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!