the Feast of Trumpets. Even Andrea will be on one of the white horses following our Lord into battle.

The Day of Atonement falls in between Trumpets and Tabernacles. It signifies our need to humble ourselves before God and focus our total dependency upon Him.

God desires to us to be humble and remove the pride of self-sufficiency from our character. Throughout scripture, God humbled the proud and those He had chosen.

**Proverbs 16:18-19-** “Pride *goes* before destruction, and a haughty spirit before a fall. *It is better to be* of a humble spirit with the lowly than to divide the spoil with the proud.”

**James 4:6-** “But He gives greater grace. This is *the* reason it says, “God sets Himself against *the* proud, but He gives grace to *the* humble.”

**1 Peter 5:5-7-** “In the same manner, *you* younger men be subject to *the* older men; and all *of* you be subject to one another, being clothed with humility because God sets Himself against *the* proud, but He gives grace to *the* humble. Be humbled therefore under the mighty hand of God so that He may exalt you in due time; Casting all your cares upon Him, because He cares for you.”

On the Day of Atonement, God commands us to afflict ourselves. We can often wonder how fasting ever came to be associated with “afflicting.” We “fast” as a means to afflict ourselves. Fast doesn’t necessarily mean to afflict.

"Afflict," according to Strong’s Concordance is *anah*. The meanings vary to include: abase, inflict, chasten of self, humble, submit or deal harshly with. We know God afflicted those who failed to submit to His will throughout the Bible.

**Deuteronomy 8:2-3-** “And you shall remember all the way which the LORD your God led you these forty years in the wilderness in order to humble you, to prove you, to know what is in your heart, whether you would keep His commandments or not. And He humbled you and allowed you to hunger, and then He fed you with manna which you did not know, neither did your fathers know *it*, so that He might make you know that man does not live by bread alone; *but by every word that proceeds out of the mouth of the LORD does man live.*”

The Nation of Israel during their exodus wandered for forty years. They still sinned but God reminded them that He was with them during the good and the bad times. Deuteronomy 8:2-3 is a good example of God’s reasons behind their being afflicted. He wanted to humble them, to remind them of their dependance upon Him. He wanted to know their true hearts and see if they were truly devoted to Him and His Commandments. He also wanted to teach them to live by His every word.

Fasting is an external physical act God allows to assist us. While it may seem a major task to go without food and water for a 24-hour period, I cannot fathom too fast for forty days and forty nights as Jesus Christ did. We should also look at the fasting as an example of God’s infinite mercy upon us. He could have asked us to

do something that truly would be painful that would go beyond our tolerance for pain and endurance, but He didn't. He instead chose a softer example to use, our basic needs for food and water, things most of us have taken for granted. Have you ever stood at the refrigerator with the door open, trying to make up your mind of what to eat because there's so much food you cannot choose? How many little ones starving throughout the world would love to have that crisis?

**Isaiah 58:4-8-** “Behold, you fast for strife and debate, and to strike with the fist of wickedness; you cannot fast as *you do* this day, and expect to make your voice to be heard on high. Is this such a fast that I have chosen? A day for a man to afflict his soul? *Is it* to bow down his head like a bulrush, and to spread sackcloth and ashes under him? Will you call this a fast and a day pleasing to the LORD? *Is not* this, *rather*, the fast that I have chosen—to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed ones go free, and that you break every yoke? *Is it* not to give of your bread to the hungry, and that you should bring home the wandering poor? When will you see the naked and cover him; and not hide yourself from your own flesh? Then shall your light break out as the dawn, and your health shall spring out quickly; and your righteousness shall go before you; the glory of the LORD shall be your rear guard.”

We can see that it often takes hard lessons to yield results but sadly, our stubborn human pride has a way of creeping back in. Denying ourselves of food and water is but one way we can humble ourselves before God. When we do not eat food or drink water, our “machine” begins to run out of fuel. We can begin to feel weak and zapped of our strength. Hunger “pangs” can really cause pain and discomfort. The lack of water will cause dehydration and headaches usually follow.

It is in this weakened physical state that our spirit begins to take over. If you are truly walking and are at one with God, clarity and focus on scripture will be foremost in our thoughts. We will feel blessed that He will sustain us in *any* condition. God allows us to experience this pain to let us know and remember, our flesh will always fail us and to keep our focus on Him. Without what He supplies spiritually through His Holy Spirit and Word, we would not last very long in that realm either. Even fasting must be done with the proper frame of mind. So many people can “play church” and go through the motions and miss the mark. Doing things through the arm of the flesh is nothing but lip service to God. He knows the heart.

Just as a parent corrects their children, God chastises us as His. All too often, it isn't pleasant. **Isaiah 64:8-12**- “But now, O LORD, You *are* our Father; we *are* the clay, and You *are* our potter; and we all *are* the work of Your hand. Do not be grievously angry, O LORD, nor remember iniquity forever. Behold! Look, we

beseech you, all of us *are* Your people. Your holy cities are a wilderness; Zion *is* a wilderness, Jerusalem *is* a desolation. The house of our holiness and our beauty, where our fathers praised You, is burned up with fire; and all our pleasant things are laid waste. Will You restrain Yourself over these *things*, O LORD? Will You be silent and sorely afflict us?"

