

The Spirituality of Fasting by HH Pope Shenouda III

Week 4 Questions

Middle School Philly Competition

- 1. What does it mean to consecrate a fast? What does the Greek mean?**
- 2. Explain how the sacred garments of a priest and the altar vessels are sacred for the Lord**
- 3. Explain how the Holy Sacraments and the days are to be consecrated o the Lord.**

4. How can a person sanctify a fast to the Lord if it is not possible to devote all your time to the Lord?

5. How does fasting bring a person closer to God?

6. What are some examples of false goals in a person's fasts?

7. What did our Lord Jesus see about fasting in order to get other people's praise and attention?

8. What are 3 Bible examples of rejected fasts. The book lists several. Please explain how and why they were not acceptable to God.

9. Why did God not accept the fast of the people during the days of Jeremiah the Prophet? What does God desire more than a hungry body?

10. What is an acceptable spiritual fast?

11. What is HH Pope Shenouda III's view on food substitution?

12. What three things should one consecrate to God in a fast?

13. How can you discover what area a person needs to concentrate on to fast?