1. Blessed be the Spirit’s bread, that went to heav’n this day.
2. See the Lamb, of David’s lineage, priest from Abram’s line;
3. Come from heaven, light descending, born of Mary’s shoot;
4. Offering of earth and heaven, sacrificed, adored;

Mystery of your suffering Body showing us the way.
Lamb of God become, for our sake, offering divine!
From the Cross he is now offered, of our race, first fruit.
You have come to be the Victim, great ascended Lord!

Refrain

See his Body: Victim! and see our drink: his Blood!

Blest the sacrifice that frees us, offered for our good!

Hail the Lord who suffered for us, reigning from the wood!

Text: St. Ephrem the Syrian, Hymn of Ascension Day; trans. unknown
Melody: Christijane, Proslavljajme / All the Faithful Come Before You (traditional)