

Isaiah 58:2-11

These Haftarah readings both mention bread, in line with the giving of manna described in Exodus 16.

The true fast involves giving bread to the hungry:

Isaiah 58:7 - "Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

Isaiah 33:16-24 + 34:8

"He that walketh righteously" is promised that he will receive bread ...

Isaiah 33:16 - "He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure."