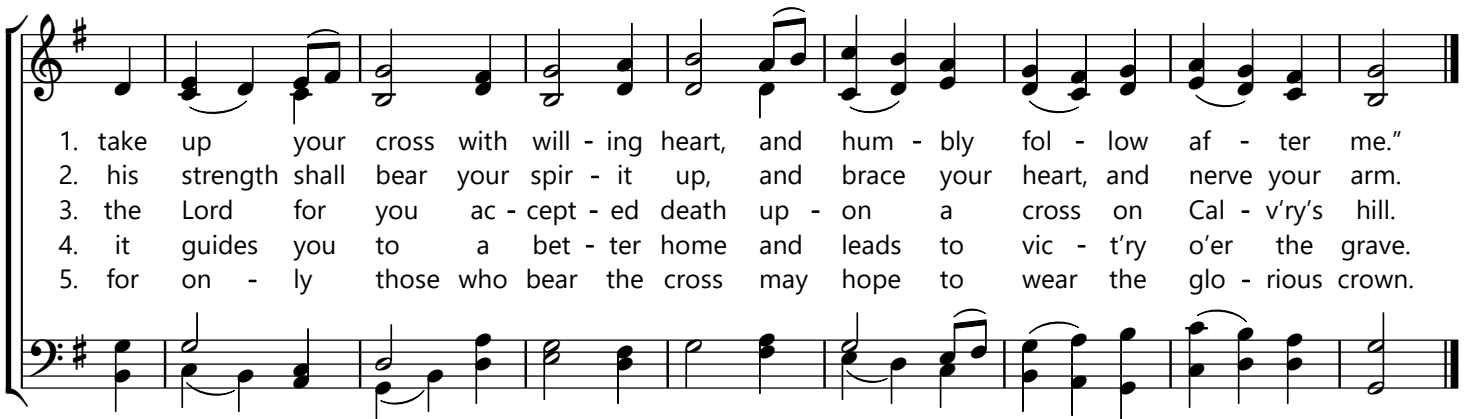


# Take Up Your Cross, the Saviour Said

Everest / WAREHAM



1. "Take up your cross," the Sav - iour said, "If you would my dis - ci - ple be:  
2. Take up your cross; let not its weight fill your weak spir - it with a - larm;  
3. Take up your cross, heed not the shame, and let your fool - ish heart be still;  
4. Take up your cross, then, in his strength, and calm - ly ev - 'ry dan - ger brave:  
5. Take up your cross and fol - low Christ, nor think till death to lay it down;



1. take up your cross with will - ing heart, and hum - bly fol - low af - ter me."  
2. his strength shall bear your spir - it up, and brace your heart, and nerve your arm.  
3. the Lord for you ac - cept - ed death up - on a cross on Cal - v'ry's hill.  
4. it guides you to a bet - ter home and leads to vic - t'ry o'er the grave.  
5. for on - ly those who 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: WAREHAM; William Knapp, 1698-1768, in "A Set of New Psalm Tunes and Anthems", 1738.