

# Take Up Your Cross, the Savior Said 718

1 Take up your cross, the Sav - ior said, if  
 2 Take up your cross; let not its weight fill  
 3 Take up your cross; heed not the shame, and  
 4 Take up your cross, then, in Christ's strength, and

you would my dis - ci - ple be; take up your cross with  
 your weak spir - it with a - larm; Christ's strength shall bear your  
 let your fool - ish pride be still; the Lord for you ac -  
 calm - ly ev - ery dan - ger brave: it guides you to a -

will - ing heart, and hum - bly fol - low af - ter me.  
 spir - it up and brace your heart and nerve your arm.  
 cept - ed death up - on a cross, on Cal - vary's hill.  
 bun - dant life and leads to vic - tory o'er the grave.

Written by a nineteen-year-old in Connecticut, this challenging text has been widely printed on both sides of the Atlantic. It is strengthened by its resolute repetition of the same four words at the beginning of each stanza and by the appropriately stark shape note tune.