

Clarum decus ieiunii
The Glory of These Forty Days

Maurice F. Bell

1. The glory of these forty days
we celebrate with songs of praise;
for Christ, by whom all things were made,
himself has fasted and has prayed.
2. Alone and fasting Moses saw
the loving God who gave the law;
and to Elijah, fasting, came
the steeds and chariots of flame.
3. So Daniel trained his mystic sight,
delivered from the lion's might;
and John, the Saviour's friend became
the herald of Messiah's name.
4. Then grant us, Lord, like them to be
by prayer and fast from sin set free;
our spirits strengthen with your grace,
and give us joy to see your face.
5. We praise the Father and the Son,
the Spirit with them, ever One,
our God in threefold Name adored,
from age to age the only Lord.

Inspiration: "Clarum decus ieiunii"; ascribed to Gregory the Great, ca. 540-604.
Lyrics: 88.88; Maurice Frederick Bell, 1862-1947, from "The English Hymnal", 1906.