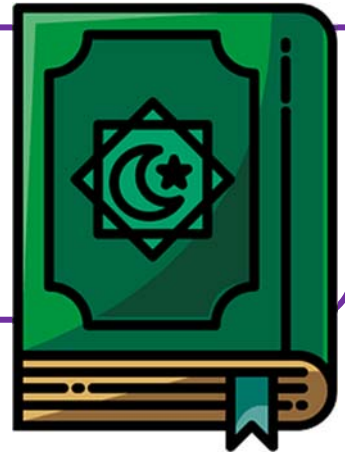


Name _____

Fasting Focus Essay

Directions: Write a short essay (2 paragraphs, 5-7 sentences each) comparing Ramadan fasting as a form of self-discipline with modern digital "screen fasts." Answer the guiding questions to support your ideas.



Guiding Questions to Consider:

- How does fasting from food and drink build self-control and awareness during Ramadan?
- What is a "screen fast," and what habits does it challenge in today's world?
- In what ways are both types of fasting similar? How are they different?
- How can either practice help people become more mindful, grateful, or connected to others?
