



Introduction to Fasting

Read the following passage and answer the questions that follow:

Fasting is a practice that has been observed for centuries in various cultures and religions. It is a way of abstaining from food and drink for a period of time, which can have numerous spiritual and physical benefits.

1. What is fasting?

2. What are some of the benefits of fasting?

Fasting in Different Cultures

Read the following passage and answer the questions that follow:

Fasting is a common practice in many cultures and religions. In Islam, fasting during Ramadan is one of the Five Pillars of the faith. In Christianity, fasting is observed during Lent, a period of 40 days before Easter. In Judaism, fasting is observed on Yom Kippur, the Day of Atonement. In Hinduism, fasting is observed during Navratri, a nine-day festival honoring the divine feminine.

1. What is the significance of fasting in Islam?

2. What is the name of the period of fasting in Christianity?

3. What is the name of the festival in Hinduism where fasting is observed?



Physical Benefits of Fasting

Read the following passage and answer the questions that follow:

Fasting has numerous physical benefits, including improved mental clarity, increased self-discipline, and enhanced immune function. When we fast, our body is able to focus on repairing and rejuvenating itself, rather than digesting food. This can lead to improved cognitive function, increased energy, and a reduced risk of chronic diseases such as diabetes and heart disease.

1. What is one of the physical benefits of fasting?

2. What happens to our body when we fast?

3. What is one of the chronic diseases that can be reduced by fasting?

Spiritual Benefits of Fasting

Read the following passage and answer the questions that follow:

Fasting has long been recognized as a powerful spiritual practice, promoting self-reflection, introspection, and spiritual growth. By abstaining from food and drink, we can focus on our inner selves, quieting the mind and listening to our inner voice. Fasting can help us to develop greater self-awareness, compassion, and empathy, and can deepen our connection to a higher power or the universe.

1. What is one of the spiritual benefits of fasting?

Page of 7

2. What happens to our mind when we fast?

3. What can fasting help us to develop?

Fasting Journal

Imagine you are fasting for a day. Write a journal entry about your experiences, thoughts, and feelings. What challenges do you face? What benefits do you experience?

Fasting Charades

Divide into two teams and take turns acting out the benefits of fasting (e.g. improved mental clarity, increased self-discipline). The team that guesses the most benefits correctly wins.

Team 1:

Team 2:

Conclusion

Fasting is a powerful practice that can have numerous spiritual and physical benefits. By understanding the significance of fasting in different cultures and religions, and by experiencing its benefits firsthand, we can deepen our connection to ourselves, others, and the world around us.

Individual Reflection:

1. What was the most surprising thing you learned about fasting?

2. How will this learning change your actions in the future?

3. What questions do you still have about fasting?

Assessment

Answer the following questions to assess your understanding of fasting:

1. What is the significance of fasting in different cultures and religions?

2. What are some of the physical benefits of fasting?

3. What are some of the spiritual benefits of fasting?

4. How can fasting help us to develop greater self-awareness, compassion, and empathy?

Extension Activity

Research and create a presentation about the benefits of fasting in different cultures and religions. Share your findings with the class and discuss the similarities and differences.

