

## How to Keep the Feast Days in Your Home

Many Israelites that are new to the faith or have learned online where there is no Israelite church in their respective area often ask “how can I keep the lord’s feasts at home alone or with my family?” There is no need to be discouraged as we will present you with instructions of how to keep each feast properly according to the scriptures.

First please be sure to download the current feast day calendar on our website [www.truenation.org](http://www.truenation.org) as you will be given the dates of each convocation for the entire year. Also download the report for each holy day (convocation) so you can have a basic understanding of the meaning and history of each holy day you celebrate, the reports are also found at [www.truenation.org](http://www.truenation.org). It is essential that you congregate if there is a righteous Israelite congregation near you. if not, this will assist you.

### **The Weekly Sabbath** (7<sup>th</sup> day)

<http://www.truenation.org/Holydays/Sabbath.pdf>

This is a day where no work is permitted. Working on your home, your cars or any type of labor is strictly prohibited according to the commandments. No cooking, buying or selling of ANY merchandise is also against God’s laws. Prepare your home in advance as our forefathers did so you will have a great Sabbath. Purchase cold cut meats for sandwiches, salads, pasta salad, fruit salads etc... which do not require cooking or warming up. If you desire a cooked dish, it must be cooked before sundown Friday or you will violate the Sabbath. Subscribe to our monthly newsletter where you will find Sabbath days recipes that you can share with your family.

When the sun goes down on Friday evening, gather your family together and begin your service with a prayer. You can create your own or simply read the Our Father prayer located in Mathew 6:9-13. Also Psalms 135 is a great chapter to read aloud to the Lord. These are only suggestions, speak from your heart and read the scriptures that move your spirit. After the prayer, read from the

scriptures, especially the law. If you are unsure, select a topic from the knowledge section of our site or turn to the audio and video section and listen to the teachers. When the lesson is complete socialize with your family and friends or guests and feel free to have juice, wine, bread, food, snacks and righteous songs as it is a festive celebration. End the evening with a prayer or scriptures of your choice and continue in the joy of the Sabbath of the Lord with gladness and laughter. The following morning/day (Saturday) repeat the previous steps with a different lesson of learning. When the sun fully sets on Saturday evening, the Sabbath will have officially ended.

### **New Moon Sabbath**

[http://www.truenation.org/Holydays/New\\_Moon.pdf](http://www.truenation.org/Holydays/New_Moon.pdf)

You can follow the same steps as the weekly Sabbath. Cooking is permitted on the new moon but not on the weekly Sabbath.

### **Passover/Feast of Unleavened Bread**

<http://www.truenation.org/Holydays/Passover.pdf>

Be sure that all products and food containing leaven is removed from your home before sundown on the date the Passover begins. Leaven (yeast, baking powder etc...) is an ingredient that causes bread to rise. This must be removed according to the law during the 7 days of Passover/Feast of Unleavened Bread. You must also purchase a lamb according to the specifications in Exodus chapter 12. If a lamb cannot be acquired simply go to your nearest market or butcher and purchase lamb shoulders. At sundown the lamb is to be cooked on an open flame like a BBQ pit or grill. Season with salt and spices to taste and be sure not to use any seasoning that contains leaven products. Eat the lamb with unleavened bread and bitter herbs. The easiest unleavened bread to acquire is Matzos. You can also go online to find many lawful recipes for unleavened bread plain or sweet. Bitter herbs are parsley, horseradish, cascara sagrada, mustard leaf etc... and can be purchased at pretty much any super market. Wine and juice are also

served. The first night of Passover is a Sabbath. In addition to the lamb, unleavened bread and bitter herbs, you can follow the same format as the weekly Sabbath and read scriptures that pertain to the Passover. Exodus Chapters 1-15 explain the history and origin of the Passover. The 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> days of unleavened bread are not Sabbaths but unleavened bread must still be eaten every day for 7 days. Also again, no leaven is to be consumed until after the 7<sup>th</sup> day. The 7<sup>th</sup> day (last day) of the feast is also a Sabbath. No lamb or bitter herbs are required except for the 1<sup>st</sup> day. You can again follow the service guidelines for the weekly Sabbath. Our forefathers feasted for seven days straight during the time of King Hezekiah. If you are able, do so. However the first and 7<sup>th</sup> day are mandatory. Enjoy!

