**Sentence:** ‘Is this not the fast that I choose,’ says the Lord: ‘ to lose the bonds of injustice , and to let the oppressed go free?’ Isaiah 58.6

**Prayer of the day:** Faithful God, You have appointed us as your witnesses, to be a light that shines in the world: let us not hide the bright hope that you have given us, but tell everyone your love, revealed in Jesus Christ the Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen** (APBA: Broughton Publishing)