
WHAT THE BIBLE SHOULD HAVE SAID

Matt ch6 v1 5—18: "When you fast, do not go without food as the fanatics do, for they do not realise that fasting is an attitude of mind, and not simply missing meals. I tell you the truth, they have received their reward in full. But when you fast, don't go without coffee in case you get a headache, eat sausages rather than steak, only miss one meal if you must and don't forget that fasting was really only relevant in Bible days, so that it will not be obvious to men that you are fasting. It may not be too obvious to your Father, either."***