### **Memorial of Simon**

<http://www.truenation.org/Holydays/Simon.pdf>

Prepare a feast and celebrate. You can follow the same steps as the weekly Sabbath and incorporate scriptures that pertain to Simon of the Maccabees. Cooking is permitted on this day but not on the weekly Sabbath.

### **Pentacost/Firstfruits**

<http://www.truenation.org/Holydays/Firstfruits.pdf>

Prepare a great feast of delicious food dishes and desserts, wines and juices. This is also a Sabbath where no buying and selling is permitted. Follow the service guidelines for the weekly Sabbath and read the scriptures that pertain to the Pentecost. Enjoy

### **Memorial of Trumpets**

<http://www.truenation.org/Holydays/Trumpets.pdf>

Prepare a great feast of delicious food dishes, desserts, wines and juices. This is also a Sabbath where no buying and selling is permitted. Follow the service guidelines for the New Moon and weekly Sabbath and also read the scriptures that pertain to the Memorial of Trumpets. Enjoy

### **Day of Atonement**

<http://www.truenation.org/Holydays/Atonement.pdf>

Unlike the other holy days, this day requires us to fast. This means no food or water for a period of 24 hours (sundown to sundown on the date specified in the calendar). Follow the same guidelines as the weekly Sabbath and include the scriptures that pertain to the Day of Atonement. All of your household must fast on this day including children. No working, buying or selling and of course, no cooking. Fasting may make some people uncomfortable where they may develop headaches, nausea or vomiting. We advise if you are not acquainted with fasting to minimize your food intake several days prior to the Day of Atonement to allow your body to adjust and the fasting will not be so difficult. Do know that this is an affliction of the soul so this day is not to be comfortable in this regard as it is a day for purging out sin.

### **Feast of Tabernacles/Ingathering**

<http://www.truenation.org/Holydays/Tabernacles.pdf>

This feast lasts 8 days wherein the first day and last day (8<sup>th</sup> day) are Sabbaths. Prepare a great feast of delicious food dishes, desserts, wines and juices as often as you choose during the 8 days. Be reminded that the 1<sup>st</sup> and 8<sup>th</sup> day are Sabbaths. Follow the service guidelines of the weekly Sabbath and incorporate the scriptures that pertain to the Feast of Tabernacles. During the 8 days, we are required to dwell in tents (booths) as our forefathers did in the wilderness after Israel's deliverance from Egypt. Make small tents out of blankets, sticks poles etc... or purchase a small tent for your family and set it/them up in your back

yard, camping ground, living room or safe area (Neh. 8:15-17). The children especially love this experience because it gives them the feeling of camping while keeping the righteous commandments of God. Enjoy!

### **Feast of Dedication**

<http://www.truenation.org/Holydays/Dedication.pdf>

This feast also lasts 8 days wherein the first day and last day (8<sup>th</sup> day) are Sabbaths. Prepare a great feast of delicious food dishes, desserts, wines and juices as often as you choose during the 8 days. Be reminded that the 1<sup>st</sup> and 8<sup>th</sup> day are mandatory Sabbaths. Follow the service guidelines of the weekly Sabbath and incorporate the scriptures that pertain to the Feast of Dedication. Enjoy!

### **Memorial of the Destruction of Nicanor**

<http://www.truenation.org/Holydays/Nicanor.pdf>

Prepare a feast and celebrate. You can follow the same steps as the weekly Sabbath and incorporate scriptures that pertain to the defeat of Nicanor. Cooking is permitted on this day but not on the weekly Sabbath.

### **Purim**

<http://www.truenation.org/Holydays/Purim.pdf>

A two day feast. Prepare your feasts and celebrate. You can follow the same steps as the weekly Sabbath and incorporate scriptures that pertain to Purim. Cooking is permitted on this day but not on the weekly Sabbath.

Note: If any of the feast days fall on the same day as the weekly Sabbath, the law of the weekly Sabbath takes Precedence with the exception of the Passover.

Other things to incorporate:

Righteous games and activities for children and adults

Righteously appropriate singing, dancing and music

Israelite decorations

Gifts

Pot luck dishes for those that attend