1. O blessed John, the Master’s friend, the Forerunner of Christ,
2. You spring from parents’ barren loins, the Master’s garden chaste,
3. First came the lamp, and then the Light; first voice, and then the Word.

At Jordan’s stream, you touched the head beyond all nature’s price.
The Baptist of the Christ, our Lord, and glory of our race.
The Bride-groom’s friend, and then the Groom; his endless cry is heard:

By your sincere and constant pray’r, raise my soul to the Lord,
We praise you, great Forerunner John, O guardian of our life:
Repent, O people, change your ways, the Bride-groom will appear!

Put out the flames of passion’s fire that Christ be e’er adored.
Repel the Serpent’s fierce attacks defend us in all strife.
Cast sin aside, and safely bide, seek Christ in faith and fear!

Text: JMT, based on the Vespers stichera at Psalm 140 from the common of the Forerunner
Melody: Forest Green