

Lord, Who throughout those forty days
for us didst fast and pray,
teach with Thee to mourn our sins,
and at Thy side to stay.

As Thou with satan didst contend,
and didst the victory win,
O give us strength in Thee to fight,
in Thee to conquer sin.

As thirst and hunger Thou didst bear,
so teach us, gracious Lord,
to die self, and daily live
by Thy most holy word.

And through these days of penitence,
and through Thy Passiontide,
yea, evermore, in life and death,
Lord Christ, with us abide.