
DAILY READING

2025 NEW TESTAMENT READING MATTHEW 4:1-25

SUNDAY SCHOOL READING PLAN MATTHEW 6:16-18

HOW TO FAST

6 ¹⁶ “Whenever you fast, don’t be gloomy like the hypocrites. For they make their faces unattractive so that their fasting is obvious to people. Truly I tell you, they have their reward. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.