

Take up thy cross

SIDCUP

Take up thy cross the Sav - iour said, if thou wouldst my dis - ci - ple be;

de - ny thy - self, the world for - sake, and hum - bly fol - low af - ter me.

Choir

Take up thy cross let not its weight fill thy weak spi - rit with al - arm:

his strength shall bear thy spi - rit up, and brace thy heart, and nerve thine arm.

First sung ~ 1998 in Kent

Music © Clive Sawers

Dotted rhythm confined to soprano Feb 09

Detailed amendments to harmonies and accompaniment July 2011

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