

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