

Senior One CRE Task 11 – 09 June 2020

Fasting

Table 1.5

Dos	Don'ts
i	i
ii	ii
iii	iii
iv	iv
v	v
vi	vi
vii	vii

1. Summarise your own understanding of fasting.
2. Describe the type of fasting practised by your Christian denomination.
3. Write down any other forms of fasting you can think of.
4. Apart from the spiritual benefits, write down health and social benefits of fasting.

1. Fill in the table with the “dos” and “don'ts” of proper fasting.
2. How should fasting be conducted according to Mathew 6:16 - 18?
3. What are the benefits of fasting according to Mathew 6:16 - 18?
4. In your opinion, is fasting a good religious practice? Give reasons.

