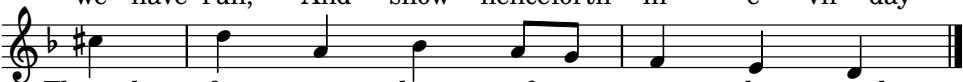




1. O Je-sus Christ, from thee be - gan This healing for the  
 2. That he who fell from high de - light, Borne down to sens - ual  
 3. There - fore be - hold Thy Church, O Lord, And grace of pen - i -  
 4. For - give the sin that we have done, For - give the course that



soul of man, By fast - ing sought, by fast - ing found,  
 ap - pe - tite, By dint of stern con - trol may rise  
 tence ac - cord To all who seek with gen' - rous tears  
 we have run, And show henceforth in e - vil day



Through for - ty days of year - ly round;  
 To climb the hills of Par - a - dise.  
 Re - new - al of their wast - ed years.  
 Thy - self our suc - cor and our stay.

5. But now let every heart prepare,  
 By sacrifice of fast and prayer,  
 To keep with joy magnificent  
 The solemn Easter festival.
6. Father and Son and Spirit blest,  
 To Thee be every prayer address,  
 Who art in threefold Name adored,  
 From age to age, the only Lord.

*Jesu quadragenariae*c. 9th cent.; tr. T.A. Lacey, *The English Hymnal*