

# TO KEEP A TRUE LENT



IS THIS A FAST TO KEEP  
THE LARDER LEAN,  
AND CLEAN  
FROM FAT OF VEALS AND SHEEP?

IS IT TO FAST AN HOUR,  
OR RAGG'D TO GO,  
OR SHOW  
A DOWNCAST LOOK, AND SOUR?

NO: 'TIS A FAST TO DOLE  
THY SHEAF OF WHEAT  
AND MEAT  
UNTO THE HUNGRY SOUL.

IT IS TO FAST FROM STRIFE,  
FROM OLD DEBATE  
AND HATE;

TO CIRCUMCISE THY LIFE.

TO SHOW A HEART GRIEF-RENT;  
TO STARVE THY SIN,  
NOT BIN;

AND THAT'S TO KEEP THY LENT.

R HERRICK