

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 Bridegroom's friend became
the herald of Messiah's name.
4. Then grant us, Lord, like them to be
full oft in fast and prayer with thee;
our spirits strengthen with thy grace,
and give us joy to see thy face.
5. O Father, Son and Spirit blest,
to thee be ev'ry prayer addressed,
who art 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.