

The Fast That Love Has Chosen

♩ = 70

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C Am G C F/C C C Am F C Em C

Fast from fear and feast on love. Fast from vio - lence, feast on peace.

5 Em F G Am Em/G F C/E G C F/C C C Am G

Fast from hat - red, feast on care. Fast from ter - ror, feast on hope. Fast from en - vy, feast on

10 C F/C C C Am F C Em C Em F G Am Em/G

joy. Fast from judge - ment, feast on com - pas - sion. Fast from des - pair and feast on trust.

15 F C/E G C F/C C C Dm Em F C/E

Fast from an - xi - e - ty, feast on won - der. This is the fast that Love has cho - sen: — for

19 Dm G C F G Am G

us to bring the day of jus - tice, for us to free the ones in chains, to feed the

23 C G Am Dm F G Em

hung - ry, — to clothe the na - ked, to of - fer shel - ter — to the home - less, to

27 F G Am F G Am Dm

tend the sick and those in pain, to wel - come the lone - ly, lost, and least. This is our

31 F G C F/C C C Am G C F/C C

fast. This is our feast. Fast from cruel - ty, feast on kind - ness.

Biblical reference: Isaiah 58:6-8; also inspired by Rev. Jim Burklo's "Feast and Fast for Lent"

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35 C Am F C Em C Em F G Am Em/G
Fast from re-venge and feast on for - give-ness. Fast from con-trol-ling, feast on pa - tience.

39 F C/E G C F/C C C Am G
Fast from com-pla-cen-cy, feast on jus - tice. — Fast from a-lone - ness, feast on con -

42 C F/C C C Am F C Em C Em F G
nec - tion. Fast from shame and feast on de - light. Fast from sel-fish-ness, feast on

46 Am Em/G F C/E G C F/C C
giv - ing. — Fast from de - fens - ive - ness, feast on wel - com - ing. —

49 C Dm Em F C/E Dm G C
This is the fast that Love has cho - sen: — for us to bring the day of jus - tice, for

53 F G Am G C G Am Dm F G
us to free the ones in chains, to feed the hun - gry, to clothe the na - ked, to of - fer shel - ter — to the

58 Em F G Am F G
home-less, to tend the sick and those in pain, to wel - come the lone - ly, lost, and

62 Am Dm F G C F/CC C Am G C F/C C
least. This is our fast. This is our feast. Fast from re-sent - ment, feast on ten - der - ness.

67 C Am F C Em C Em F G Am Em/G
Fast from er-ro-gance, feast on hu - mi-li-ty. — Fast from wor - ry, feast on play - ful - ness.

71 F C/E G C F/C C C Am G

Fast from bu - sy - ness, feast on rest. Fast from bleak - ness, feast on

74 C F/C C C Am F C Em C

beau - ty. _____ Fast from cha - os, feast on si - lence.

77 Em F G Am Em/G F C/E G C F/C C

Fast from vio - lence, feast on peace. Fast from fear and feast on love.
rit.

The musical score is written for a single melodic line on a treble clef staff. It consists of three systems of music, each with a line of lyrics and guitar chords indicated above the staff. The first system (measures 71-73) has the lyrics 'Fast from bu - sy - ness, feast on rest. Fast from bleak - ness, feast on'. The second system (measures 74-76) has the lyrics 'beau - ty. _____ Fast from cha - os, feast on si - lence.'. The third system (measures 77-79) has the lyrics 'Fast from vio - lence, feast on peace. Fast from fear and feast on love.' followed by a 'rit.' (ritardando) instruction. The chords are: F, C/E, G, C, F/C, C, C, Am, G for the first system; C, F/C, C, C, Am, F, C, Em, C for the second; and Em, F, G, Am, Em/G, F, C/E, G, C, F/C, C for the third.