**In the name of the Father, the Son and the Holy Spirit.**

**Worksheet: 4**

**N Subject: Religion** **First semester**

**Name:**  **Grade**: 8

F**asting (power point)**

* The holy forty day fasting stared this year on 27/2/2023
* Spiritual fasting is more important than physical fasting. Fasting is like repentance, a way to the kingdom of God, to eternal life, as long as love is practiced in it.
* Fasting is a spiritual journey that we take with Lord Jesus Christ to change and renew our previous lives.
* The first fast in history was the fast of Adam and Eve before sin, abstaining from animal products

**Fasting in the Bible (examples)**

* Prophet Moses fasted for forty days on Mount Sinai before receiving the Tablets of the Law.
* Lord Jesus Christ fasted for forty days afterHis baptism, before he began his preaching.

**How do we fast?**

During fasting, we refrain from eating meat and animal derivatives, and abstaining from animal derivatives means peace between man and animal, followed by peace between man and his fellow man, but true peace is with God.

Preparation period (before fasting)

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| First Sunday | A Pharisee and a tax collector | Prayer and humility |
| Second Sunday | Prodigal son | Love and repentance |
| Third Sunday | Judgment day | Preparing for Christ's coming/death |
| Forth Sunday | Forgiveness | Forgive each other |

**Prayers that are held during fasting**

1. The Great Sleep Prayer.
2. Every Friday praises of Virgin Mary.
3. Wednesday and Friday, the pre-sanctified liturgy service.
4. Saturday and Sunday evening sunset service.
5. Sunday morning liturgy service according to St. Basil the Great