

# “FORTY DAYS AND FORTY NIGHTS”

(A Lenten Hymn)

Meter: 7.7.7.7

Hymn Tune: Aus Der Tiefe



1. Forty days and forty nights  
thou wast fasting in the wild;  
forty days and forty nights  
tempted, and yet undefiled.
2. Should not we thy sorrow share  
and from worldly joys abstain,  
fasting with unceasing prayer,  
strong with thee to suffer pain?
3. Then if Satan on us press,  
Jesus, Saviour hear our call!  
Victor in the wilderness,  
grant we may not faint or fall!
4. So shall we have peace divine:  
holier gladness ours shall be;  
round us, too, shall angels shine,  
such as ministered to thee.
5. Keep, O keep us, Saviour dear,  
ever constant by thy side;  
that we to thee may appear  
at th' eternal Eastertide.

Text: George H. Smyttan (1822-70)  
Melody possibly by M. Herbst (1654-81)