

## תענית יב

In order for a תענית to have an effect, it must be accepted from the previous day. If not, it is not considered a תענית (excepting a תענית צבור which does not need a קבלה).

The תענית should be accepted by מנחה of the previous day, either by שומע תפילה or by יהיו לרצון before he takes three steps back. The רמ"א says it should be by יהיו לרצון. Although the קבלה should preferably be made בפה, הרהור בלב is sufficient.

Although a תענית starts from עלות השחר (with the exception of יום כיפור and תשעה באב), once a person goes to sleep, it is considered as if he started the תענית thus forbidding him to eat if he arises in the middle of the night. If a תנאי was made, then he may eat if he arises early (it is advisable to always make a תנאי before one goes to sleep. The רמ"א says that if a תנאי was not made, while eating is forbidden, drinking is מותר).

A person who has a very disturbing dream should make a תענית חלום. This is so even on שבת. However, he should fast again for having fasted on שבת.