

Keep we the fast our ancestors  
learned from on high in mystic ways,  
till yonder sun hath dully told  
His hallowed tale of forty days.

This covenant, long since revealed  
to patriarchs and ardent seers,  
Christ by His own example sealed,  
author of time, and Lord of years.

More wisely therefore let us walk,  
sparing of food and wine and sleep;  
over our trifles and our talk  
more jealous be the watch we keep.

Still by our sins, O Lord, we grieve  
Thy love, so full of pardon free:  
author of mercy, still relieve  
the souls that turn again to Thee.

Remember whence our fashion came,  
frail creatures, yet Thy creatures still,  
crush, for the glory of Thy name,  
the murm'rings of our stubborn will.

The guilt that dooms us put away,  
with larger grace our prayers requite,  
at last, and ever from this day,  
teach us to live as in Thy sight.

Hear us, O Trinity sublime,  
and undivided unity;  
so let this consecrated time  
bring forth Thy fruits abundantly.