

*Ex more docti mystico*  
**By Precepts Taught of Ages Past**

John M. Neale / OLD 100TH

1. By pre-cepts taught of a - ges past, now let us keep a - gain the fast  
2. The law and seers that were of old in di - verse ways this Lent fore - told,  
3. More spar - ing, there - fore, let us make the words we speak, the food we take;  
4. A - void the e - vil thoughts that roll like wa - ters o'er the heed - less soul;  
5. Blest Three - in - One and One - in - Three, al - might - y God, we pray to thee,

1. which year by year, in or - der meet of for - ty days is made com - plete.  
2. which Christ him - self, the Lord and guide of ev - 'ry sea - son sanc - ti - fied.  
3. de - ny our - selves in mirth and sleep, in strict - er watch our sens - es keep.  
4. nor let the foe oc - ca - sion find our souls in slav - er - y to bind.  
5. that thou wouldst now vouch - safe to bless our fast with fruits of right - eous - ness.

Inspiration: "Ex more docti mystico"; ascribed to Gregory the Great, ca. 540-604.

Lyrics: 88.88; translated by John Mason Neale, 1818-1866, in "The Hymnal Noted", 1851 as "The Fast as Taught by Holy Lore"; adapted in "Hymns Ancient and Modern", 1861.  
Music: OLD 100TH; melody from Psalm 134 in "Pseavmes octantetrois de Daud mis en rime Francoise", Geneva, 1551; attributed to Louis Bourgeois, ca. 1510-1561.