

Matthew 6:1-18

1 “Be careful not to practice your righteousness in front of others to be seen by them. Otherwise, you have no reward with your Father in heaven. 2 So whenever you give to the poor, don’t sound a trumpet before you, as the hypocrites do in the synagogues and on the streets, to be applauded by people. Truly I tell you, they have their reward. 3 But when you give to the poor, don’t let your left hand know what your right hand is doing, 4 so that your giving may be in secret. And your Father who sees in secret will reward you.

5 “Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward.

6 But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. 7 When you pray, don’t babble like the Gentiles, since they imagine they’ll be heard for their many words. 8 Don’t be like them, because your Father knows the things you need before you ask Him.

9 “Therefore, you should pray like this:

Our Father in heaven,
Your name be honored as holy.

10 Your kingdom come.

Your will be done
on earth as it is in heaven.

11 Give us today our daily bread.

12 And forgive us our debts,
as we also have forgiven our debtors.

13 And do not bring us into temptation,
but deliver us from the evil one.

14 “For if you forgive others their offenses, your heavenly Father will forgive you as well. 15 But if you don’t forgive others, your Father will not forgive your offenses.

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.