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The Spirituality of Fasting

WEEK 1 Questions

Middle School Philly Competition

1. Who were the two that stood with Christ on the Mount of Transfiguration?
2. Why did Christ choose these two men to stand by Him on top of the Mountain?
3. How is fasting the earliest commandment? Give Biblical references and examples.
4. What happens when we abstain from food? What do we achieve?
5. Likewise, what happens when we do not abstain from food?
6. How did our Lord Jesus Christ begin His service? What is the first example He showed us that we should walk in?

7. How did Christ triumph over the devils temptations? What was His response to the devil? Provide biblical references.

8. How is Christ's response to the devil tied to the Old Testament? Provide biblical references and ties both New Testament verses with Old Testament verses.

9. Give examples of Prophets who also fasted and provide Biblical references and examples.

10. What is the oldest and first fast practiced by our Church?

11. Why should we fast together and have unity in fasting?

12. Pope Shenouda spoke on the importance of collective fasting. Provide at least three Biblical examples of collective fasting from the Bible. Include references and verses.

13. Explain how fasting is a gift and the benefits it provides for us.

14. Pope Shenouda talked in depth about how fasting precedes service. Explain how fasting is a requirement and precedes Church sacraments. Give examples of the sacraments fasting proceeds. Include the benefits that this provides for the faithful who fasts before these sacraments.

15. Not only is fasting a commandment, but also a godly gift, grace, and blessing; explain why.

16. Explain why fasting precedes service.

17. Explain how fasting precedes Church sacraments and what do we gain?; support with verses.

18. From the book, provide examples of people who fasted and how God intervened.

19. Explain how we obtain joy from fasting.

20. Provide names of monks/nuns who lived a life of fasting.

21. Explain why fasting is not a punishment.

22. Explain why fasting is correlated with martyrdom.