

St. Mina Coptic Orthodox Church  
Philadelphia Competition Week 5 pg 63-75

1. What changes, other than food, does fasting have on us? Is fasting just a formality or something else?
2. How does fasting cast out demons/
3. How should we feel towards God while fasting? Is fasting more Godly or early?
4. Pope Shenouda provides 3 examples of balance in order for God to enter our daily lives. What are they?
5. How do we partake with Christ when we fast? How does this become nourishment of the soul?



10. What are the special rites during Lent?

11. Explain the significance of the preparatory week and Jonah's fast?

12. Why is Lent called GREAT Lent?

13. Why is sin committed during Lent considered most offensive and what does it indicate?

14. How did monks live during Great Lent?

