

## A reading from the Prophet Isaiah (58:7-10)

Is this the sort of fast that pleases me  
- it is the Lord who speaks –  
to break unjust fetters  
and undo the thongs of the yoke  
to let the oppressed go free  
and break every yoke,  
to share your bread with the hungry, and shelter the homeless poor,  
to clothe the man you see to be naked and turn not from your own kin.  
Then your light will shine like the dawn and any wounds you may have quickly  
healed over.  
Your integrity will go before you and the glory of the Lord behind you.  
Cry, and the Lord will answer; call and he will say, 'I am here.'  
If you do away with the yoke, the clenched fist, the wicked word,  
If you give your bread to the hungry, and relief to the oppressed,  
Your light will rise in the darkness and your shadows become like noon.  
The Lord will always guide you Giving you relief in desert places.  
He will give strength to your bones  
And shall be like a watered garden  
Like a spring of water  
Whose waters never run dry.

The word of the Lord.