

Chapter 4: Fasting

1. What is the most powerful spiritual discipline of all the Christian disciplines?
 - A. Prayer
 - B. Fasting
 - C. Repentance
 - D. Confession
2. _____ speaking, fasting means to abstain from food for a certain period of time and then to eat simple food.
 - A. Spiritually
 - B. Technically
 - C. Physically
 - D. Simply
3. _____ speaking, fasting gives us the opportunity to control our body, to protect it , and to give our spirit power over our body.
 - A. Spiritually
 - B. Technically
 - C. Physically
 - D. Simply
4. When we are fasting we are not allowed to have any _____ or _____ products.
 - A. Animal/ Vegetable
 - B. Vegan/Dairy
 - C. Fruit/ Animal
 - D. Animal/ Dairy
5. Fasting helps us to be filled _____ and brings us closer to God.
 - A. Psychically
 - B. Spiritually
 - C. Emotionally
 - D. Happily
6. Fasting was the _____ commandment that God gave Adam and Eve in the Garden of Eden.
 - A. Second
 - B. Only
 - C. First
 - D. Last
7. Adam and Eve were allowed to eat of the tree of knowledge of good and evil.
 - A. True
 - B. False

8. Our Lord Jesus fasted for _____ days and _____ nights.
- 40
 - 30
 - 50
 - 33
9. God explained that physical food is more important than spiritual food.
- True
 - False
10. "Man shall not live by _____ alone, but by every _____ that proceeds from the _____ of God." Mathew 4:4
11. The main purpose of fasting is to control our live, our bodies, our spirits, and our souls, and put them in submission before God.
- True
 - False
12. During the Fast we have to get closer to God through...
- _____
 - _____
 - _____
13. Through fasting we obtain spiritual virtues that help us get closer to God. The main goal is to _____ God.
- Love
 - Praise
 - Remember
 - Worship
14. During the fast we should also pray, give alms, read the bible, repent, and attend divine liturgies.
- True
 - False
15. During the fast it is okay to show people that we are fasting, and to get their praise.
- True
 - False

16. "But you when you _____, anoint your head and _____ your face, so that you do _____ appear to men to be fasting, but to your _____ who is in the secret place; and your father who sees in _____ will reward you _____." Matthew 6:17-18

17. Fasting with out _____ is not true fasting.
- A. Prayer
 - B. Repentance
 - C. Church
 - D. Abouna

17. Through fasting, the Church wants to take us back to the original status of man before the fall.

- A. True
- B. False

18. Back in man's original status, man's food was only vegetarian.

- A. True
- B. False

19. Moses the prophet fasted for _____ days to be worthy to speak to God.

- A. 30
- B. 41
- C. 50
- D. 40

20. There are only examples of fasting in the New Testament.

- A. True
- B. False

21. _____ fasting shows that we all worship God in one spirit.

- A. Communal
- B. Unified
- C. Steadfast
- D. Singular

22. Daniel and the three youths were given _____ to eat, and their features were better than all the young men who ate from the King's food.

- A. Nothing
- B. Fruit
- C. Meat
- D. Vegetables

23. The Church Fathers put for us _____ periods of fasting that have beautiful spiritual meanings.

- A. Fixed
- B. Certain
- C. Many
- D. A lot

(Match the fasts with the letter providing the correct description).

- 23. Wednesdays _____
- 24. Fridays _____
- 25. Advent Fast _____
- 26. Nativity Baramoun Fast _____
- 27. Epiphany Baramoun Fast _____
- 28. Jonah's Fast (Nineveh's fast) _____
- 29. The Great Lent _____
- 30. The Fast of the Apostles _____
- 31. St. Mary's Fast _____

- A. Commemoration of Our Lord Jesus' suffering and crucifixion.
- B. A preparation for the feast of the nativity.
- C. Preparation week plus 40 days that Jesus Fasted plus the Holy Week.
- D. A commemoration of the fasting of the Apostles to see the ascension of Saint Mary's body to heaven.
- E. Commemoration of the betrayal of Judas and his plot deliver our Lord Jesus to the Jews.
- F. A preparation for the feast of Epiphany.
- G. The Apostles fasted after they received the Holy Spirit before starting their ministry.
- H. Just as the people of Nineveh fasted and repented.
- I. Just as Moses fasted for 40 days to receive the tablets with the Law, we fast to receive the Incarnate Word of God. An additional 3 days were added for the miracle of moving the mountain of El-Mokatam.

32. In the New Testament, Saint Paul referred to fasting in his letter to the _____, saying "in fasting often"

- A. Corinthians
- B. Philippians
- C. Romans
- D. Galatians

33. Ester and her people fasted so that God would have mercy upon them.
- A. True
 - B. False
34. As they ministered to the Lord and _____. Acts 13:2
- A. Prayed
 - B. Praised
 - C. Lamented
 - D. Fasted
35. The church fathers put for us fixed periods of fasting through the guidance of _____.
- A. The Saints
 - B. Saint Mary
 - C. The Holy Spirit
 - D. Our Lord Jesus
36. During the fast we train ourselves to do all that _____.
- A. God Commands
 - B. God wishes
 - C. Pleases God
 - D. Helps God
37. We should attempt to live with the virtues we attain during fasting only during the fasting period
- A. True
 - B. False
38. Fasting is more than simply obtaining from certain foods.
- A. True
 - B. False
39. While we fast, we should avoid and flee from sin, especially the habits we _____.
- A. Easily fall into
 - B. Rarely fall into
 - C. Enjoy the most
 - D. Hate the most
40. Some bad habits we should avoid during the fast include _____, _____, and _____.