

Fasting

(Matthew 6:14–18)

When you fast
don't be like the hypocrites who go out all depressed
Their glum self-denial they hope you will applaud
Truthfully, they already have their reward

But when you are fasting keep it secret for the Lord
Wash your face and keep your hair in place
Don't display your piety
before all of humanity
Keep it confidential
and the Father will reward you openly