

and seem eager for God to come near.
3 'Why have we fasted,' they say,
'and you have not seen it?
Why have we humbled ourselves,
and you have not noticed?'

4 Yet on the day of your fasting, you do as you please
and exploit your workers.

5 Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.
You cannot fast as you do today
and export your voice to be heard on high.

6 Is this the kind of fast I have chosen,
only a day for people to humble themselves,
Is it only for bowing one's head like a reed
and for flinging sackcloth and ashes?
Is that what you call a fast,
a day acceptable to me?

7 Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?

8 Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—
when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?

9 Then your light will break forth like the dawn,
and your healing will quickly appear;
then your righteousness will go before you,
and the glory of the LORD will be your rear guard.

