My God! my God! and can it be that I should sin so lightly now, and think no more of evil thoughts than of the wind that waves the bough?

I walk the earth with lightsome step, smile at the sunshine, breathe the air, do my own will, nor ever heed Gethsemane and thy long prayer.

Shall it be always thus, O Lord? Wilt thou not work this hour in me the grace thy passion merited, hatred of self, and love of thee!

Ever when tempted, make me see, beneath the olive's moon-pierced shade, my God, alone, outstretched, and bruised, and bleeding, on the earth he made;

and make me feel it was my sin, as though no other sins there were, that was to him who bears the world a load that he could scarcely bear.

Words: Frederick William Faber (1814-1863) Music: Der Tag bricht an Meter: LM