

Matt. 6:16-18

16. When you fast, do not be those who look gloomy and sullen, as the hypocrites do. For they distort the appearance of their faces, in order that they may appear to people to be fasting. I am saying to you truly, they have fully received their reward. 17. But when fasting, you, anoint your head and wash your face, 18. in order that you would not appear to people to be fasting, but [that you would be apparent] to your Father, Who is in secret. And your Father, Who is seeing in secret, will recompense/reward you.