We must not murmur or grumble at such trivial things such as missing a meal or two. God *will* chastise His children when we step out of line.

**Hebrews 12:5-9-** "And you have already forgotten the admonition that He addresses to you as to sons: "My son, do not despise *the* chastening of *the* Lord, nor grow weary of being reprov'd by Him; For whom *the* Lord loves He chastens, and He severely disciplines every son whom He receives." If you endure chastening, God is dealing with you as *a Father* with *His* sons. For who is the son whom *the* Father does not chasten? But if you are without chastisement, of which all are partakers, then you are bastards and not sons. Furthermore, we have had our fleshly fathers who chastened *us*, and we respected *them*; should we not all the more *willingly* be subject to the Father of spirits, and live *forever*?" God is so deeply involved in our lives He will continue to guide and lead us all the way to His Kingdom. He does not desire that anyone should perish.

**2 Peter 3:9-11-** "The Lord is not delaying the promise *of His coming*, as some in their own minds reckon delay; rather, He is longsuffering toward us, not desiring



that any should perish, but that all should come to repentance. However, the day of *the* Lord shall come as a thief in *the* night in which the heaven itself shall disappear with a mighty roar, and *the* elements shall pass away, burning with intense heat, and *the* earth and the works in it shall be burned up. Since all these things are going to be destroyed, what kind of *persons* ought you to be in holy conduct and godliness,

When we obey God's Commandments and observe His Holy Days, we become lesser in ourselves and His Spirit can grow within us. We can yield the fruit He speaks of in **Mark 4:8-9**- "And others fell into the good ground and yielded fruit, growing up and increasing; and one brought forth thirtyfold, and one sixtyfold, and one a hundredfold." Then He said to them, "The one who has ears to hear, let him hear."

This one day of afflicting ourselves produces results we may not immediately observe but they *are* taking place within and fulfilling God's will in our lives.

**Psalm 119:71-75**- "It is good for me that I have been afflicted, so that I might learn Your statutes. The law of Your mouth is better to me than thousands of gold and silver. Your hands have made me and formed me; give me understanding so that I may learn Your commandments. Those who fear You will be glad when

they see me because I have hoped in Your word. I know, O LORD, that Your judgments are right, and that You have afflicted me in faithfulness.

**Lamentations 3:31-33-** “For the LORD will not cast off forever; For though He causes grief, yet He will have compassion according to the multitude of His mercies. For He does not afflict willingly, nor does He grieve the children of men;”

**Daniel 10:31-33-** “For the LORD will not cast off forever; For though He causes grief, yet He will have compassion according to the multitude of His mercies. For He does not afflict willingly, nor does He grieve the children of men;”

**Daniel 10:12-** “Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand and to humble yourself before your God, your words were heard. And I have come because of your words.”

If you’ve experienced hunger or thirst in the past 24 hours remember the Words of Jesus:

**Matthew 5:6-** “Blessed *are* those who hunger and thirst after righteousness, for they shall be filled.”

**John 4:14-** “But whoever drinks of the water that I will give him shall never thirst; rather, the water that I will give him shall become a fountain of water within him, springing up into everlasting life.”

**John 6:32-35-** “Then Jesus said to them, “Truly, truly I say to you, Moses did not give you the bread from heaven; but My Father gives you the true bread from heaven. For the bread of God is He Who comes down from heaven and gives life to the world.” Therefore, they said to Him, “Lord, give this bread to us always.” Jesus said to them, “I am the bread of life; the one who comes to Me shall never hunger; and the one who believes in Me shall never thirst at any time.”

**John 7:37-38-** “Now in the last day, the great day of the feast, Jesus stood and called out, saying, “If anyone thirsts, let him come to Me and drink. The one who believes in Me, as the scripture has said, out of his belly shall flow rivers of living water.”

Most of all we do in our journey towards the Kingdom is to grow in the image, likeness and character of Jesus Christ our Lord. Casting off pride, being humble and becoming at one with God brings us to this place we *must* be in to become heirs to His promises.

**Proverbs 21:4-** “A high look, a proud heart, *and* the plowing of the wicked *are* sin.”

**Proverbs 11:2-** “When pride comes, then shame comes; but with the lowly *is* wisdom.”

**Isaiah 66:1-2-** “Thus says the LORD, “The heaven *is* My throne, and the earth *is* My footstool. Where, then, *is* the house that you build for Me? And where *is* the place of My rest? For all these things My hand has made, and these things came to be,” says the LORD. “But to this one I will look, to him who is of a poor and contrite spirit and who trembles at My Word.”

Missing a meal or two is such a small obligation to consider but has such a Divine purpose and impact. Afflicting ourselves to grow and become one with God has no price. May we praise our God in Heaven and His Son for their mercy, grace and endless love in giving us a life so abundant. Amen.

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