



# TEACHING 101: DOA

## UNDER 8'S

### Teach!

Explain that 9 days after MOBT is the Day of Atonement. It is a no eating and drinking feast that is last for 24 hours to get forgiveness for us sin. Read Leviticus 23:27

Explain that like on this day it is a sabbath, a day of holy convocation. Read Leviticus 23:28 - 24

Explain that they won't be allowed to brush their teeth, there is to be no food or water.  
Read Jonah 3:5 - 7

Please note it is to your discretion when you know your child is ready to do the fast due to their age.

### Question Time!

Ask them

“Why do we have to fast on the day of atonement?”

“Can we brush our teeth day?”

“Can we just eat fruits on this day?”

“What are we supposed to do on the day of atonement?”

“Are we allowed water on this day?”

### Teach!

Explain that our foreparents fasted often, you can read various examples found in the supporting scriptures section on foreparents that fasted.

### Handwriting Activity

Show and tell your child how to write Day of Atonement 10 times and check for good spelling and handwriting.

Ask them to draw someone praying to the Most High.

### Supporting Scriptures

Christ  
Matthew 4:1 - 2

David  
2 Samuel 12:16

Judith  
Judith 8:6

Esther  
14:1 - 2