

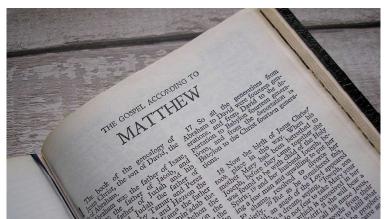
'And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others...When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting.' (Matthew 6:5, 16)

'And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.' (Matthew 6:7)

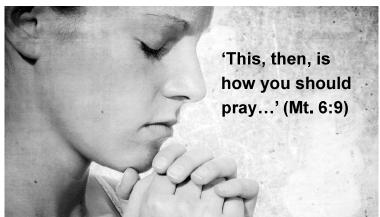


'But when you pray, go into your room, close the door and pray to your Father, who is unseen...Do not be like them, for your Father knows what you need before you ask him...when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father...' (Mt. 6:6, 8, 17-18)









'Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven...



Give us today our daily bread.
And forgive us our debts,
as we also have forgiven
our debtors.
And lead us not into
temptation,
but deliver us from
the evil one.' (Matthew 6:9-13)





The kingdom is based on trusting relationship Prayer is a gift of the kingdom Get praying this!

Matthew 6:5-18