

# Take Up Your Cross, the Saviour Said

Everest / ERHALT UNS, HERR



1. "Take up your cross," the Sav - iour said, "If you would
2. Take up your cross; let not its weight fill your weak
3. Take up your cross, heed not the shame, and let your
4. Take up your cross, then, in his strength, and calm - ly
5. Take up your cross and fol - low Christ, nor think till



1. my dis - ci - ple be: take up your cross with
2. spir - it with a - larm; his strength shall bear your
3. fool - ish heart be still; the Lord for you ac -
4. ev - 'ry dan - ger brave: it guides you to a
5. death to lay it down; for on - ly those who



1. will - ing heart, and hum - bly fol - low af - ter me."
2. spir - it up, and brace your heart, and nerve your arm.
3. cept - ed death up - on a cross on Cal - v'ry's hill.
4. bet - ter home and leads to vic - t'ry o'er the grave.
5. bear the cross may hope to wear the glo - rious crown.

Inspiration: Matthew 10: 37-42, 16: 24-25; Mark 8: 34-35; Luke 9: 23-24, 14: 25-33.  
Lyrics: 88.88; Charles W. Everest, 1814-1877, in his "Visions of Death, and Other Poems", 1833; rev. "Hymns Ancient and Modern", 1861.  
Music: ERHALT UNS, HERR; J. Klug's "Geistliche Lieder"; Wittenberg, 1543; adapt. by Johann S. Bach, 1685-1750.