

1 The glory of these forty days we celebrate with songs of praise, for Christ, by whom all things were made, himself has fasted and has prayed.

2 Alone and fasting Moses saw the loving God who gave the law. And to Elijah, fasting, came the steed and chariots of flame.

3 So Daniel trained his mystic sight, delivered from the lion's might. And John, the Savior's friend, became the herald of Messiah's name.

4 Then grant, O God, that we may, too, return in fast and prayer to you. Our spirits strengthen with your grace, and give us joy to see your face.