

# HYMN : EX MORE DOCTI MYSTICO

*Vespers hymn for Lent; from the Ambrosian Breviary*

HYMN

**E**X mo-re docti mýsti-co Servémus hoc Je-júni-um,

De-no di-é-rum círcu-lo Ducto qua-ter no-tís-simo.

2. Lex et prophétæ prími-tus Hoc præ-tulé-runt, postmod-

um Christus sacrá-vit, ómni-um Rex, atque Factor

témporum. 3. Utá-mur ergo párci-us Verbis, ci-bus et

pó-ti-bus, Somno, jo-cis; et árc-ti-us Perstémus in cus-

tó-di-a. 4. Vité-mus autem péssima, Quæ sú-bru-unt men-

tes vagas, Nullúm-que de-mus cálli-do Hosti locum ty-

rání-dis. 5. Di-cámus omnes cé-rnu-i, Clamémus atque

sín-gu-li, Plo-rémus an-te Jú-di-cem, Flectámus i-ram

víndi-cem. 6. Nostris malis offéndimus Tu-am, Deus, cle-

ménti-am : Effúnde no-bis désu-per, Remís-sor, indul-

génti-am. 7. Meménto, quod sumus tu-i, Li-cet cadú-ci,

plásma-tis : Ne des honó-rem nó-mi-nis Tu-i, precámur,

álte-ri. 8. La-xa malum, quod fé-cimus : Au-ge bonum, quod pó-sci-mus : Placé-re quo tandem ti-bi Possí-mus

rání-dis. 5. Di-cámus omnes cé-rnu-i, Clamémus atque

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quod pó-sci-mus : Placé-re quo tandem ti-bi Possí-mus

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hic et pérpetim. 9. Praesta be-á-ta Tríni-tas, Concé-de,

simplex Uni-tas, Ut fructu-ó-sa sint tu-is Jezu-ni-

ó-rum múne-ra. Amen.

*Produced by the Society of St. Bede.*

*Music; re-typeset from Liber Vespertalis Ambrosiano, using Caeciliae typeface,  
The English translation below is from 'The Liturgical Year', Abbot Gueranger,  
O.S.B. Vol. 5 pg. 147.*

*N.B. There are differences between the Ambrosian and Roman texts of this Hymn.*

1. Let us observe this most solemn fast of forty days, which has been handed down to us by sacred tradition.
2. The Law and the Prophets first introduced it; and afterwards, Christ, the Master and Maker of all seasons, consecrated it by himself observing it.
3. Let us, therefore, be more sparing in our words; let us retrench somewhat of our food, and drink, and sleep, and merriment, and redouble our watchfulness.
4. Let us shun those noxious things, which play such havoc with unguarded souls: and let us avoid whatsoever could strengthen the tyranny of our crafty enemy.
5. Let us appease the anger of our Judge, and pour out our tears before him; let us prostrate ourselves, and thus cry to him in suppliant prayer:
6. We have offended thy goodness, O God, by our sins: forgive us, and pour out thy mercy upon us.
7. Remember that we are the work of thy hands, frail though we be: we beseech thee, suffer not another to usurp the honour of thy name.
8. Pardon us the evil we have done, and grant us good things, even beyond our prayer: that thus we may be well pleasing to thee, now and for ever.
9. O blessed Trinity, O undivided Unity, grant us, thy servants, to reap fruit from the fast thou hast given us. Amen.