

SACKCLOTH AND ASHES



In biblical times there were multiple ways of humbling oneself. Bowing down was the most common. Many people fasted in order to humble themselves before Adonai. There were various types of fasts, but the idea was simply humbling oneself and asking favor of Yah. When you fast, you abstain from food. Those who put on sackcloth and ashes literally put on a garment or piece of sackcloth and sprinkled ashes over their head/body. This was considered far more humbling than fasting. Sometimes people would even fast and put on sackcloth and ashes, which was the ultimate humility.

Dan. 9:3 *So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes.*

2Sam. 3:31 *Then David said to Joab and to all the people who were with him, "Tear your clothes and gird on sackcloth and lament before Abner." And King David walked behind the bier."*

1Kgs. 21:27 *It came about when Ahab heard these words, that he tore his clothes and put on sackcloth and fasted, and he lay in sackcloth and went about despondently.*

Ps. 35:13 *But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting, And my prayer kept returning to my bosom.*

(Mar 23/16) Jerry Hennig