

**NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_ **GRADE** \_\_\_\_\_

## **INTRODUCTION TO FASTING**

**Instructions:** Fill in the blanks by dragging the correct word to the blanks.

1. Fasting is going without \_\_\_\_\_ for a period of time for  
\_\_\_\_\_ reasons.
2. \_\_\_\_\_ Fast- eating only fruits and vegetables and  
drinking water
3. Juice Fast- eating only fruit and vegetable \_\_\_\_\_.
4. \_\_\_\_\_ Fast- giving up any form of entertainment  
e.g. TV, radio, newspaper, games
5. Short fast- last three \_\_\_\_\_ to seven (7) days
6. \_\_\_\_\_ fast- last 7 to 21 days
7. Long fast- last 21 to \_\_\_\_\_ days
8. To \_\_\_\_\_ themselves spiritually
9. For \_\_\_\_\_ help

Fries	discipline	three(3)	Entertainment
God's	medium	juices	spiritual
Short	forty(40)	Daniel	food/water