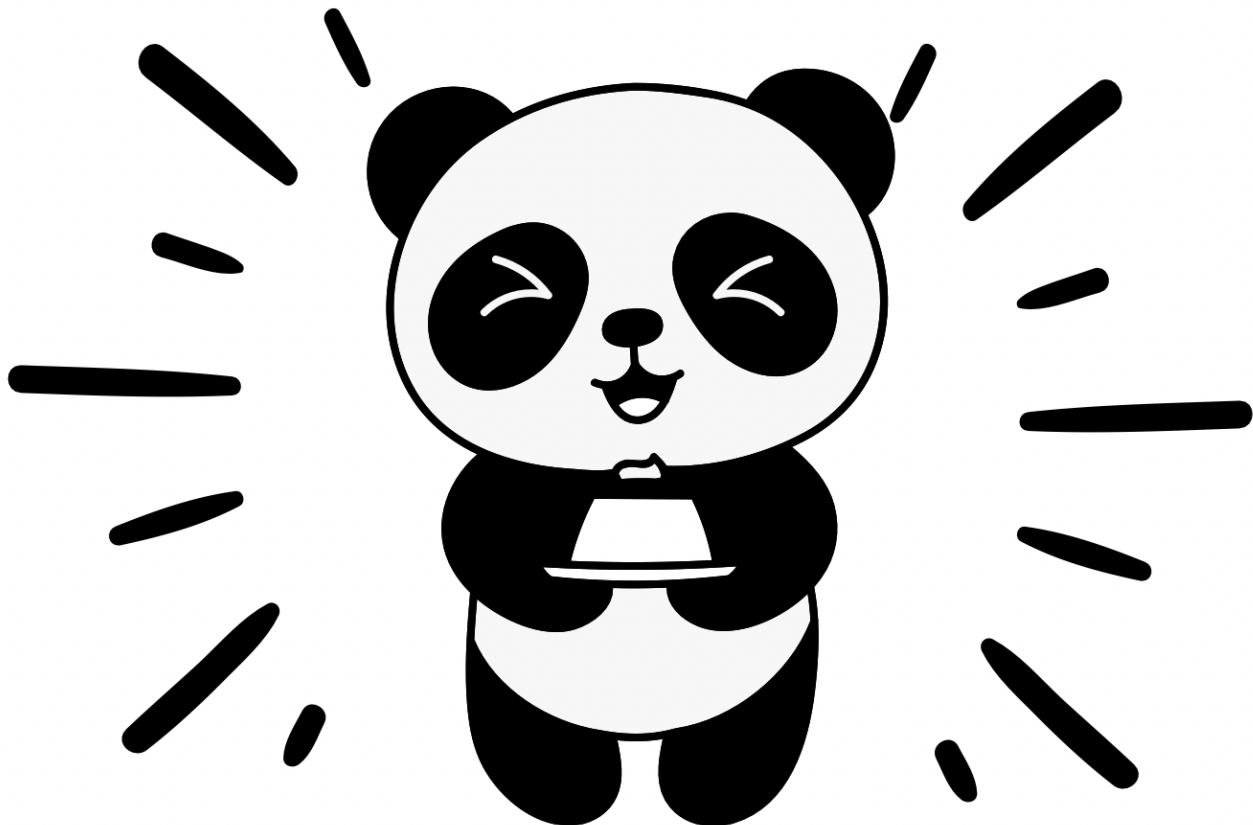


But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Matthew 6:17-18



Sermon on the Mount 20: When You Fast
Tending the Garden of Our Hearts