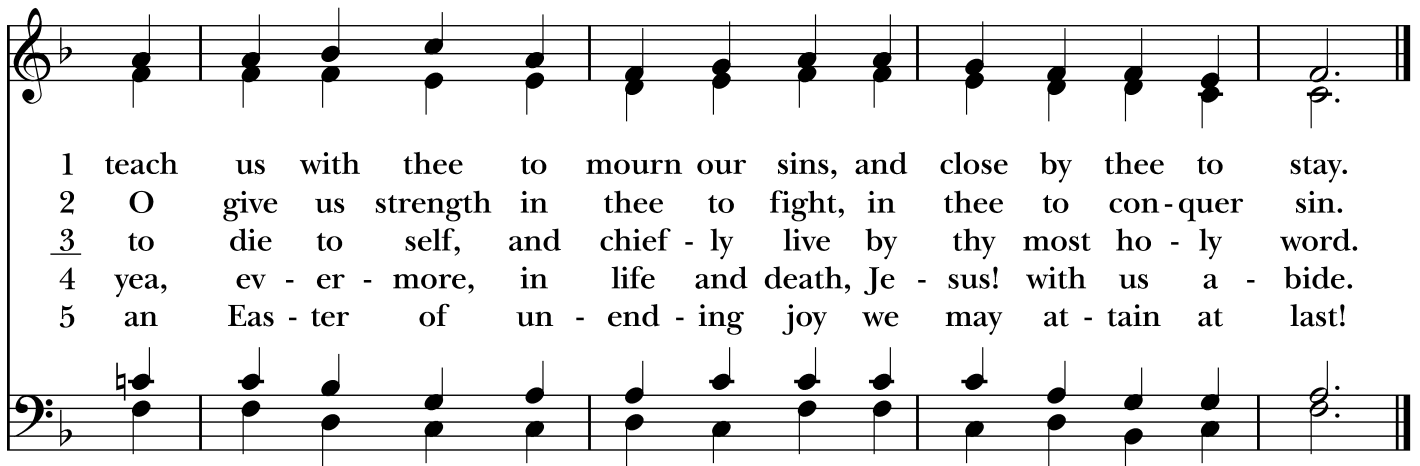


1 Lord, who through-out these for - ty days for us didst fast and pray,
 2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,
 3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,
 4 And through these days of pen - i - tence, and through thy Pas - sion - tide,
 5 A - bide with us, that so, this life of suf - fering o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.
 2 O give us strength in thee to fight, in thee to con - quer sin.
 3 to die to self, and chief - ly live by thy most ho - ly word.
 4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
 5 an Eas - ter of un - end - ing joy we may at - tain at last!

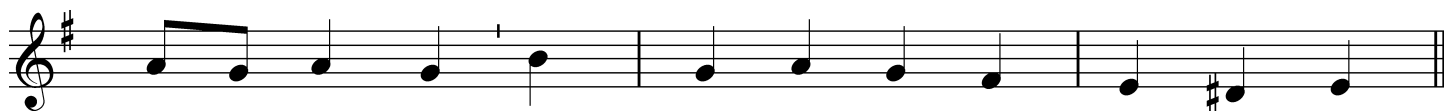
Words: Claudia Frances Hernaman (1838-1898). Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt, and harm. Richard Redhead (1820-1901).



1 The glo - ry of these for - ty days we
 2 A - lone and fast - ing Mo - ses saw the
 3 So Dan - iel trained his mys - tic sight, de -
 4 Then grant us, Lord, like them to be full
 *5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
 2 lov - ing God who gave the law; and to E - li - jah,
 3 liv - ered from the li - ons' might; and John, the Bride - groom's
 4 oft in fast and prayer with thee; our spi - rits strength - en
 5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
 2 fast - ing, came the steeds and char - i - ots of flame.
 3 friend, be - came the her - ald of Mes - si - ah's name.
 4 with thy grace, and give us joy to see thy face.
 5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leiden*, 1543; harm. Johann Sebastian Bach (1685-1750).