

PREFACE I OF LENT

The spiritual meaning of Lent

39. The following Preface is said in Masses of Lent, especially on Sundays when a more specific Preface is not prescribed.



It is truly right and just, our duty and our salvation,
 always and everywhere to give you thanks,
 Lord, holy Father, almighty and eternal God,
 through Christ our Lord.

For by your gracious gift each year
 your faithful await the sacred paschal feasts
 with the joy of minds made pure,
 so that, more eagerly intent on prayer
 and on the works of charity,
 and participating in the mysteries
 by which they have been reborn,
 they may be led to the fullness of grace
 that you bestow on your sons and daughters.

And so, with Angels and Archangels,
 with Thrones and Dominions,
 and with all the hosts and Powers of heaven,
 we sing the hymn of your glory,
 as without end we acclaim:

Holy, Holy, Holy Lord God of hosts . . .

PREFACE III OF LENT

The fruits of abstinence

41. The following Preface is said in Masses of the weekdays of Lent and on days of fasting.



V. The Lord be with you. R. And with your spir-it.



V. Lift up your hearts. R. We lift them up to the Lord.



V. Let us give thanks to the Lord our God. R. It is right and just.

It is truly right and just, our duty and our salvation,
 always and everywhere to give you thanks,
 Lord, holy Father, almighty and eternal God.

For you will that our self-denial should give you thanks,
 humble our sinful pride,
 contribute to the feeding of the poor,
 and so help us imitate you in your kindness.

And so we glorify you with countless Angels,
 as with one voice of praise we acclaim:

Holy, Holy, Holy Lord God of hosts . . .

PREFACE IV OF LENT

The fruits of fasting

42. The following Preface is said in Masses of the weekdays of Lent and on days of fasting.



V. The Lord be with you. R. And with your spir-it.



V. Lift up your hearts. R. We lift them up to the Lord.



V. Let us give thanks to the Lord our God. R. It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

For through bodily fasting you restrain our faults,
raise up our minds,
and bestow both virtue and its rewards,
through Christ our Lord.

Through him the Angels praise your majesty,
Dominions adore and Powers tremble before you.
Heaven and the Virtues of heaven and the blessed Seraphim
worship together with exultation.

May our voices, we pray, join with theirs
in humble praise, as we acclaim:

Holy, Holy, Holy Lord God of hosts . . .