1.Forty days and forty nights
You are 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 you to suffer pain?

3. Then if Satan on us press,

Special spirit to us rest
Victory in the wilderness,
grant we may not faint nor fail!