

Chapter 4: Fasting

1. Adam and Eve were allowed to eat of the tree of knowledge of good and evil.
 - A. True
 - B. False

2. Is physical food more important than spiritual food?
 - A. True
 - B. False

3. "Man shall not live by _____ alone, but by every _____ that proceeds from the _____ of God." Mathew 4:4

4. Fasting is controlling our live, bodies, spirits, our souls, and put them in submission before God.
 - A. True
 - B. False

5. How do we get closer to God during the fast? List all three.
 1. _____
 2. _____
 3. _____

6. During the fast we should only fast. No need to pray, give alms, read the bible, repent, and attend divine liturgies.
 - A. True
 - B. False

7. During the fast we should show people that we are fasting, and get them to praise us.
 - A. True
 - B. False

8. "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

9. Fasting without _____ is not a true fasting.
 - A. Repentance
 - B. Prayer
 - C. Church

10. Through fasting, the Church wants to take us back to the original status of man before the fall.
- A. True
 - B. False
11. Before the flood, man's food was only vegetarian. No meat was allowed.
- A. True
 - B. False
12. Moses the prophet fasted for _____ days to be worthy to speak to God.
- A. 30
 - B. 41
 - C. 50
 - D. 40
13. There are no examples of fast in the OLD Testament.
- A. True
 - B. False
14. _____ fasting shows that we all worship God in one spirit.
- A. Unified
 - B. communal
 - C. Steadfast
15. Because Daniel and the three youths were given meat to eat, they were better and stronger than all the young men who ate from the King's food.
- A. True
 - B. False
16. The Church Fathers put for us _____ periods of fasting that have beautiful spiritual meanings.
- A. Fixed
 - B. Certain
 - C. Many
 - D. A lot

17. List the appropriate fast next to each of the following bullets.

A. A preparation for the feast of the nativity	
B. Commemoration of the betrayal of Judas and his plot deliver our Lord Jesus to the Jews.	
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. Just as the people of Nineveh fasted and repented	
F. A preparation for the feast of Epiphany.	
G. Commemoration of Our Lord Jesus' suffering and crucifixion	
H. 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.	
I. The Apostles fasted after they received the Holy Spirit before starting their ministry	

18. As they ministered to the Lord and _____, Acts 13:2

- A. Prayed
- B. Praised
- C. Lamented
- D. Fasted

19. During the fast we train ourselves to do all that _____.

- A. God Commands
- B. God wishes
- C. Pleases God

20. Only during the fasting period is when we should attempt to live with the spiritual virtues.

- A. True
- B. False

21. List some of the bad habits we should avoid during the fast.

- a. _____,
- b. _____,
- c. _____.