



My Little Yom Kippor Book



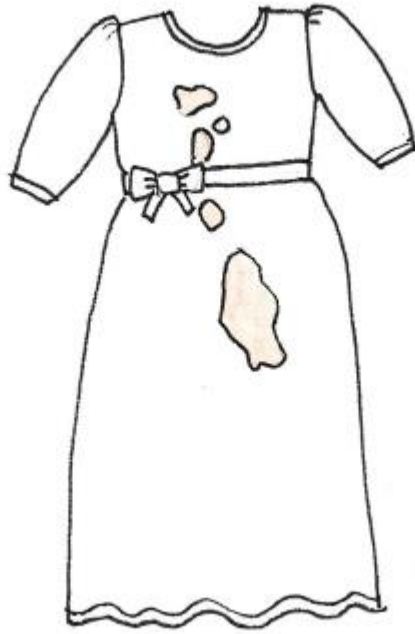
**Back in shul again?
The Shul is covered in white
The Rabbi is singing a solemn song
What is happening tonight?**

**I know you have to fast
that's really hard to do
Why does Hashem give us laws
that are so difficult for you?**



**Good question, my dear child,
Maybe a story will help you understand,
Everything Hashem gives us
Is to help every woman or man.**

**Lila had a pretty dress,
all white and new and clean,
She wore it to a party
and ate some delicious ice cream**



**The ice cream spilled
and made a big stain on her dress
She was so upset about this
Why did she make such a mess?**

**She was so embarrassed
to tell her caring mother
Lila knew the dress was expensive
and she would not buy another**



**She felt bad that made the stain
She should have been more careful
Was there any way it could be fixed
She asked her mother, all tearful?**

**Don't worry, my dear child
I have a machine that's great
It will wash your dress with soap
and clean it whilst you wait.**



**They waited for an hour
until the wash was done
Lila was so delighted –
It looked like a new one!**

**Tonight is Yom Kippur
a day where we fast and pray
It seems like we are sad
but really it is a special day**



**We are born with a beautiful soul
A bit like a precious diamond inside
whenever we do Mitzvot
Our soul shines so bright**

**But if we don't follow Hashem's laws
Our soul becomes all dirty
The light cannot shine through
Because it's surface is all murky.**



**Hashem gave us a gift
Teshuva is like a washing machine
We say we are sorry
and our souls become all clean**

**You know saying sorry
isn't always enough
We have to mean it and try harder
it's not just words of fluff!**



**To clean our souls properly,
There are four steps we must take:**

- 1. stop the bad behaviour**
- 2. feel bad that we made a mistake**

3. Admit to Hashem what we did

4. Decide never to do it again

**It's like a magic formula
that brings us closer to Hashem.**



**Sometimes we don't even remember
What we may have done wrong
So HaShem gives us Yom Kippur
Where we fast all day long**

**It's not that we are sad
It's just that we are busy thinking
Looking back over the year
rather than eating and drinking.**



**It's such a precious day
Where we can build ourselves a new
Thinking about who we could be
A kind and faithful Jew.**

**You, too, can use this day
to think about what you have done
Do you need to ask forgiveness
If you may have hurt someone?**



**We ask Hashem forgiveness
if we forgot to follow His rules,
But if we hurt someone's feelings
Then we must ask them, of course.**

**We try to forgive other people
if they were unkind to us this year
and hope that Hashem will also forgive us
As we quietly shed a tear.**



**Thank you Mummy & Daddy
for explaining
I think I know what to do
I'll try to use this special day
To do Teshuva – just like you!!**



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