Ex more docti mystico By Precepts Taught of Ages Past

John Neale

- By precepts taught of ages past, now let us keep again the fast which year by year, in order meet of forty days is made complete.
- 2. The law and seers that were of old in diverse ways this Lent foretold, which Christ himself, the Lord and guide of every season sanctified.
- 3. More sparing, therefore, let us make the words we speak, the food we take; deny ourselves in mirth and sleep, in stricter watch our senses keep.
- Avoid the evil thoughts that roll like waters o'er the heedless soul; nor let the foe occasion find our souls in slavery to bind.
- 5. Blest Three-in-One and One-in-Three, almighty God, we pray to thee, that thou wouldst now vouchsafe to bless our fast with fruits of righteousness.

Inspiration: "Ex more docti mystico"; ascr. 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.