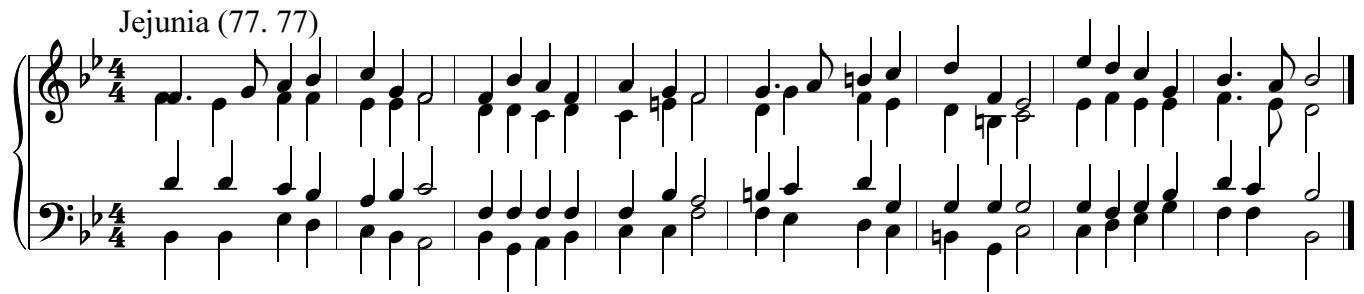


Henry Williams Baker  
(1821-77)

## Good it is to keep the fast

John Stainer  
(1840-1901)

Jejunia (77. 77)



1. Good it is to keep the fast,  
Shadowed forth in ages past,  
Which our own Almighty Lord  
Hallowed by His deed and Word.

2. Moses, while he fasted, saw  
God Who gave by him the law;  
To Elijah angels came,  
Steeds of fire and car of flame.

3. So was Daniel meet to gaze  
On the sight of latter days  
And the Baptist to proclaim  
Blessings through the Bridegroom's Name.

4. Grant us, Lord, like them to be  
Oft in prayer and fast with Thee;  
Fill us with Thy heavenly might,  
Be our Joy and true Delight.

5. Father, hear us through Thy Son,  
And the Spirit, with Thee One,  
Whom our thankful hearts adore,  
Ever and forevermore.

Lyrics: Gregory I (Clarum decus jejunii) translated from Latin to English by Henry W. Baker, 1875.