

# LENT: EX MORE DOCTI MYSTICO

*Author: Pope St. Gregory (d. 604) – Literal translation: Fr. Joseph Connelly (1954)*

MODE I

**E**X more do-cti mýsti-co, Servémus hoc jejúni-  
um, Deno di-érum círculo Ducto qua-ter notíssi-mo.

1. As holy custom has taught us, let us keep this well-known fast of forty days.

2. Lex, et prophé-tae prí-mi-tus Hoc praetulérunt, póst-  
modum Chri-stus sacrávit, ómni-um Rex, atque Fa-  
ctor témporum.

2. Moses and Elias originally revealed this period of forty days and in later times Christ, the king and maker of all seasons, hallowed it.

3. Utámur ergo párci-us Verbis, ci-bis, et póti-bus, Som-  
no, jocis, et árcti-us Perstémus in custódi-a.

3. Therefore let us give less time to talking, eating, drinking, sleeping and amusing ourselves and show a greater vigilance in our way of life.

4. Vitémus autem péssi-ma, Quae súbru-unt men-  
tes vagas, Nullúmque demus cálli-di Hostis locum  
tyrání-di.

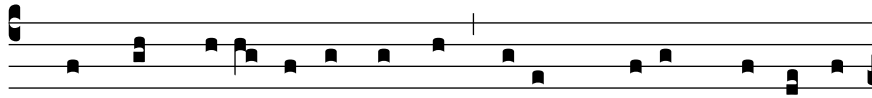
4. But let us avoid sin, for it undermines the unreflecting soul; let us yield no ground before our cunning foe's tyrannical demands.



5. Dicámus o-mnes céru-i, Clamémus atque síngu-li,



Plorémus ante júdi-cem, Flectámus i-ram víndi-cem.



6. Nostris ma-lis offéndi-mus Tu-am, De-us, cleméti-



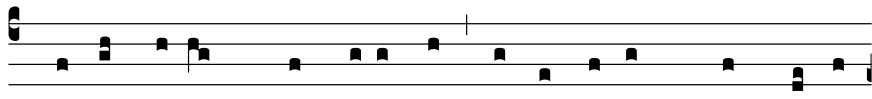
am: Effúnde nobis désuper Remíssor indulgénti-am.



7. Meméto quod sumus tu-i, Li-cet cadúci, plásma-tis;



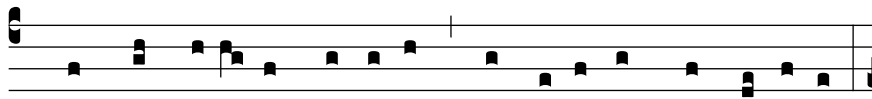
Ne des honórem nómi-nis Tu-i, precá-mur, álteri.



8. Laxa ma-lum quod féci-mus, Auge bonum quod pósci-



mus; Placére quo tandem ti-bi Possí-mus hic, et pérpe-tim.



9. Praesta, be-á-ta Trí-ni-tas, Concéde simplex Úni-tas,



Ut fructu-ósa sint tu-is Jejuni-ó-rum múnera.

5. Let us appease God's avenging wrath, beg for mercy before our Judge, call upon Him in suppliant entreaty;

6. let all of us most humbly offer this prayer. "Our sins have offended Your divine mercy. Yet pour out on us from heaven the grace of pardon, for You are the forgiver of sins.

7. Remember that, fallen though we are, we are Your handiwork. Do not, we beg You, give another the honour that is due to Your name.

8. Pardon the evil we have done. Give in even greater measure the grace we ask for, so that at last it may come about that we are pleasing to You in this life and in the next."

9. Blest Three in One, and One in Three, Almighty God, we pray to Thee, that this our fast of forty days may work our profit and Thy praise.