

The Fast that Love Has Chosen

Verse

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

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

9 C Am G

Fast from en - vy, feast on

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

joy. Fast from judge - ment, feast on com - pas - sion.

13 Em F G Am Em/G

Fast from des - pair and feast on trust.

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

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

18 F C/E

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
tend the sick and those in pain, to wel - come the lone - ly, lost, and

30 Am Dm
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.

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

38 Am Em/G
pa - tience. —

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

41 C Am G
Fast from a - lone - ness, feast on con -

42 C F/C C C Am F C Em C
- nec - tion. — Fast from shame and feast on de - light.

45 Em F G
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
This is the fast that Love has cho - sen: — for us to bring the day of

52 C
jus - - tice, — for

53 F G Am G C G
us to free the ones in chains, to feed the hun - gry, — to clothe the

56 Am Dm F G
na - ked, to of - fer shel - ter — to the

58 Em F G Am
home - less, — to tend the sick and those in pain, to

61 F G
wel - come the lone - ly, lost, and

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

66 C F/C C
ten - der - ness.

67 C Am F C Em C Em F G
Fast from ar-ro-gance, feast on hu-mi-li-ty. Fast from wor-ry, feast on

70 Am Em/G
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. *rit.* Fast from fear and feast on love.