Take Up Your Cross, the Savior Said

1 “Take up your cross,” the Savior said,
2 Take up your cross; let not its weight
3 Take up your cross, nor heed the shame,
4 Take up your cross and follow Christ,

“if you would my disciple be;
pervade your soul with vain alarm;
nor let your foolish heart rebel;
nor think till death to lay it down;

for sake the past, and come this day,
his strength shall bear your spirit up,
for you the Lord endured the cross
for those who humbly bear the cross

and humbly follow after me.”
sustain your heart, and nerve your arm.
to save your soul from death and hell.
one day will wear the glorious crown.

Text: Charles W. Everest, 1814–1877, alt.
Music: BOURBON, W. Hauser, Hesperian Harp, 1848