

AGAIN WE KEEP THIS SOLEMN FAST

1. A - gain we keep this sol - emn fast, A gift of
 2. The law and proph - ets from of old In fig - ured
 3. More spar - ing, there - fore, let us make The words we
 4. Let us a - void each harm - ful way That lures the
 5. We pray, O bless - ed Three - in - One, Our God while

1. faith from ag - es past, This Lent which binds us
 2. ways this Lent fore - told, Which Christ, all ag - es'
 3. speak, the food we take, Our sleep, our laugh - ter,
 4. care - less mind a - stray; By watch - ful prayer our
 5. end - less ag - es run, That this, our Lent of

1. lov - ing - ly To faith and hope and char - i - ty.
 2. Lord and Guide, In these last days has sanc - ti - fied.
 3. ev - 'ry sense; Learn peace through ho - ly pen - i - tence.
 4. spir - its free From schem - ing of the en - e - my.
 5. for - ty days, May bring us growth and give you praise.

Text: LM; *Ex more docti mystico*; ascr. to St. Gregory the Great, ca. 540–604; tr. by Peter J. Scagnelli, b. 1949, and John M. Neale, 1818–1866, alt., © Peter J. Scagnelli. Published by World Library Publications, wlpmusic.com. All rights reserved. Used with permission.
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