

IT'S NOT
WHAT YOU
TAKE AWAY —
IT'S WHAT
YOU LAY DOWN.

EMPTY STOMACH OR HUMBLER SOUL?

A PORTMANTEAU OF FASTING & AFFLICTION

צום

TSOM

FAST, ABSTAIN

TSOM × 'ANAH

WHAT DID YAHUAH ACTUALLY COMMAND?

ענה

'ANAH

AFFLICT, HUMBLE

A
BROKEN
AND A
CONTRITE
HEART
YOU WILL
NOT DESPISE.

PSALM 51:17



BOW
EXAMINE
REPENT
RECONCILE
RETURN

AFFLICT
YOUR SOULS

LEVITICUS 23:27

LEVITICUS 23:27 • ISAIAH 58 • SIRACH 34:31 • SIRACH 35:1–5

MORE THAN A FAST • A LIFE OF OBEDIENCE

EMPTY STOMACH OR HUMBLER SOUL?

WHAT DID YAHUAH ACTUALLY COMMAND?

‘ANAH ≠ TSOM (FAST)

Yorai Yahu School of Thoughts Ministries



ZECHARIAH 8:1–19

FROM FASTING TO JOY, GLADNESS & PEACE

“The fast ... shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace.”

— Zechariah 8:19

WHAT DID YAHUAH ACTUALLY COMMAND?

FASTING

Not merely an outward practice

JOY & GLADNESS

Yahuah turns mourning into celebration

CHEERFUL FEASTS

A picture of fellowship and blessing

TRUTH & PEACE

“Love the truth and peace”
— v. 19

THE GOAL IS NOT SIMPLY TO FAST — BUT TO LIVE IN TRUTH, PEACE, RIGHTEOUSNESS, AND JOY.



THE QUESTION THAT CHALLENGES THE TEACHING

Amos 5:25
Zechariah 7:5



... Yahuah did you do this for Me?

Empty religious rituals like fasting and sacrifices, that outward observances are meaningless to Yahuah without genuine heart devotion, justice, and righteousness.

“So a man that fasteth for his sins, and doth the same again, what doth his humbling himself profit him? Who shall hear his prayer? Sirach 34:26

THE QUESTION THAT CHALLENGES THE TEACHING

Sirach 35:1–5

1 He that keepeth the law bringeth offerings enough: he that taketh heed to the commandment offereth a peace offering.2

He that requiteth a goodturn offereth fine flour; and he that giveth alms sacrificeth praise.3 To depart from wickedness is a thing pleasing to Yahuah; and to forsake unrighteousness is a propitiation.4 Thou shalt not appear empty before Yahuah.5 For all these things are to be done because of the commandment.



THE QUESTION THAT CHALLENGES THE TEACHING

Are we concentrated on an EMPTY STOMACH...

...while Yahuah was demanding a HUMBLER PERSON?

The issue is not whether fasting can humble us.
The issue is whether fasting is the ENTIRE command.



START WITH THE TORAH

Leviticus 23:27

“...ye shall AFFLICT YOUR SOULS...”

וְעִנִּיתֶם אֶת־נַפְשֹׁתֵיכֶם

ve‘innitem et-nafshoteikhem

‘ANAH YOUR NEPHESH

The Torah uses ‘anah here not the Hebrew noun tsom (“fast”).

Leviticus 23:27; cf. Leviticus 16:29



DO NOT COLLAPSE TWO WORDS INTO ONE (PORTMANTEAU)

צום — TSOM

FAST

A specific practice:
abstaining from food.

עֲנָה — 'ANAH

AFFLICT / HUMBLE

A broader condition:
to humble, afflict, bow down,
or bring low.

FASTING CAN EXPRESS 'ANAH — BUT 'ANAH IS NOT REDUCED TO FASTING.



ISAIAH 58: THE PROPHETIC CORRECTION

“Wherefore have we FASTED... and thou seest not?
wherefore have we AFFLICTED OUR SOUL...”

FASTING ≠ AUTOMATIC HUMILITY

*“You can deny your **BODY** food while your **PRIDE** is still eating.”*



WHAT KIND OF FAST DOES YAHUAH CHOOSE?

Isaiah 58:5–7

BOW

Not performance/humility.

LOOSE

Undo the bands of wickedness.

BREAK

Let the oppressed go free.

SHARE

Deal thy bread to the hungry.

COVER

Care for the vulnerable.

The prophetic test is not merely: “Did I eat?”
It is: “Did I **HUMBLE** myself before Yahuah?”



