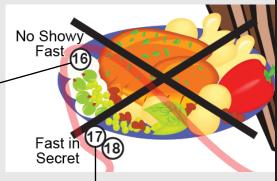
January 19th - Matthew 6:16-18 - Fasting

νηστεύοντες άμὴν λέγω ὑμῖν, ἀπέχουσιν τὸν μισθὸν αὐτῶν.

16 "Όταν δὲ νηστεύητε, μὴ 16 "Moreover when you fast, γίνεσθε ώς οἱ ὑποκριταὶ don't be like the hypocrites, with σκυθρωποί, ἀφανίζουσιν γὰρ sad faces. For they disfigure τὰ πρόσωπα αὐτῶν ὅπως their faces, that they may be φανῶσιν τοῖς ἀνθρώποις seen by men to be fasting. Most assuredly I tell you, they have received their reward.

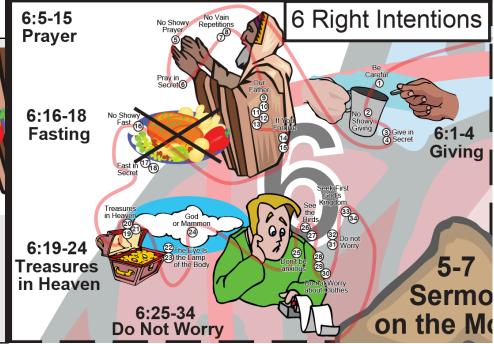


17 σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι,

18 ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων άλλὰ τῶ πατρί σου τῶ ἐν τῶ κρυφαίω· καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῶ κρυφαίω ἀποδώσει σοι.

17 But you, when you fast, anoint your head, and wash your face;

18 so that you are not seen by men to be fasting, but by your Father who is in secret, and your Father, who sees in secret, will reward you.



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