

Attend and keep this happy fast
I preach to you this day.
Is this the fast that pleases Me
that takes your joy away?
Do I delight in sorrow's dress,
says God, Who reigns above,
the hanging head, the dismal look,
will they attract My love?

But it is not the fast I choose,
that shares the heavy load;
that seeks to bring the poor man in
who's weary of the road;
that gives the hungry bread to eat,
to strangers gives a home;
that does not let you hide your face
from your own flesh and bone?

Then like the dawn your light will break,
to life you will be raised.
And all will praise the Lord for you;
be happy in your days.
The glory of the Lord will shine,
and in your steps His grace.
And when you call He'll answer you;
He will not hide His face.