

Yom Kippur

- Eating on erev Yom Kippur is a mitzvah from the Torah. Whoever eats and drinks a lot that day will be rewarded as if he fasted that day too.
- We do kaparot using a chicken in order to show that we deserve to be punished for our sins but we are giving this as a korban and we are begging that our decree be transferred to the chicken. We may give money instead of killing a chicken.
- It is very important to receive forgiveness for sins committed against others. Yom Kippur will not cancel those sins.
- We should forgive the people who hurt us because that's our inborn trait as Jews. We are taught that Hashem forgives whoever forgives.
- If the person you hurt refuses to forgive you then you must ask three times in different wording. After three times, you are not obligated to ask again.
- A father should bless his children right before going to shul on Yom Kippur. Parents should give their child a blessing with all their hearts and ask that they have a good year.
- It is forbidden to eat, drink, bathe, apply oils, wear shoes, and have marital relations on Yom Kippur.
- It is forbidden to rinse your mouth at all no matter the circumstance. Yom Kippur is a very strict fast.
- On Yom Kippur, you can wash your hands to the knuckles in the morning (three each hand).
- It is forbidden to wear leather shoes on Yom Kippur, even if they look fake. If a shoe has a little bit of leather on it, it is forbidden as well.
- Teshubah has three steps: 1. Regret for committing the sin 2. Confess the sin 3. Resolve never to repeat it
- Most opinions recommend that one should build the succah right after the Yom Kippur fast in order to go from one mitzvah to another.