

Adrian Green

*For the Worldwide membership of The Third Order of Saint Francis*

**Prayer of St Francis**  
(The Absorbeat)

The absorbeat is a medieval prayer which was much loved by St Francis; he prayed it often. The prayer is incorporated in the Third Order Office, being said daily by members of the Third Order throughout the world.

This piece was commissioned by Heather Hall TSSF- Solent Area- not only to Celebrate the founding of the Third Order, by Francis in 1221, eight hundred years ago; but also, as a thanksgiving for her twenty-five years as a professed Tertiary.

for the Worldwide membership of  
The Third Order of Saint Francis

## Prayer of St Francis

(The Absorbeat)

Attrib. St Francis;  
Medieval origin.

Adrian GREEN

SI *mf*

May the pow'r of your love, Je - sus Christ, Je - sus Christ,

SII *mf*

May the pow'r of your love, Je - sus Christ,



4

fie - ry and sweet as ho - ney, so ab - sorb our hearts as

Je - sus Christ, fie - ry and sweet as ho - ney, so ab - sorb our



8

to with-draw them from all that is un - der heav'n.

hearts as to with-draw them from all that is un - der heav'n.

12 *mp*

S So ab - sorb our hearts, \_\_\_\_\_ so ab - sorb our hearts, \_\_\_\_\_

A *mp*  
So ab - sorb, \_ so ab - sorb our hearts, so ab - sorb our hearts, \_

T *mp*  
8 So ab - sorb our hearts, so ab - sorb our \_\_\_\_\_ hearts, so ab -

B *mp*  
So ab - sorb our hearts, so ab - sorb our hearts, so ab -

Rehearsal



16 *no cresc.*

so ab - sorb our hearts as to-with draw them from all that is un - der heav'n.

so ab - sorb our hearts.

8 sorb our hearts, our hearts.

sorb our hearts.

21

1st: *p*  
2nd: *p < mp*

*\* altos can join tenors*

Grant, grant that we may be rea - dy to die\_ for love of

Grant, grant that we may be rea - dy to die\_ for



26

your love\_ as you died\_ for love of our love\_

love\_ as you died\_ for love of our love\_

31 *mf*

May the pow'r of your love, Je-sus Christ, Je-sus Christ, fie-ry and sweet as

*mp* *gradual crescendo*

Grant, grant that we may be rea-dy to die\_ for love of

*mp* *gradual crescendo*

Grant, grant that we may be rea-dy to die\_ for



36

ho- ney,\_\_\_ so ab-sorb our hearts\_\_\_ as to with-draw them from all that is un-der

your love\_ as you died\_ for love of our love\_

love\_ as you died\_ for love of our love\_

41

heav'n, un-der heav'n, un-der heav'n, for love fie-ry and sweet as

*mf* Grant, grant that we may be rea-dy to die for love of

*mf* Grant, grant that we may be rea-dy to die for



46

ho-ney, so ab-sorb our hearts as to with-draw them from all un-der heav'n

your love as you died for love of our love

love as you died for love of our love

51

SI *mp*  
So ab - sorb our hearts, \_\_\_\_\_ so ab - sorb our hearts, \_\_\_\_\_

SII *mp*  
So ab - sorb our hearts, \_\_\_\_\_ so ab - sorb our hearts, \_\_\_\_\_

A *mp*  
So ab - sorb, \_ so ab - sorb our hearts, so ab - sorb our hearts, \_

TI *mp*  
So ab - sorb our hearts, so ab - sorb our \_\_\_\_\_ hearts, so ab -

TII *mp*  
So ab - sorb our hearts, so ab - sorb our \_\_\_\_\_ hearts, so ab -

BI *mp*  
So ab - sorb our hearts, so ab - sorb our hearts, so ab -

BII *mp*  
So ab - sorb our hearts, so ab - sorb our hearts, so ab -

Piano accompaniment for the vocal parts, showing chords and melodic lines in both hands.



55

*cresc.*  
 so ab - sorb our hearts, \_\_\_\_\_ so ab - sorb our

*cresc.*  
 so ab - sorb our hearts, \_\_\_\_\_ so ab - sorb our hearts, so ab -

*cresc.*  
 so ab - sorb our hearts, our hearts, so ab - sorb, ab-sorb our hearts, ab - our

*cresc.*  
 sorb our hearts, our hearts, our hearts, ab-sorb our hearts, our hearts,

*cresc.*  
 sorb our hearts, our hearts, ab-sorb our hearts, \_\_\_\_\_ hearts, ab-sorb our hearts, our

*cresc.*  
 sorb our hearts our hearts, ab-sorb our hearts, our hearts ab-sorb our

*cresc.*  
 sorb our hearts so ab - sorb our hearts, so ab - sorb our

60

*f*

hearts so ab - sorb our hearts from all un - der heav'n.

sorb our hearts, so ab - sorb our hearts from all un - der heav'n.

hearts, so ab - sorb our hearts, from all un - der heav'n.

sorb our hearts, ab - sorb our hearts from all un - der heav'n.

so ab - sorb our hearts, ab - sorb our hearts all un - der - heav'n.

hearts, so ab - sorb our hearts from all, from all un - der heav'n.

hearts, ab - sorb our hearts from all un - der heav'n.

hearts, so ab - sorb our hearts from all un - der heav'n.

65 *p*

Grant, grant that we may be ready to die for love of your love

Grant, grant that we may be ready to die love of your love



71

as you died for love of our love

as you died for love of our love

75

Grant, grant that we may be ready to die for love of

Grant, *mp* grant that we may be ready to die love of

May the pow'r of your love, Je-sus Christ, Je-sus Christ, fie-ry and sweet as



80

*rit.* your love\_ as you died\_ for love of our love

your love\_ as you died\_ for love of our love

*no cresc.* ho-ney, so ab-sorb our hearts as to with-draw them from all

*rit.*

85 **Slower** *mf* A - men. // *mp* A - men. // 13

*mf* So ab - sorb our hearts, // *mp* So ab - sorb our hearts, //

*mf* So ab - sorb our hearts, // *mp* So ab - sorb our hearts, //

*mf* So ab - sorb our hearts, // *mp* So ab - sorb our hearts, //

*mf* So ab - sorb our hearts, // *mp* So ab - sorb our hearts, //

89 *p*

*p* So ab - sorb our hearts, — un - der heav'n.

*p* So ab - sorb our hearts, — A - men.

*p* So ab - sorb our hearts, — un - der heav'n.

*p* So ab - sorb our hearts, — A - men.