

**Junior High - Sample Questions
Spirituality of Fasting - HH Pope Shenouda III**

(updated 7/11/2015)

1. Who stood on the Mount of Transfiguration and what was the purpose?
2. Explain what Pope Shenouda III means when he says, "In this way God set to the body certain limits beyond which it should not go."
3. Give examples of fasting from the Old Testament. Include one bible verse.
4. Give examples of fasting from the New Testament. Include one bible verses.
5. Give three examples from the Holy Bible of collective fasting.
6. Give three examples of fasting in other religions and explain their importance.
7. What two things does fasting precede? Explain both and support with biblical references if applicable.
8. What sacraments require fasting? What are the exceptions?
9. His Holiness Pope Shenouda III says: "A man who has confidence in his power and intelligence relies on them, but he who is aware of his weakness appeals to God when in trouble through fasting." Explain how one can appeal to God when in trouble through fasting.
10. Why is fasting a sound time for us to call out to God with every problem?
11. As spiritualists rejoice in fasting, what do they do when the general fasts aren't enough for them and how do they support their request?
12. Fasting is a way of life for monks. However, they draw their attention to sacred fasts. Explain why and support your answer using examples of monks and how they fasted
13. Compare how continuous fasting affect the lives monks and laymen.
14. Explain how fasting is not a penalty but a blessing.
15. How does fasting help conquer desires and lusts and what training does it provide for martyrs, and how did the church used it?
16. What is the bodily and spiritual aspect of the definition of fasting?
17. List five reasons the period of abstinence from food varies between people.
18. Despite the minimum to the degree of abstinence, do any rules exist regarding the period abstinence? Briefly explain the rules and provide biblical verse and references where applicable.
19. According to His Holiness Pope Shenouda III, what is the connection between abstinence and the ninth hour?
20. The reason one abstains from food till the ninth hour, sunset or the appearance of a star is to benefit spiritually. Explain each of the three aspects of the period of abstinence through a spiritual method.
21. Give a short explanation of two bible verses that help describe when Jesus Christ and the apostle's abstained from food.
22. How is fasting perfected by tolerating hunger and what are the spiritual benefits conveyed by hunger?

23. Explain how man's prayer when he is hungry is more profound.
24. Christ taught us not to escape but endure hunger and not to escape from it, why shouldn't we escape from the feeling of hunger?
25. According to Pope Shenouda III: two minutes of prayer while one is hungry is better than hours when one feels full. What is the benefit of praying while hungry?
26. Man was originally a vegetarian. Explain the biblical timeline of when man's diet changed from vegetal to omnivorous. Reference at least two bible verses.
27. Name two prophets who only ate vegetables while fasting. Support with biblical verse and references.
28. Fasting benefits the body in several ways. According to Pope Shenouda III, what are the six benefits of fasting to the body.
29. When was man first permitted to eat meat, in the Old Testament?
30. What did God feed His people in the wilderness, and why did he allow them to eat meat?
31. Give bible verses to explain how vegetables were also the food Daniel and his companions ate and Ezekiel ate while fasting.
32. How does fasting help treat many illnesses?
33. According to His Holiness Pope Shenouda III, why should we liberate ourselves from the idea that fasting hurts health?
34. Explain how the prevention of fasting for children is wrong. Support your answer with examples of saintly children who fasted.
35. Fasting is not merely a virtue for the body, but the soul must partake for fasting to be regarded as a virtue. Thus where does true fasting take place? And what is the function of the body in fasting?
36. Explain what fasting is with reference to the body and soul.
37. Explain the meaning behind "Man shall not live by bread alone" (Matthew 4:4).
38. Define and explain the lesson we receive from Jesus's quest on the mount.
39. Using at least two verses, explain the apostolic idea that fasting does not kill the body but kills the deeds, so that the spirit will live.
40. Define the word sanctify and explain why this word is important to the consecration of a fast.
41. Days that are devoted to God are considered holy and consecrated fully to him. How should the sacraments and certain days, like the Sabbath, be consecrated? Therefore, how should we sanctify our fasting so it is consecrated to the Lord?
42. The goal of fasting should be devoting it to the Lord; fasting and our attitude should be consecrated to God. Why should this be our goal?
43. Give an example of a false goal of fasting.
44. Fasting brings us closer to God due to the withdrawal which affords the opportunity for prayer, spiritual reading, and contemplation. How else does fasting strengthen our relationship with God?
45. Name and explain each of the six examples of why a fast may be rejected. Include 3 bible verses

to support your answer.

