

Observances of Fasts

- 58:1 “CRY loudly, do not hold back;
Raise your voice like a trumpet,
And declare to My people their ^btransgression,
And to the house of Jacob their sins.
- 2 “Yet they ^aseek Me day by day, and delight to know My ways,
As a nation that has done ^brighteousness,
And ^chas not forsaken the ordinance of their God.
They ask Me *for* just decisions,
They delight ^din the nearness of God.
- 3 “Why have we ^afasted and Thou dost not see?
Why have we humbled ourselves and Thou dost not ¹notice?’
Behold, on the ^bday of your fast you find *your* desire,
And drive hard all your workers.
- 4 “Behold, you fast for contention and ^astrife and to strike with a wicked fist.
You do not fast like *you do* today to ^bmake your voice heard on high.
- 5 “Is it a fast like this which I choose, a day for a man to humble himself?
Is it for bowing ¹one’s head like a reed,
And for spreading out ^asackcloth and ashes as a bed?
Will you call this a fast, even an ^bacceptable day to the LORD?
- 6 “Is this not the fast which I choose,
To ^aloosen the bonds of wickedness,
To undo the bands of the yoke,
And to ^blet the oppressed go free,
And ^cbreak every yoke?
- 7 “Is it not to ^adivide your bread ¹with the hungry,
And ^bbring the homeless poor into the house;
When you see the ^cnaked, to cover him;
And not to ^dhide yourself from your own flesh?
- 8 “Then your ^alight will break out like the dawn,
And your ^brecovery will speedily spring forth;
And your ^crighteousness will go before you;
The glory of the ^dLORD will be your rear guard.
- 9 “Then you will ^acall, and the LORD will answer;
You will cry, and He will say, ‘Here I am.’
If you ^bremove the yoke from your midst,
The ¹^cpointing of the finger, and ^dspeaking wickedness,
- 10 And if you ¹^agive yourself to the hungry,
And satisfy the ²desire of the afflicted,
Then your ^blight will rise in darkness,
And your gloom *will become* like midday.
- 11 “And the ^aLORD will continually guide you,
And ^bsatisfy your ¹desire in scorched places,
And ^cgive strength to your bones;
And you will be like a ^dwatered garden,

And like a ^cspring of water whose waters do not ²fail.
12 “And those from among you will ^arebuild the ancient ruins;
You will ^braise up the age-old foundations;
And you will be called the repairer of the ^cbreach,
The restorer of the ¹streets in which to dwell.

Keeping the Sabbath

13 “If because of the sabbath, you ^aturn your foot
From doing your *own* pleasure on My holy day,
And call the sabbath a ^bdelight, the holy *day* of the LORD honorable,
And shall honor it, desisting from your ^c*own* ways,
From seeking your *own* pleasure,
And ^dspeaking *your own* word,
14 Then you will take ^adelight in the LORD,
And I will make you ride ^bon the heights of the earth;
And I will feed you *with* the heritage of Jacob your father,
For the ^cmouth of the LORD has spoken.”
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^b Is. 43:27; 50:1; 59:12

^a Is. 1:11; Titus 1:16

^b Is. 48:1; Jer. 7:9, 10

^c Is. 1:4, 28; 59:13

^d Ps. 119:151; Is. 29:13; 57:3; James 4:8

^a Mal. 3:14; Luke 18:12

¹ Lit., *know*

^b Is. 22:12, 13; Zech. 7:5, 6

^a Is. 3:14, 15; 59:6

^b Is. 1:15; 59:2; Joel 2:12-14

¹ Lit., *his*

^a 1 Kin. 21:27

^b Is. 49:8; 61:2

^a Neh. 5:10-12; Jer. 34:8

^b Is. 1:17

^c Is. 58:9

^a Job 31:19, 20; Is. 58:10; Ezek. 18:7, 16

¹ Lit., *for*

^b Is. 16:3, 4; Heb. 13:2

^c Matt. 25:35, 36; Luke 3:11

^d Deut. 22:1-4; Luke 10:31, 32

^a Is. 58:10

^b Is. 30:26; 33:24; Jer. 30:17; 33:6

^c Ps. 85:13; Is. 62:1

^d Ex. 14:19; Is. 52:12

^a Ps. 50:15; Is. 55:6; 65:24

^b Is. 58:6

¹ Lit., *sending out*

^c Prov. 6:13

^d Ps. 12:2; Is. 59:13

¹ Lit., *furnish*

^a Deut. 15:7; Is. 58:7

² Or, *soul*

^b Job 11:17; Ps. 37:6; Is. 42:16; 58:8

^a Is. 49:10; 57:18

^b Ps. 107:9; Is. 41:17

¹ Or, *soul*

^c Is. 66:14

^d Song 4:15; Is. 27:3; Jer. 31:12

^e John 4:14; 7:38

² Or, *deceive*

^a Is. 49:8; 61:4; Ezek. 36:10

^b Is. 44:28

^c Is. 30:13; Amos 9:11

¹ Lit., *paths*

^a Ex. 31:16, 17; 35:2, 3; Is. 56:2, 4, 6; Jer. 17:21-27

^b Ps. 27:4; 42:4; 84:2, 10

^c Is. 55:8

^d Is. 59:13

^a Job 22:26; Is. 61:10

^b Deut. 32:13; 33:29; Is. 33:16; Hab. 3:19

^c Is. 1:20; 40:5

ⁱ *The New American Standard Bible*, (La Habra, California: The Lockman Foundation) 1977.