



Lesson 21



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| Abstinence | Bind | Fast | Heaven |
| Lent | Mass | Meat | Sundays |

- “Whatever you _____ on earth shall be bound in _____.”
- We must attend _____ on all _____ and holy days of obligation.
- We limit our intake of food on _____ days.
- On days of _____, we refrain from eating _____.
- All Fridays during _____ are days of abstinence.



Key

- Bind, Heaven
- Mass, Sundays
- Fast
- Abstinence, Meat
- Lent