1) On be-hold-ing the hon'-ra-ble con-test waged by the

Mar-tyrs' choir and the no-ble wres-tlings they

brave-ly un-der-took, thou went-est forth of thy-

self to the a-re-na with man-ly mind,

spar-ing not thy ver-y flesh for the sake of thy

love for God. Hence, O glo-ri-ous and in-vin-cible

A-dri-an, thou fought-est to the end thy no-ble

strug-gle, and thou didst hum-ble the foe's con-ceit.
2) Shut in prison and weight ed down with a collar of heavy wood, beaten sore with whips, O cou rage ous Ad rian, and last ly bat tered by bars with man y Mar tyrs to share thy pains, with them thou hast al so found the di vine bless ings in the heights, see ing thou didst have thy di vine ly be lov ed yoke mate Nat a lie anoint ing thee for con test, O most ill us tri ous cham pi on.
3) Ad-am's yoke - fel - low cast him out as an ex - ile from
Par - a - dise by the ser - pent's coun - sel; but
god - ly Na - tal - ie with loft - y wis - dom led
A - dri - an a - gain in - to Par - a - dise,
sa - cred - ly ex - hort - ing him, teach - ing, urg - ing, ad -
vis - ing him to en - due the pains of his con - test, which
soon were to pro - cur - e the rec - om - pens - es in the
Heav - ens and glo - ry last - ing for - ev - er - more.