

Fast Workshop

(If you can, try to answer questions 1-3 before referring to the description of the Fast at the end.)

1. What *outwardly* is Bahá'í fasting? (2 min)
2. What is the *purpose* of fasting? (3 min)
3. Who does, and who does not, need to fast? why? (2 min)
4. How does the fast impact you during its course - materially? spiritually? (4 min)
5. How does the act of having fasted impact you during *the rest of the year*? (3 min)
6. Do you generally tell people you are fasting, or keep it secret? why? what is the result? (4 min)
7. How long before the fast, do you think about its coming? how do you prepare? (2 min)
8. Do you look forward to fasting? (1 min)
9. It's the middle of a day, and as you think about various things, you reach out and eat a large kit-kat. Suddenly realise you are fasting. What do you think and feel? (4 min)
10. Your employer pays good money to employ you to do a job. If fasting is making you sleepy and unable to concentrate properly at work, should you do? (5 min)
11. What spiritual qualities / virtues does fasting develop? (4 min)
12. What is the connection between fasting and patience, justice, service, sacrifice? (3 min)
13. How do other Faiths fast - Islám, Christianity, Buddhism? (4 min)
14. How long can humans go without food with no ill effect? Is human design for constant abundance of food and drink, or for plenty and famine? (5 min)

Description of the Fast

"The fasting period, which lasts nineteen days, starting as a rule from the second of March every year and ending on the twentieth of the same month, involves complete abstention from food and drink from sunrise till sunset. It is essentially a period of meditation and prayer, of spiritual recuperation, during which the believer must strive to make the necessary readjustments in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul. Its significance and purposes are, therefore, fundamentally spiritual in character.

Fasting is symbolic, and a reminder of abstinence from selfish and carnal desires."

Shoghi Effendi, Principles of Baha'i Administration, pp. 8-9

Fast Workshop

(If you can, try to answer questions 1-3 before referring to the description of the Fast at the end.)

1. What *outwardly* is Bahá'í fasting? (2 min)
2. What is the *purpose* of fasting? (3 min)
3. Who does, and who does not, need to fast? why? (2 min)
4. How does the fast impact you during its course - materially? spiritually? (4 min)
5. How does the act of having fasted impact you during *the rest of the year*? (3 min)
6. Do you generally tell people you are fasting, or keep it secret? why? what is the result? (4 min)
7. How long before the fast, do you think about its coming? how do you prepare? (2 min)
8. Do you look forward to fasting? (1 min)
9. It's the middle of a day, and as you think about various things, you reach out and eat a large kit-kat. Suddenly realise you are fasting. What do you think and feel? (4 min)
10. Your employer pays good money to employ you to do a job. If fasting is making you sleepy and unable to concentrate properly at work, should you do? (5 min)
11. What spiritual qualities / virtues does fasting develop? (4 min)
12. What is the connection between fasting and patience, justice, service, sacrifice? (3 min)
13. How do other Faiths fast - Islám, Christianity, Buddhism? (4 min)
14. How long can humans go without food with no ill effect? Is human design for constant abundance of food and drink, or for plenty and famine? (5 min)

Description of the Fast

"The fasting period, which lasts nineteen days, starting as a rule from the second of March every year and ending on the twentieth of the same month, involves complete abstention from food and drink from sunrise till sunset. It is essentially a period of meditation and prayer, of spiritual recuperation, during which the believer must strive to make the necessary readjustments in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul. Its significance and purposes are, therefore, fundamentally spiritual in character.

Fasting is symbolic, and a reminder of abstinence from selfish and carnal desires."

Shoghi Effendi, Principles of Baha'i Administration, pp. 8-9