1. With joy we keep the holy Fast.
2. Now is the time acceptable!
3. O Master, as we keep this Fast,
4. To God, the blessed Three-in-One,

And gather on the Lord's own Day
To-day, the day our Savior calls!
We hear the words of good Saint John
Who made and saves and sanctifies,

That through His Word and Sacrament,
Let us cast off the weight of sin
And climb the ladder of the cross,
All praise in heaven now is sung,

We may give thanks to Christ, the Way.
And rise again from evil's falls.
Which to Your glory leads us on.
While earth with thanks and love replies!

Text and melody: J. Michael Thompson