THE CENTER OF ATONEMENT

Leviticus 16:30

**“For on that day shall the priest make an ATONEMENT for you,
to CLEANSE you...”**

ATONEMENT

CLEANSING

HUMBLING

REST

**Atonement is not a hunger contest.
It is a holy appointment dealing with sin, cleansing, humility, and
reconciliation.**



THE QUESTION IS BIGGER THAN FOOD

DO NOT ONLY ASK:

“WHAT AM I GOING TO STOP EATING?”

ASK:

“WHAT IN ME NEEDS TO BOW BEFORE YAHUAH?”

BOW • EXAMINE • REPENT • RECONCILE • RETURN



FROM TERU'AH TO ATONEMENT

1

THE SOUND

WAKE UP

2

THE EXAMINATION

LOOK WITHIN

3

THE HUMBLING

‘ANAH YOUR NEPHESH

4

THE ATONEMENT

CLEANSE & RECONCILE

The trumpet wakes you. Atonement asks what you did after you woke up.



THE TRUMPET WAS NEVER JUST ABOUT NOISE



THE SOUND CALLS THE PERSON TO RESPOND.

Not merely a changed diet.
A changed posture.
A humbled nephesh.
A heart prepared to hear Yahuah.



THE PREQUEL TO “THE SECOND SOUND”

FIRST CAME THE SOUND.

THEN CAME THE HUMBLING.

THEN CAME THE REVELATION.

THEN CAME THE ATONEMENT.

**The sound awakened me.
Now Atonement asks whether I actually responded.**



HE SPOKE ONCE — DID YOU HEAR?

Psalm 62:11

**“Alahim hath spoken once;
twice have I heard this...”**

THE TRUMPET GETS YOUR ATTENTION.

ATONEMENT EXPOSES YOUR RESPONSE.

**Yahuah has spoken.
The question is whether the sound changed YOU.**



EMPTY STOMACH... OR HUMBLER SOUL?

A person can be hungry and still be proud.

A person can abstain and still refuse to reconcile.

A person can observe the DAY and miss the PURPOSE.

‘ANAH YOUR NEPHESH.

BOW • EXAMINE • REPENT • RECONCILE • RETURN



**BEFORE YOU HEAR
THE SECOND SOUND...**

HUMBLE THE SOUL.

PREPARE THE HEART.

LISTEN FOR YAHUAH.

THE SECOND SOUND — THIS TIME, LISTEN.



FASTING CAN SERVE 'ANAH

Psalm 35:13

“I humbled my soul with fasting...”

**FASTING IS THE PRACTICE.
HUMBLING THE SOUL IS THE PURPOSE.**

Do not confuse the instrument with the destination.

Psalm 35:13



EZRA SHOWS THE DISTINCTION

Ezra 8:21

**“Then I proclaimed a fast there... that we might afflict ourselves before our
Alahim...”**

**A FAST WAS PROCLAIMED
SO THAT THEY MIGHT HUMBLE THEMSELVES.**

Tsom can be a means of ‘anah without being identical to ‘anah.

Ezra 8:21



REND YOUR HEART

Joel 2:12–13

“Turn ye even to me with all your heart, and with fasting... And rend your heart, and not your garments...”

YAHUAH IS AFTER MORE THAN AN OUTWARD SIGN.

The outward act must be joined to an inward return.

Joel 2:12–13



WHO WAS YOUR FAST FOR?

Zechariah 7:5

“When ye fasted and mourned... did ye at all fast unto me, even to me?”

**EMPTY PLATE.
BUT WHO WAS THE FAST REALLY FOR?**

Religious observance can happen without true surrender.

Zechariah 7:5



FASTING THAT TURNS

Jonah 3:5–10

Nineveh proclaimed a fast—but the response also required turning “every one from his evil way.”

**THE FAST WAS NOT THE FINISH LINE.
THE TURNING MATTERED.**

Repentance must reach conduct, not merely appetite.

Jonah 3:5–10



HUMBLE • PRAY • SEEK • TURN

2 Chronicles 7:14

“If my people... shall humble themselves, and pray, and seek my face, and turn from their wicked ways...”

HUMILITY HAS MOVEMENT.

Humbling before Yahuah is joined to prayer, seeking, and turning.

2 Chronicles 7:14



WHAT YAHUAH RECEIVES

Psalm 51:17

“The sacrifices of Alahim are a broken spirit: a broken and a contrite heart...”

THE ALTAR YAHUAH IS LOOKING AT IS THE HEART.