46. Any fast that is not for God cannot be considered a fast, and not every fast is acceptable to God. What is then a spiritual fast acceptable to God and what is the relationship between God and our fast?
47. Fasting is not substituting one food for another, nor is it abstaining from food for a certain period of time. According to Pope Shenouda III, what is the essence of fasting?
48. Other than food one should concentrate on their heart, thought and will in order for their fast to be consecrated by God. Explain the difference between someone who devotes their heart thoughts and will in their fast and someone who fasts only from food.
49. Fasting is not merely a set of formalities but an organized blessing from the church for us to spiritually benefit and train ourselves. Why does Pope Shenouda III say that fasting "requires a special spiritual planning that conforms with [fasting's] holiness"?
50. What kind of fast makes the devil grow weary and go away? Support your answer using a biblical verse.
51. How does one react to the bodily needs when their heart is adhering to God while fasting?
52. What are indications of whether your thoughts are occupied with God or with worldly thoughts during the fast? Compare different thoughts one might have.
53. Describe the three rules one must keep in mind while trying to balance living in the world and being with God in one's thoughts.
54. Why does Pope Shenouda III say "It is for You that I eat, and for You that I fast."?
55. Explain why joining Jesus Christ in fasting strengthens our weak nature.
56. Explain how one joins Jesus when fasting and how that provides spiritual nourishment.
57. Since the soul and the body are connected, using Pope Shenouda III's ideas explain how when the soul is nourished it can, and will, support the body.
58. Our Fathers did not fast for obedience to commandments. Instead, why did they fast and how is that more advanced than just fasting out of obedience?
59. In detail, identify and describe the holiest fast of the year.
60. Lent is considered the holiest of all the annual fasts thus one has to prepare for such a spiritual state. What has the church done to commemorate the importance of Lent?
61. If "a sin is a sin", why are sins during Lent (or periods of fasting) the most horrible?
62. Fasting is a period of concentrated spiritualities, a period of loving God, and of adhering to Him. Fasting days are for spiritual energy and are a period for storage, where acquire depth from. Give a short explanation how this period is towards God.
63. What three remarks, according to Pope Shenouda III, that one should bear in mind in order to fast in a spiritual way?
64. Give specific examples of virtues that are related to fasting.
65. Fasting is sacred thus the mind, heart and body should be scared. Explain how repentance helps one draw themselves towards God.
66. Give three biblical examples using verses of repentance accompanying fasting.

67. The Church and biblical examples of fasting teach us that prayer and fasting are connected. What happens when one fasts without prayer? Explain why prayer is an essential spiritual act.
68. Give two biblical examples of saints who prayed while fasting.
69. We should be confident that God listens to our prayers during fasts. Compare and contrast fasting accompanied by intimate association VS self-abasement and weeping.
70. Give three biblical examples of fasting with self-abasement. Use at least three verses to help justify your answer.
71. Fasting can be done in seclusion. Fasting should always occupy one's soul with internal work for God. One should, also fast with one's tongue, thought, and heart. Describe fasting with one's tongue, thought, and heart.
72. What does it mean to vanquish the body? And why should vanquishing the body not be the overall goal?
73. Explain Isaiah's prophecy about the Lord's concerns for charity. Thus how does charity accompany fasting? Support your answer with biblical reference if applicable.
74. What is prostration and how does it accompany fasting? What prayers accompany prostrations?
75. What days can one not have uninterrupted fasting?
76. Give examples of spiritual preliminaries.
77. List ten drills to practice while fasting. Give a short explanation of each drill.
78. Pope Shenouda III explains that it is proper that one should place before oneself some spiritual drills. Why should these drills be placed, and why do spiritual drills differ from person to person and according to his/her needs?
79. A person who fasts can stop himself from eating certain kinds of foods he covets. List 4 different scales of one can achieve this.
80. Can self-control be referring to refraining from aspects other than food? Provide 3 examples.
81. Fasting is a period of repentance. Since repentance drills are numerous, Pope Shenouda III mentions a few important ways to take advantage of repentance during the fast. List and describe six ways to practice repentance drills. Give detailed explanation of each.
82. Explain what should we do when we discover our points of weakness during the fast? How should we react to this weakness and what tools could we use to overcome our weakness.
83. The Bible states "Sanctify ye a fast, call a solemn assembly" (Joel 1:14). What does it mean to be secluded? List 4 different activities one can contemplate on while in seclusion. What is the benefit of having a schedule while secluded? What is the benefit to having a "closed day"?
84. St. Issac said it is better to fast the tongues fast than a mouth's fast. Provide 3 exercises that can help us remain silent.
85. Fasting days are ones of penitence and self-abasement. Therefore, we must pull ourselves down to the level of dust and ashes. List and explain 5 exercises that help us accomplish this.
86. List and explain 10 different memorization techniques we should use during fasting. Explain each.
87. List 10 different ways or drills we can train ourselves to improve our prayer better during fasts.

- 88. During a fast, explain why is it important to train ourselves to pray for others not only for yourself alone.**
- 89. According to Pope Shenouda III, one should drill themselves in spiritual readings. What should one concern themselves with? Why is it important to choose a book that you should be interested in?**
- 90. Prostration may be accompanied by prayers of gratitude and praise. How do we become rebuked with every prayer (or prostration)?**