

# Take Up Your Cross, the Saviour Said

Everest

1. "Take up your cross," the Saviour said,  
"If you would my disciple be:  
take up your cross with willing heart,  
and humbly follow after me."
2. Take up your cross; let not its weight  
fill your weak spirit with alarm;  
his strength shall bear your spirit up,  
and brace your heart, and nerve your arm.
3. Take up your cross, heed not the shame,  
and let your foolish heart be still;  
thy Lord for you accepted death  
upon a cross on Calv'ry's hill.
4. Take up your cross, then, in his strength,  
and calmly ev'ry danger brave:  
it guides you to a better home  
and leads to vict'ry o'er the grave.
5. Take up your cross, and follow Christ,  
nor think till death to lay it down;  
for only those who bear the cross  
may hope to wear the glorious 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.