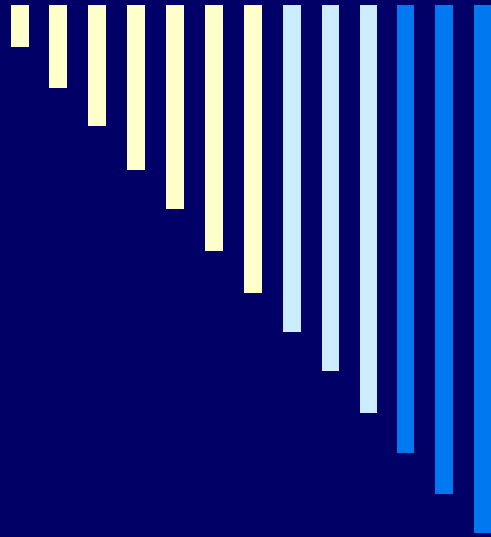
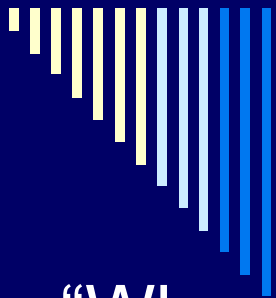


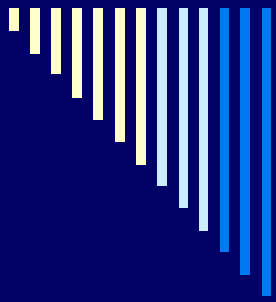


**“ ...and your Father
who sees in secret
will reward you
openly”**

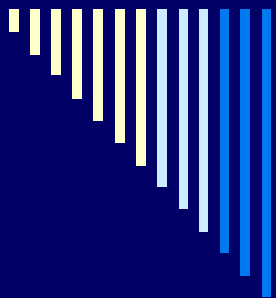
Matthew 6:18



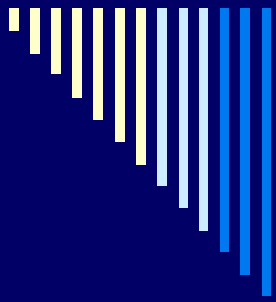
“When the fast makes its appearance, like a kind of spiritual summer, let us as soldiers burnish our weapons, and as harvesters sharpen our sickles, and as sailors order our thoughts against the waves of extravagant desires, and as travelers set out on the journey towards heaven. Lay hold of the pathway which leads towards heaven, rugged and narrow as it is. Lay hold of it, and journey on”



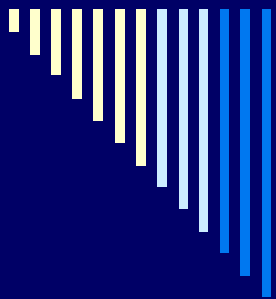
**How can fasting cause us
to bear fruits?**



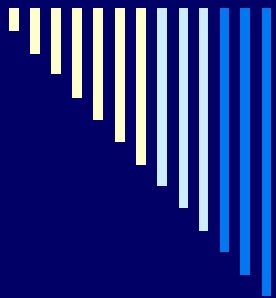
1. When it is a tool and not the goal



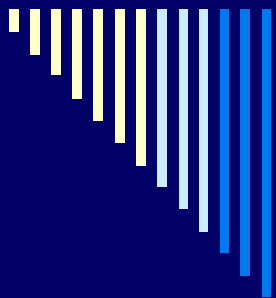
**2. When abstinence is from
EVERY cause of distraction
and not only from food**



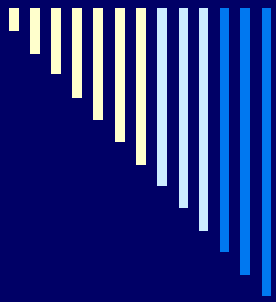
3. When accompanied with sincere and fervent prayers



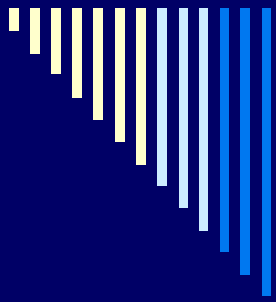
4. When it humbles us before both God and men



**5. When it stirs in our hearts
the desire for a pure life**



**6. When it encourages us to
go to the secret place to
meet and rejoice with our
Bridegroom**



How can fasting cause us to bear fruits?

1. When it is a tool and not the goal
 2. When abstinence is from EVERY cause of distraction and not only from food
 3. When accompanied with sincere and fervent prayers
 4. When it humbles us before both God and men
 5. When it stirs in our hearts the desire for a pure life
 6. When it encourages us to go to the secret place to meet and rejoice with our Bridegroom
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