

663 Awake, My Soul, and with the Sun

1 A - wake, my soul, and with the sun your dai - ly
 2 Lord, I my vows to you re - new. Dis - perse my
 3 Di - rect, con - trol, sug - gest, this day, all I de -

stage of du - ty run; shake off dull sloth, and
 sins as morn - ing dew; guard my first springs of
 sign or do or say, that all my powers, with

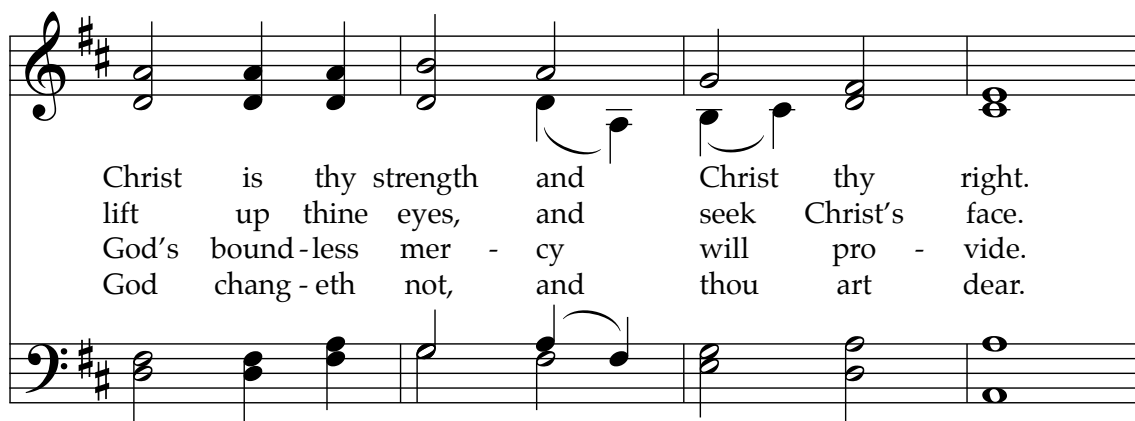
joy - ful rise to pay your morn - ing sac - ri - fice.
 thought and will, and with your - self my spir - it fill.
 all their might, in your sole glo - ry may u - nite.

These three stanzas (of the original fifteen) convey the essence of the morning hymn that was paired with "All Praise to Thee, My God, This Night" (no. 675) in the daily devotions of the boys at Winchester College. This tune was later composed especially for these words.

Fight the Good Fight 846



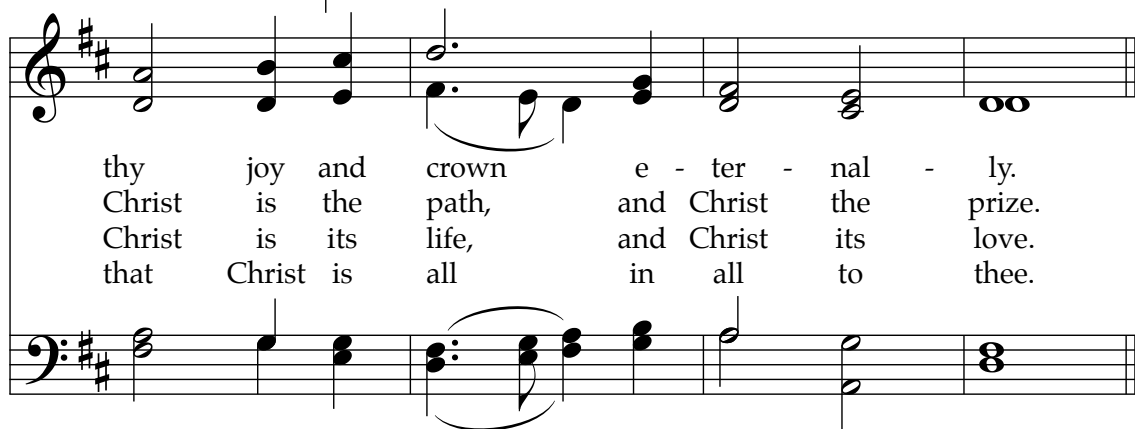
1 Fight the good fight with all thy might.
 2 Run the straight race through God's good grace;
 3 Cast care a - side; lean on thy guide.
 4 Faint not nor fear: God's arms are near.



Christ is thy strength and Christ thy right.
 lift up thine eyes, and seek Christ's face.
 God's bound-less mer - cy will pro - vide.
 God chang - eth not, and thou art dear.



Lay hold on life, and it shall be
 Life with its way be - fore us lies;
 Trust, and thy trust - ing soul shall prove
 On - ly be - lieve, and thou shalt see



thy joy and crown e - ter - nal - ly.
 Christ is the path, and Christ the prize.
 Christ is its life, and Christ its love.
 that Christ is all in all to thee.

The opening phrase here (based on 1 Timothy 6:12) is not a military image but an athletic one, from a Greek verb meaning "struggle" or "grapple" or "wrestle." The sports context continues in later stanzas reflecting the experience of a runner (recalling Hebrews 12:1-2).

463 How Firm a Foundation

1 How firm a foun - da - tion, ye saints of the Lord,
 2 "Fear not, I am with thee, O be not dis - mayed,
 3 "When through the deep wa - ters I call thee to go,
 4 "When through fi - ery tri - als thy path - way shall lie,
 5 "The soul that on Je - sus hath leaned for re - pose,

is laid for your faith in God's ex - cel - lent Word!
 for I am thy God, and will still give thee aid;
 the riv - ers of sor - row shall not o - ver - flow;
 my grace, all suf - fi - cient, shall be thy sup - ply;
 I will not, I will not de - sert to its foes;

What more can be said than to you God hath said,
 I'll strength - en thee, help thee, and cause thee to stand,
 for I will be near thee, thy trou - bles to bless,
 the flame shall not hurt thee; I on - ly de - sign
 that soul, though all hell should en - deav - or to shake,

to you who for ref - uge to Je - sus have fled?
 up - held by my righ - teous, om - nip - o - tent hand.
 and sanc - ti - fy to thee thy deep - est dis - tress.
 thy dross to con - sume, and thy gold to re - fine.
 I'll nev - er, no, nev - er, no, nev - er for - sake."

It seems odd now to think of singing this text to ADESTE FIDELES, but mainline churches did so well into the 20th century because of a cultural bias against shape note music. The vigor of the present tune seems especially right for the final line's reference to Hebrews 13:5.