## Now that the daylight fills the sky





Now that the daylight fills the sky, We lift our hearts to God on high, That He, in all we do or say, Would keep us free from harm today.

May He restrain our tongues from strife, And shield from anger's din our life, And guard with watchful care our eyes From earth's absorbing vanities.

O may our inmost hearts be pure, From thoughts of folly kept secure, And pride of sinful flesh subdued Through sparing use of daily food.

Ambrose of Milan

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