

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
2. The law and seers that were of old in di - verse
3. More spar-ing, there-fore, let us make the words we
4. A - void the e - vil thoughts that roll like wa - ters
5. Blest Three-in - One and One - in - Three, al - might - y



1. keep a - gain the fast which year by year, in
2. ways this Lent fore - told, which Christ him - self, the
3. speak, the food we take; de - ny our - selves in
4. o'er the heed - less soul; nor let the foe oc -
5. God, we pray to thee, that thou wouldst now vouch -



1. or - der meet of for - ty days is made com - plete.
2. Lord and guide of ev - 'ry sea - son sanc - ti - fied.
3. mirth and sleep, in strict - er watch our sens - es keep.
4. ca - sion find our souls in slav - er - y to bind.
5. 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.