

The Sermon on the Mount

Learning to Follow Jesus

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The Gospel according to St. Matthew, Chapter 6

Concerning Prayer

¹ “Beware of practicing your righteousness before others in order to be seen by them, for then you have no reward from your Father in heaven.

² “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. ³ But when you give alms, do not let your left hand know what your right hand is doing, ⁴ so that your alms may be done in secret, and your Father who sees in secret will reward you.

Concerning Prayer

⁵ “And whenever you pray, do not be like the hypocrites, for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. ⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you.

⁷ “When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

⁹ “Pray, then, in this way:

Our Father in heaven,
may your name be revered as holy.

¹⁰ May your kingdom come.

May 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 to the time of trial,
but rescue us from the evil one.

¹⁴“For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵but if you do not forgive others, neither will your Father forgive your trespasses.

Concerning Fasting

¹⁶“And whenever you fast, do not look somber, like the hypocrites, for they mark their faces to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that your fasting may be seen not by others but by your Father who is in secret, and your Father who sees in secret will reward you.