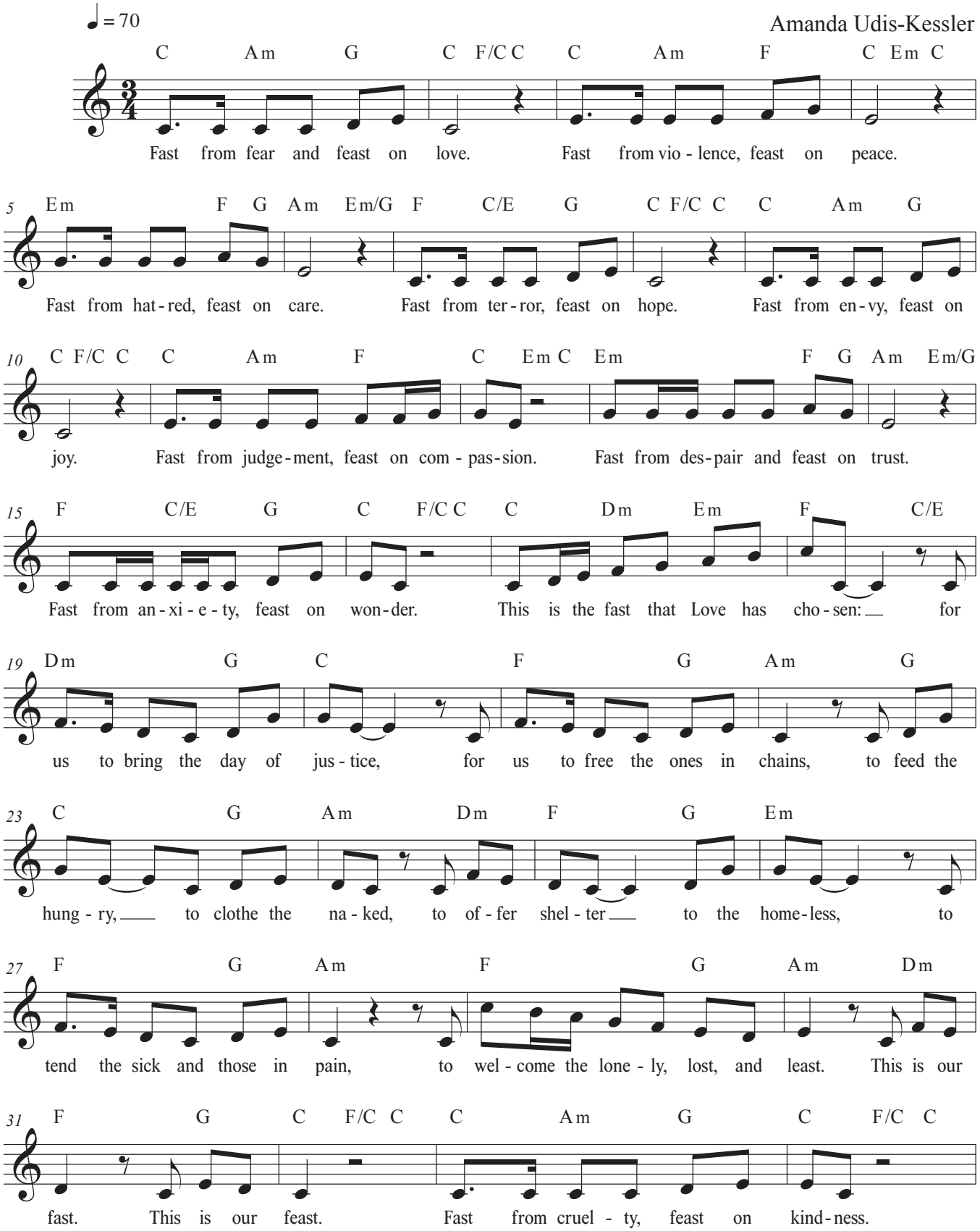
The Fast That Love Has Chosen



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

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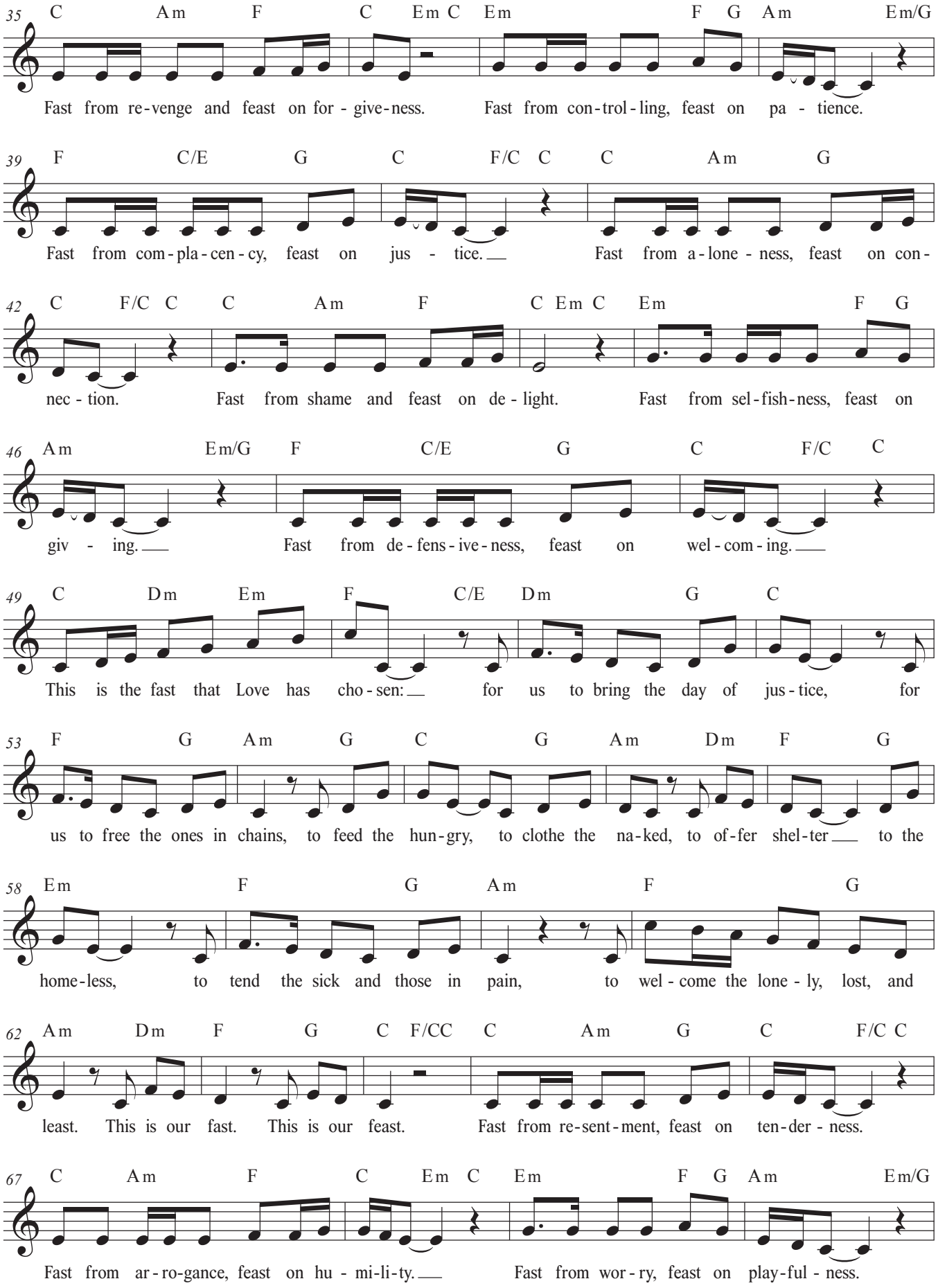
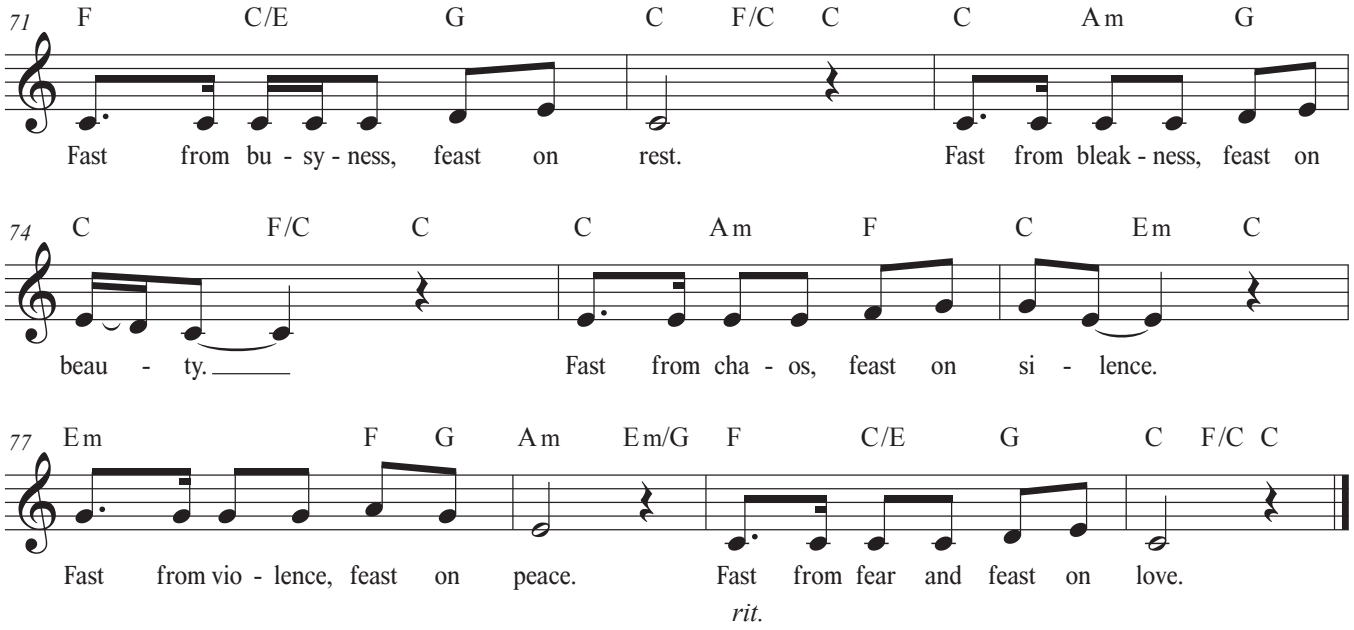

35 C Am F C Em C Em F G Am Em/G
Fast from re-venge and feast on for-give-ness. Fast from con-trol-ling, feast on pa-tience.
39 F C/E G C F/C C C Am G
Fast from com-pla-cen-cy, feast on jus-tice. Fast from a-lone-ness, feast on con-
42 C F/C C C Am F C Em C Em F G
nec-tion. Fast from shame and feast on 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 ar-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.