

Rise, My Soul, to Watch and Pray

Johann Freystein, 1697.

Dresden, Germany, 1694.

Rise, my soul, to watch and pray, from thy sleep awaken;

Be not by the evil day unawares be taken.

For the foe, well we know, oft his harvest reapeth,

While the Christian sleepeth.

Watch against the devil's snares lest asleep he find thee;

For indeed no pains he spares to deceive and blind thee.

Satan's prey oft are they who secure are sleeping

And no watch are keeping.

Watch! Let not the wicked world with its power defeat thee.

Watch lest with her pomp unfurled she betray and cheat thee.

Watch and see lest there be faithless friends to charm thee,

Who but seek to harm thee.

Watch against thyself, my soul, lest with grace thou trifle;

Let not self thy thoughts control nor God's mercy stifle.

Pride and sin lurk within all thy hopes to scatter;

Heed not when they flatter.

But while watching, also pray to the Lord unceasing,

He will free thee, be thy Stay, strength and faith increasing.

O Lord, bless in distress and let nothing swerve me

From the will to serve Thee.

Therefore let us watch and pray, knowing He will hear us

As we see from day to day dangers ever near us,

And the end doth impend our redemption neareth

When the Lord appeareth.