

**The name of The Father, The Son and The Holy Spirit. Amen**

**The Primary Stage (4-5)**

**School Year 2022-2023**

**Worksheet N.(3)**

 **Name** : \_\_\_\_\_\_\_\_\_\_\_ **Subject**: **Fasting**

 **Date : / / Class : Grade five (All Sections)**

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**Fasting**

**“However, this kind does not go out except by prayer and fasting” (Matthew 17:21)**

Q1: There are several concepts of fasting, mention four of them.

1. To purify the soul and body
2. Draw close to God
3. Devotion to worship
4. Forgiveness of sins.

Q2: Christians fast five times a year.

1 - The fast of the “Holy Birth”

2 - Easter Fasting

3- Fasting of “Virgin Mary”

4 - Fasting of the “Apostles”

5 - Fasting on Wednesdays and Fridays every week throughout the year. 

Q3: Mention the four benefits of fasting?

1. It disciplines the body and spirit.
2. It strengthens the will of man
3. A person gains virtues such as meekness and patience.
4. The person gains strength to overcome the evil one.

Q4: Should a Christian fast? And why?

Yes, as Lord Jesus Christ fasted to teach us humility and to have an example to imitate.

Q5: Choose (True) or (False)

A-Fasting gives us the opportunity to save and distribute to the poor. F

B- Lord Jesus fasted to strengthen his will before the crucifixion. F

C - Fasting earns the person strength to face spiritual wars. T

D-Fasting is abstaining food from animal sources. T

e- Fasting in secret is specific to individual worship.T

Q6: Reason:

1- Fasting is the beginning of every spiritual struggle.

Because fasting is a period of renewal and purification of oneself from within.

2- Fasting and prayer go hand in hand like the wings of a bird.

 Because without them, man cannot reach the heavenly kingdom.

Q7: Define the following:

1- Fasting: abstaining from eating animal products.

2- Repentance: the reconciliation with God.

3- Prayer: A friendly conversation with God with faith, trust and reverence.

1. Acts of Mercy: Helping others and expecting nothing in return.
2. Why do we eat during the fasting period foods from a plant source?

-To go back to the life of grace that Adam and Eve live with God before they fell into sin.

GOD BLESS YOU

**Religion teachers**

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