

+

Philly Competition Questions

Week Three

1. What are practical benefits of fasting and eating vegetarian food?

2. His Holiness Pope Shenouda III spoke of how fasting is beneficial to the body.

Explain how is fasting a way of getting rid of obesity? What are some practical ways that fasting detoxifies the body? Give examples His Holiness used.

3. His Holiness Pope Shenouda III also spoke of how fasting can help treat many illnesses. Explain and include references of how fasting can treat illnesses.

4. This is a three-part question. Pope Shenouda spoke of how we should not be deceived that fasting weakens our body, but rather we should be knowledgeable of how fasting gives us benefits beyond spiritual strength.

1) Explain what Pope Shenouda meant by his statement that fasting is not a remedy for the spirit alone, but for the body as well. Include biblical references.

2) Pope Shenouda said that fasting does not hurt the body, but eating does. Explain what he meant by this statement and how we should liberate ourselves from the idea that fasting hurts our health and body.

3) Pope Shenouda spoke of how fasting is not hunger for the body, but nourishment for the soul. Explain why we should not feel hungry while fasting, but full and why we should not care for the body and what it eats. Include biblical verses and references where applicable.

5. Pope Shenouda spoke of how Our Lord Christ fasted on the Mount and explained how he was nourished while fasting. Explain how Our Lord Christ was nourished during the 40 days and 40 nights he fasted on the Mount and how by doing this teaches us how we should truly fast. Include all biblical verses and references where applicable.