1. With joy we keep the holy Fast
2. Now is the time acceptable!
3. Before your cross we bow today,
4. To God, the blessed Three in One,

And gather on the Lord’s own Day
To day, the day our Savior calls!
And hail you, Christ, our saving Lord.
Who made and saves and sanctifies,

That through His Word and Sacrament,
Let us cast off the weight of sin
With mid-Lent come, we claim your grace;
All praise in heaven now is sung,

We may give thanks to Christ, the Way.
And rise again from evil’s falls.
Your people aid, your help afford!
While earth with thanks and love replies!

Text and melody: J. Michael Thompson

Third Sunday of the Great Fast
Veneration of the Holy Cross