

## 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.

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