

## Lord, as our public fast begins

Doug Constable 2001  
EISENACH LM

Melody by J.H.Schein 1586-1630  
harmonised by J.S.Bach 1685-1750

The image shows a musical score for a hymn. It consists of two systems of music, each with a treble and bass staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody is primarily in the treble clef, while the bass clef provides a harmonic accompaniment. The first system contains four measures, and the second system contains four measures, ending with a double bar line.

2 Corinthians 5.20b-6.10  
Matthew 6.1-6, 16-21

Lord, as our public fast begins,  
we feed on you, and starve our sins;  
may we receive with cheerful face  
the secret of your inward grace.

We feed on love and not on law,  
in freedom, not as ought or chore;  
not seeking to be known, we fast  
from hungering for brief fame's repast.

We fix our minds on your goodwill,  
not aiming short, all to fulfil;  
as seasons lengthen, so may we  
grow up in Christ in all to see.

Now, with the ash of last year's palms,  
cross out past-serving, fear-filled charms.  
Let each pray: Christ be formed in me  
this Lent, till Easter's victory.