

The Fast That Love Has Chosen

♩ = 70

Amanda Udis-Kessler

C Am G C F/C C C Am F C Em C

Fast from fear and feast on love. Fast from vio - lence, feast on peace.

5 Em F G Am Em/G F C/E G C F/C C C Am G

Fast from hat - red, feast on care. Fast from ter - ror, feast on hope. Fast from en - vy, feast on

10 C F/C C C Am F C Em C Em F G Am Em/G

joy. Fast from judge - ment, feast on com - pas - sion. Fast from des - pair and feast on trust.

15 F C/E G C F/C C C Dm Em F C/E

Fast from an - xi - e - ty, feast on won - der. This is the fast that Love has cho - sen: — for

19 Dm G C F G Am G

us to bring the day of jus - tice, for us to free the ones in chains, to feed the

23 C G Am Dm F G Em

hung - ry, — to clothe the na - ked, to of - fer shel - ter — to the home - less, to

27 F G Am F G Am Dm

tend the sick and those in pain, to wel - come the lone - ly, lost, and least. This is our

31 F G C F/C C C Am G C F/C C

fast. This is our feast. Fast from cruel - ty, feast on kind - ness.

Biblical reference: Isaiah 58:6-8; also inspired by Rev. Jim Burklo's "Feast and Fast for Lent"

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35 C Am F C Em C Em F G Am Em/G
 Fast from re-venge and feast on for-give-ness. Fast from con-trol-ling, feast on pa-tience.

39 F C/E G C F/C C C Am G
 Fast from com-pla-cen-cy, feast on jus-tice. — Fast from a-lone-ness, feast on con-

42 C F/C C C Am F C Em C Em F G
 nec-tion. Fast from shame and feast on de-light. Fast from sel-fish-ness, feast on

46 Am Em/G F C/E G C F/C C
 giv-ing. — Fast from de-fens-ive-ness, feast on wel-com-ing. —

49 C Dm Em F C/E Dm G C
 This is the fast that Love has cho-sen: — for us to bring the day of jus-tice, for

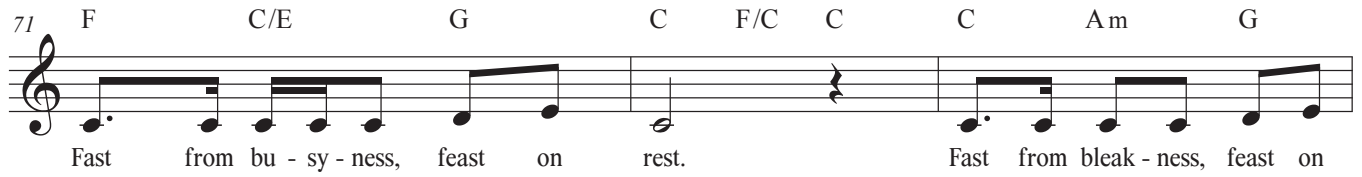
53 F G Am G C G Am Dm F G
 us to free the ones in chains, to feed the hun-gry, to clothe the na-ked, to of-fer shel-ter — to the

58 Em F G Am F G
 home-less, to tend the sick and those in pain, to wel-come the lone-ly, lost, and

62 Am Dm F G C F/CC C Am G C F/C C
 least. This is our fast. This is our feast. Fast from re-sent-ment, feast on ten-der-ness.

67 C Am F C Em C Em F G Am Em/G
 Fast from er-ro-gance, feast on hu-mi-li-ty. — Fast from wor-ry, feast on play-ful-ness.

71 F C/E G C F/C C C Am G



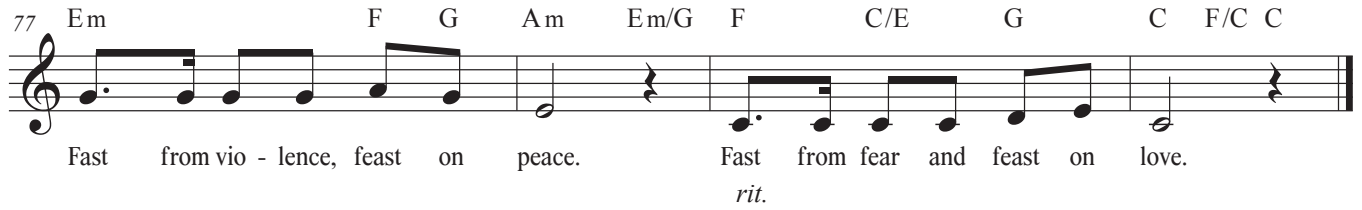
Fast from bu - sy - ness, feast on rest. Fast from bleak - ness, feast on

74 C F/C C C Am F C Em C



beau - ty. Fast from cha - os, feast on si - lence.

77 Em F G Am Em/G F C/E G C F/C C



Fast from vio - lence, feast on peace. Fast from fear and feast on love.
rit.