

PREFACE IV OF LENT

The fruits of fasting



It is truly right and just, our duty and our sal-va-tion, al-ways and
everywhere to give you thanks, Lord, holy Father, almighty and e-
-ter-nal God. For through bodily fasting you re - strain our faults,
raise up our minds, and bestow both virtue and its rewards,
through Christ our Lord. Through him the Angels praise your
maj-es-ty, Do - min-ions a-dore and Powers trem-ble be-fore you.
Heav-en and the Virtues of heaven and the bless-ed Ser - a-phim
worship to-geth-er with ex-ul - ta-tion. May our voices, we pray,
join with theirs in hum-ble praise, as we ac-claim: