

1. The fast, as taught by ho - ly lore, We
 2. The law and seers that were of old In
 3. More spar - ing there - fore let us make The
 4. In pray'r to - ge - ther let us fall, And

keep in so - lemn course once more;
 di - verse ways this Lent fore - told,
 words we speak, the food we take,
 cry for mer - cy, one and all,

The fast to all men known, and bound
 Which Christ, all sea - sons' King and Guide,
 Our sleep and mirth,-- and clos - er barred
 And weep be - fore the Ju - dge's feet,

In for - ty days of year - ly round.
 In af - ter a - ges sanc - ti - fied.
 Be ev' - ry sense in ho - ly guard.
 And his a - veng - ing wrath en - treat.

5. Thy grace have we offended sore,
 By sins, O God, which we deplore;
 But pour upon us from on high,
 O pardoning One, Thy clemency.
6. Remember Thou, though frail we be,
 That yet Thine handiwork are we;
 Nor let the honor of Thy name
 Be by another put to shame.
7. Forgive the sin that we have wrought;
 Increase the good that we have sought;
 That we at length, our wanderings o'er,
 May please Thee here and evermore.
8. We pray Thee, Holy Trinity,
 One God, unchanging Unity,
 That we from this our abstinence
 May reap the fruits of penitence.

Ex more docti mystico

Gregory the Great; tr. J.M. Neale