

Now quit your care and anxious fear and worry

Percy Dearmer
(1867-1936)

Hymnal 1982 no. 145, Melody: Quittez, Pasteurs

French carol



1. Now quit your care and anxious fear and worry;
2. To bow the head in sack-cloth and in ashes,
3. For is not this the fast that I have chosen?
4. For righteousness and peace will show their faces
5. Then shall your light break forth as doth the morn-ing;



for schemes are vain and fret-ting brings no gain.
or rend the soul, such grief is not Lent's goal;
(The prophet spoke) To shat-ter ev-'ry yoke,
to those who feed the hun-gry in their need,
your health shall spring, the friends you make shall bring



Lent calls to prayer, to trust and de-di-
but to be led to where God's glo-ry
of wick-ed-ness the griev-ous bands to
and wrongs re-dress, who build the old waste
God's glo-ry bright, your way through life a-



ca - tion; God brings new beau - ty nigh;
flash - es, his beau - ty to come near.
loos - en, op - pres - sion put to flight,
pla - ces, and in the dark - ness shine.
dorn - ing; and love shall be the prize.



re - ply, re - ply, re - ply with love to love most high;
Make clear, make clear, make clear where truth and light ap - pear;
to fight, to fight, to fight till ev - 'ry wrong's set right.
Di - vine, di - vine, di - vine it is when all com - bine!
A - rise, a - rise, a - rise! and make a par - a - dise!



re - ply, re - ply, re - ply with love to love most high.
make clear, make clear, make clear where truth and light ap - pear.
to fight, to fight, to fight till ev - 'ry wrong's set right.
Di - vine, di - vine, di - vine it is when all com - bine!
A - rise, a - rise, a - rise! and make a par - a - dise!