

A READING FROM THE BOOK OF ISAIAH 58:6-12

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 your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you 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 you shall be like a watered garden,
like a spring of water,
whose waters never fail.

Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

Reader: The Word of the Lord.

PSALM 33:18-22

¹⁸ Behold, the eye of the Lord is upon those who fear him, *
on those who wait upon his love,

¹⁹ To pluck their lives from death, *
and to feed them in time of famine.

²⁰ Our soul waits for the Lord; *
he is our help and our shield.

²¹ Indeed, our heart rejoices in him, *
for in his holy Name we put our trust.

²² Let your loving-kindness, O Lord, be upon us, *
as we have put our trust in you.