



## Quiz Key for Session 4

**Facilitator: We are looking for respondents' answers in their own words. Answers provided in this key indicate the concepts we are testing for.**

1. In your own words, what is the discipline of silence and solitude?  
The discipline of silence and solitude is the planned, intentional time of getting alone with God in a quiet place and eliminating sources of distraction so you can attend to your spiritual growth.
2. In your own words, define Christian fasting.  
We are looking for something akin to Dr. Loughlin's definition, "Withholding physical nourishment from our bodies for spiritual purposes – the practice of sacrificial self-restraint in the physical / natural realm of life in order to attune or align our lives in the spiritual / supernatural realm."
3. What does Scripture talk about fasting from?  
Food
4. What other things might a person fast from?  
May also fast from electronics, TV, social media, or any other things that are hindering one's spiritual walk. (Be somewhat open to their list but this is the goal and these things are mentioned in the lecture.)
5. How can fasting make a difference in our lives and Christian experience?  
It increases our capacity for the spiritual / eternal things of life.  
It prioritizes life.  
It maximizes spiritual strength and vitality for the long haul.  
It renews sensitivity to the voice and direction of God.
6. As per segment 3 of session 4, what are two reasons for doing Sabbath?  
Sabbath reminds us that God is over His creation, and that creation is dependent on Him and not us and our efforts.  
Sabbath also places in our lives a rhythm in which we work hard six days and rest and re-charge on the seventh.
7. In your own words, define Sabbath.  
Sabbath is a gift from God, the primary purpose of which is worship, a day in which we stop and rest in the Lord.