

# FAST *for* CHANGE



## CALLS TO WORSHIP

### Based on Isaiah 55:1-5 (The Message)

Come, all who are thirsty!  
Come to the water!  
Are you broke?  
Come anyway – it doesn't matter.  
Buy whatever you like—it's all free!

Don't waste your money on junk food.  
It won't fill you up, and you'll be hungry again right away.

Instead, fill your body with what it really needs:  
good, solid food that will nourish you,  
and give you the strength to nourish others.

Listen carefully to what I'm saying!  
Come to me with your ears wide open,  
for this is the way that leads to life!

—Christine Longhurst/Canadian Foodgrains Bank