The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause thou hast achieved the heights by humility, riches by poverty. O
Old men ignore the stiffness of age
to sing [a psalm], and melancholy veterans
echo it in the joy of their hearts; young men sing
one without the bane of lust, as do adolescents without
threat from their insecure age or the temptation of sensual
pleasure; even young women sing psalms with no loss of wifely
decency, and girls sing a hymn to God with sweet and supple voice
while maintaining decorum and suffering no lapse of modesty.
Youth is eager to understand [a psalm], and the child who
refuses to learn other things takes pleasure in contem-
plating it; it is a kind of play, productive of more
learning than that which is dispensed
with stern discipline.

- St. Ambrose of Milan