

The Question About Fasting

Mark 2:23-28

Select the correct answer.

1. Define the term fast.

To go without food or water for health reasons.
To go without food or water for physical reasons.
To go without food or water for spiritual reasons.

2. Which is a reason why people do not fast?

To get closer to God.
To strengthen their faith in God.
To get answers from God.
To find out more about God.

3. Which items did Jesus use to explain his teachings?

Wineskins and groom
Party and funeral
New cloth and money

4. What was the lesson Jesus taught?

Jesus only wants people to listen to him.
Jesus came to let people know there was a new way of doing things.
Jesus did not want people to follow the Old Testament.

Identify the different types of fast by matching.

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| 5. Full Fast | from sunrise to sunset |
| 6. Pleasure Fast | eat no meat only fruits, nuts and vegetables |
| 7. 3 Day Fast | to give up something you enjoy |
| 8. Daniel Fast | drink only liquids |
| 9. Partial Fast | to give up food for three days |