

This is the Fast

(Time Signature, Tempo: 4/4 @ 150 bpm ≈ 38mpm. Reference: Isaiah 58:6–14)
Slashes in lyrics indicate measure boundaries; “_” indicates a rest

M1, 0:00 : Intro (Instrumental)

M9, 0:12: Chorus

This is the fast I have chosen: to loosen the unjust chains,
Set free the oppressed, and break every yoke,
so truth and justice reigns.

Share your food with the hungry, have compassion on the poor,
When the wandering stranger comes to you, don't close the door.

M34, 0:52: Verse 1:

Then your light will break forth like the dawn, your healing will appear,
Your righteousness before you, God's glory to the rear.

Then you will call and the Lord will answer, He will say, “Here am I,”
You'll be like a garden watered by a spring that can't run dry.
The Lord will guide you constantly and satisfy your soul, and
Your light will rise in darkness and your blessings overflow!

M61, 1:36: Instrumental Interlude

M77, 2:01: Chorus

M102, 2:41: Verse 2:

Then your light will break forth like the dawn, your healing will appear,
Your righteousness before you, God's glory to the rear.

You will rebuild the ancient ruins, be Repairers of the Breach,
Lay foundations for rebuilding, be Restorers of the Streets.

If you delight yourself in all His ways, and humbly serve the Lord,
He will make you ride the heights and He will feed you evermore!

M129, 3:24: Interlude

M164, 4:20: Ending:

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