The Word of God

… Sons, let the days of your fasting be worked out with love and humility, not with murmuring and boasting. Keep the prayer away for nowadays world, for if the world sees the Christians that he prays to God, the one in the world, instead of doing the same, starts to hate the Christian. When the world sees the Christian that he fasts, it mocks him and laughs at him; it makes fun of the Christian's life, but you should not be affected by their ridicule.

19-05/01-06-1983