

Forty days and forty nights  
Thou wast fasting in the wild;  
forty days and forty nights  
tempted still, yet unbeguiled:

Sunbeams scorching all the day,  
chilly dew-drops nightly shed,  
prowling beasts about Thy way,  
stones Thy pillow, earth Thy bed.

Let us Thy endurance share  
and from earthly greed abstain  
with Thee watching unto prayer,  
with Thee strong to suffer pain.

Then if evil on us press,  
flesh or spirit to assail,  
Victor in the wilderness,  
help us not to swerve or fail!

So shall peace divine be ours;  
holier gladness ours shall be,  
come to us angelic powers,  
such as ministered to Thee.

Keep, O keep us, Saviour dear,  
ever constant by Thy side,  
that with Thee we may appear  
at the eternal Eastertide.