

3rd day of Lent- Do you call this a fast, a day acceptable to the Lord? Isaiah 58:5

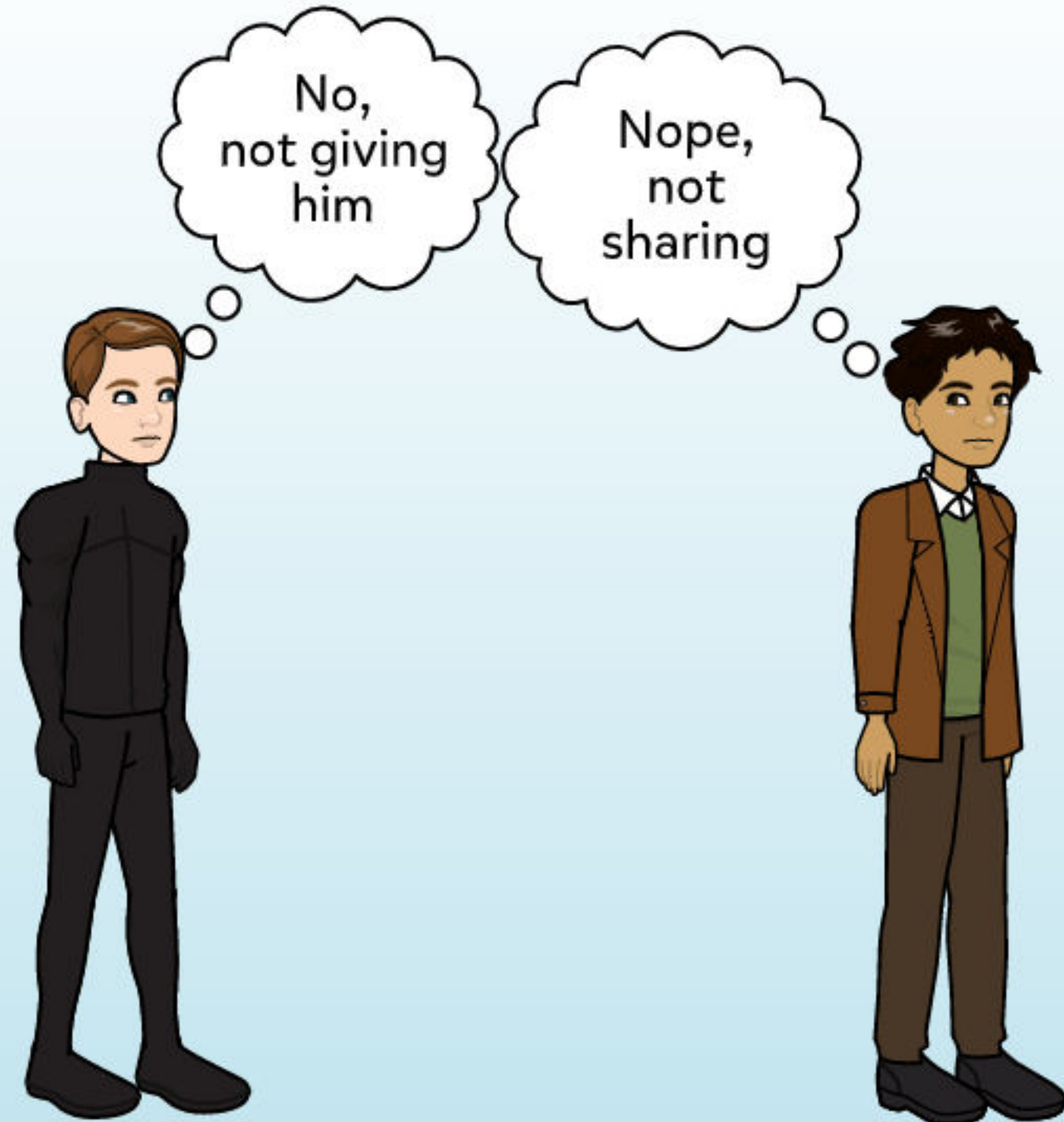
While you fight and quarrel?



and refuse to talk together (malice)?



Refusing to share and be generous?



Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high (Isaiah 58:4)

"No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help." Isaiah 57: 6-7