

# PREFACE IV OF LENT

## The fruits of fasting



It is truly right and just, our duty and our sal-va-tion, al-ways and  
everywhere to give you thanks, Lord, holy Father, almighty and e-  
-ter-nal God. For through bodily fasting you re - strain our faults,  
raise up our minds, and bestow both virtue and its rewards,  
through Christ our Lord. Through him the Angels praise your  
maj-es-ty, Do - min-ions a-dore and Powers trem-ble be-fore you.  
Heav-en and the Virtues of heaven and the bless-ed Ser - a-phim  
worship to-gether with ex-ul - ta-tion. May our voices, we pray,  
join with theirs in hum-ble praise, as we ac-claim: