

Isaiah 58: 6-7 – Definition of Fasting

6 “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?

7 Is it not to share your food with the hungry
and to provide the poor wanderer with shelter

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when you see the naked, to clothe them,
and not to turn away from your own flesh and
blood?