

# HYMN : EX MORE DOCTI MYSTICO

*Matins hymn for Lent (revised text)*

HYMN  
1.

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

Deno di-é-rum círcu-lo Ducto quater no-tís-simo.

2.Lex et prophétæ prími-tus Hoc præ-tu-lérunt, postmo-

dum Christus sacrá-vit, ómni-um Rex, atque Fac-tor

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

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

tó-di-a. 4.Vité-mus autem nox-i-a, Quæ súbru-unt men-

tes vagas, Nullúmque de-mus cálli-di Hostis locum ty-



ránni-di. 5.Flectámus i-ram víndi-cem; Plo-ré-mus ante



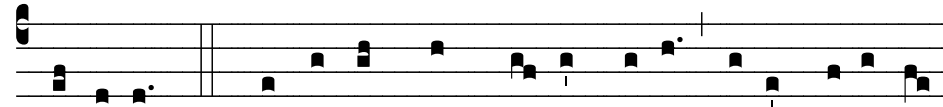
Júdi-cem, Clamémus o-re suppli-ci, Di-cámus omnes



cérnu-i, 6.Nostris malis of-féndimus Tu-am, Deus, cle-



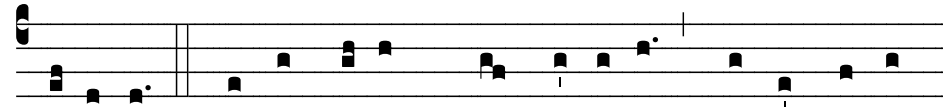
ménti-am: Effúnde no-bis désu-per, Remís-sor, indul-



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



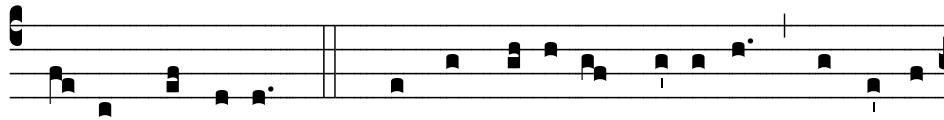
plásma-tis: Ne des honó-rem nómi-nis Tu-i, precá-mur,



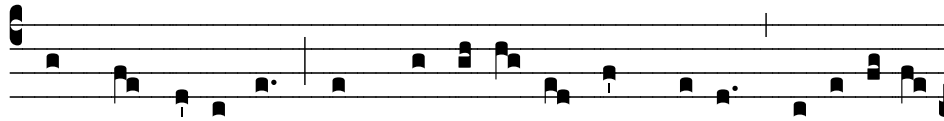
álte-ri. 8.La-xa malum, quod fé-cimus: Au-ge bonum,



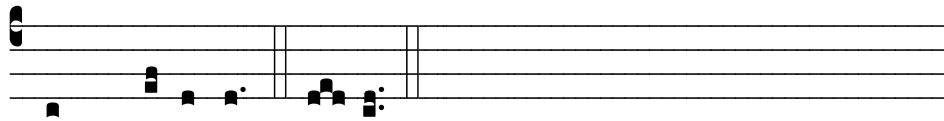
quod pósci-mus: Placé-re quo tandem ti-bi Possí-mus



hic et pérpe-tim. 9. Præ-sta be-á-ta Tríni-tas, Concé-de,



simplex Uni-tas, Ut fructu-ó-sa sint tu-is Je-juni-ó-



rum múne-ra. Amen.

*Produced by the Society of St. Bede.*

*Music; re-typeset from Liber Usualis, using Caeciliae typeface,*

*The Latin text and English translation below is from 'The Liturgical Year', Abbot Gueranger, O.S.B. Vol. 5 pg. 147.*

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.