An empty stomach cannot substitute for a contrite spirit.

Psalm 51:17



THE HUMBLE & CONTRITE

Isaiah 57:15

Yahuah dwells “with him also that is of a contrite and humble spirit...”

**ATONEMENT SHOULD BRING THE PERSON LOW
BEFORE THE MOST HIGH.**

The goal is not performance—it is a humbled posture before Yahuah.

Isaiah 57:15



THE QUESTION IS NOT SIMPLY FAST OR DON'T FAST

Scripture Chain

Leviticus 23:27 → Psalm 35:13 → Isaiah 58:3–7 → Joel 2:12–13 → Zechariah 7:5 →
Psalm 51:17

**HAS THE FAST PRODUCED THE 'ANAH
YAHUAH COMMANDED?**

TSOM can empty my stomach. 'ANAH must humble ME.

Scripture Chain



EMPTY PLATE. FULL PRIDE.

You can change what enters your mouth without changing what lives in your heart.

**YAHUAH IS NOT IMPRESSED BY AN EMPTY PLATE
WHILE PRIDE REMAINS FULL.**

“Rend your heart, and not your garments.” — Joel 2:13



"IT SHALL BE
A SABBATH OF SOLEMN REST
UNTO YOU, AND YE SHALL
AFFLICT YOUR SOULS..."
LEVITICUS 23:27

SET APART
SEEK HIM
RETURN

9TH AND 10TH YOM KIPPUR

9/19 EVE – 9/20 EVE
ANAH YOURSELF

AFFLICT YOUR SOUL

REFLECT • REPENT • REALIGN • RENEW • RETURN

9TH OF THE SEVENTH MONTH
(9/19 EVE)

PREPARE THE HEART



BEGIN ANAH AT SUNDOWN
(9/19 EVE)



FAST FROM EVEN TO EVEN
(NO FOOD OR DRINK)



PRAY, EXAMINE, REPENT
(MISHPAT / CHESHBON HANEFESH)



MAKE THINGS RIGHT
(PEACE WHERE POSSIBLE)

LEVITICUS 23:27

A
CONTINUAL
SEASON OF
REPENTANCE

FROM
CONVICTION
TO
CHANGE

10TH OF THE SEVENTH MONTH
(9/20 EVE)

THE DAY OF ATONEMENT



CONTINUE ANAH UNTIL SUNDOWN
(9/20 EVE)



SOLEMN SABBATH
(NO REGULAR WORK)



SEEK COVERING AND MERCY



RECONCILE WITH OTHERS



RETURN TO YAHUAH
WITH A CLEANER HEART

LEVITICUS 23:28–32

"A BROKEN AND
A CONTRITE HEART,
O ALAHIM,
YOU WILL
NOT DESPISE."
PSALM 51:17

IT'S NOT JUST A FAST—
IT'S A RETURN.

CLEANER
HEART
A BRIGHTER
TOMORROW

TESHUVAH
TEFILLAH
TZEDAKAH

Until Next Time...

STUDY • PRAY • OBEY • WALK IT OUT



BOW
HUMILITY



EXAMINE
TRUTH



REPENT
CHANGE



RECONCILE
RELATIONSHIPS



RETURN
OBEDIENCE



SAME PURPOSE
GREATER AWARENESS
STRONGER COMMUNITY

THE
KNOWLEDGE
YOU GAIN
TODAY
CAN CHANGE
TOMORROW.

"UNTIL NEXT TIME... STUDY • PRAY • OBEY • WALK IT OUT"

2 PETER 3:17

THANK YOU

for being here

MAY THIS TEACHING STRENGTHEN YOU,
CHALLENGE YOU, AND BRING YOU CLOSER TO

YAHUAH



ALL
THINGS
TO
HIS GLORY

"BE NOT CONFORMED
TO THIS WORLD, BUT BE
YE TRANSFORMED..."

ROMANS 12:2



BOW
IN PRAYER



EXAMINE
THE WORD



REPENT
WITH A
HUMBLED SOUL



RECONCILE
WITH OTHERS



RETURN
TO OBEDIENCE

A HIGHER WALK
A CLEANER HEART
A BRIGHTER TOMORROW

LET
YOUR
LIGHT
CONTINUE
TO SHINE

MATTHEW 5:16

SAME PURPOSE | GREATER AWARENESS | STRONGER COMMUNITY

Until Next Time...

Yorai Yahu
SCHOOL OF THOUGHT MINISTRIES

TEACH | EQUIP | EMPOWER | RESTORE