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** |

LIVEWORKSHEETS