

**“But you, when you fast,
anooint your head and
wash your face”**

Matthew 6:17

**How do the last
temptations work against
the virtue?**

1. Procrastination

- If you have to do it, do it tomorrow!

2. Cutting Corners

- Working around the virtue to make it easier!

3. Turning the subject into foolish disputes

- How many days should the fast be?!
- Should not fasting be in secret only?!
- Why can we not eat fish on Wednesdays and Fridays?!

**4. Voiding the virtue from
its meaning by outward
practices only**

**5. Wasting the reward by
practicing the virtue for
vain glory**