The Spirituality of Fasting WEEK 2 Questions Middle School Philly Competition

| 1. | There is a physical aspect of fasting, explain why the length of abstinence varies from one person to another? |
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| 2. | When should the minimal time of abstinence of food be highest? (During what season?) |
| 3. | What is the association between abstinence from food and the ninth hour? |
| 4. | What are the 3 points of the spiritual way of fasting? Explain and support with verse. |

| 5. | Provide examples from the Bible that presents to us of hunger during fasting. |
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| 6. | Explain the story of how God blessed the condition of hunger. |
| 7. | How did God prepare His people in the wilderness through hunger? Provide examples with memory verse. Also how do we understand the depths of fasting? |
| 8. | What are the spiritual benefits conveyed by hunger? |
| 9. | What advice does Pope Shenouda give when we feel hungry? |
| 10. | Provide examples of how watchfulness leads to brightness of thought. |

| 11. What does Pope Shenouda say regarding food substitution? (Ex. Soy cheese vs regular cheese) |
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| 12. What types of food should we eat? |
| 13. When did man start eating meat? |
| 14. What is manna? |
| 15. When did God give consent to eat meat? What is Kibroth Hattaavah? |
| 16. Provide Biblical examples of those who fast in the Old Testament? |
| 17. Explain the characteristics of carnivores vs herbivores. |
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