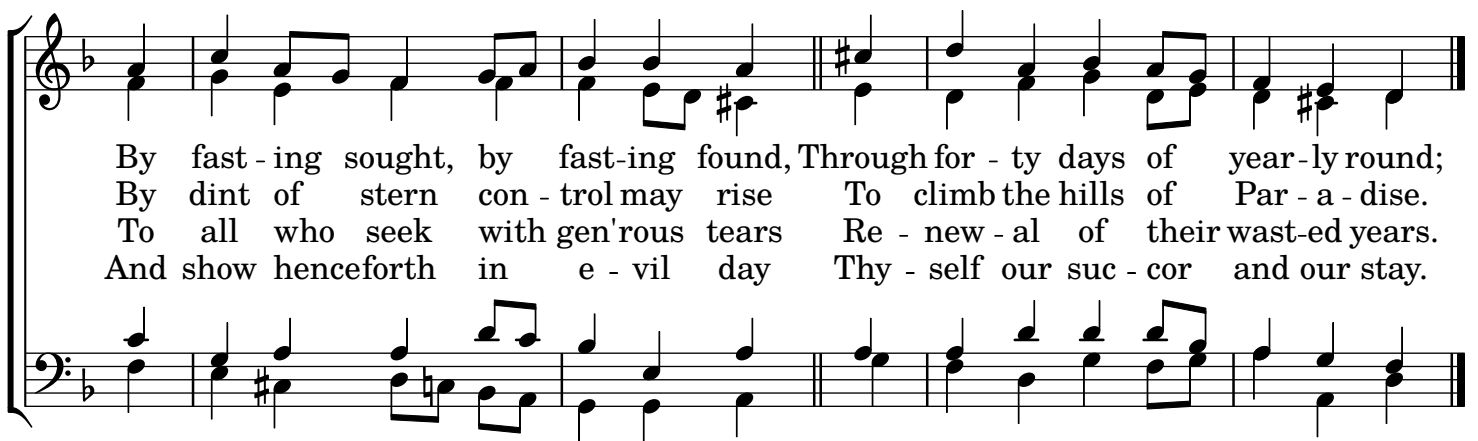


1. O Je-sus Christ, from thee be - gan This healing for the soul of man,
 2. That he who fell from high de - light, Borne down to sens - ual ap - pe - tite,
 3. There - fore be - hold Thy Church, O Lord, And grace of pen - i - tence ac - cord
 4. For - give the sin that we have done, For - give the course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



By fast - ing sought, by fast - ing found, Through for - ty days of year - ly round;
 By dint of stern con - trol may rise To climb the hills of Par - a - dise.
 To all who seek with gen'rous tears Re - new - al of their wast - ed years.
 And show henceforth in e - vil day 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*