

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free
and to break every yoke?
Is it not to share your bread
with the hungry
and bring the homeless poor
into your house;
when you see the naked, to cover them,
and not to hide yourself
from your own kin?

**Then our light shall break forth
like the dawn, and our healing
shall spring up quickly;
our vindicator shall go before us,
the glory of the Lord
shall be our rearguard.
Then we shall call, and the Lord
will answer; we shall cry for help,
and he will say, Here I am.**

If you remove the yoke
from among you,
the pointing of the finger,
the speaking of evil,
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.
The Lord will guide you continually,
and satisfy your needs
in parched places,
and make your bones strong;

**And we shall be like a watered garden,
like a spring of water,
whose waters never fail.
Our ancient ruins shall be rebuilt;
we shall raise up
the foundations of many generations;
we shall be called
the repairer of the breach,
the restorer of streets to live in.**

If you refrain
from trampling the sabbath,
from pursuing your own interests
on my holy day;
if You call the sabbath a delight
and the holy day
of the Lord honourable;
if You honour it,
not going your own ways,
serving your own interests,
or pursuing your own affairs;
then you shall take delight in the Lord,

**and he will make us ride
upon the heights of the earth;
he will feed us
with the heritage
of our ancestor Jacob
for the mouth of
the Lord has spoken.**