



zhāi jiè

斋戒

verb · fasting; abstain from meat

Example Sentences

tā zài zhāi jiè qī jiān bù chī ròu
他在斋戒期间不吃肉。

He does not eat meat during the fasting period.

xǔ duō zōng jiào dōu yǒu zhāi jiè de chuán tǒng mù dì shì jìng huà shēn xīn
许多宗教都有斋戒的传统，目的是净化身心。

Many religions have a tradition of fasting, aiming to purify the body and mind.

fó jiào tú zài tè dìng rì zǐ lǐ huì jìn xíng zhāi jiè yǐ biǎo shì qián chéng
佛教徒在特定日子里会进行斋戒，以表示虔诚。

Buddhists observe fasting on specific days to show devotion.

Trace each character, then write the word on your own.

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