

How Firm a Foundation

1 How firm a foun - da - tion, ye saints of the Lord,
 2 "Fear not, I am with thee, O be not dis - mayed,
 3 "When through the deep wa - ters I call thee to go,
 4 "When through fi - ery tri - als thy path - way shall lie,
 5 "The soul that on Je - sus hath leaned for re - pose,

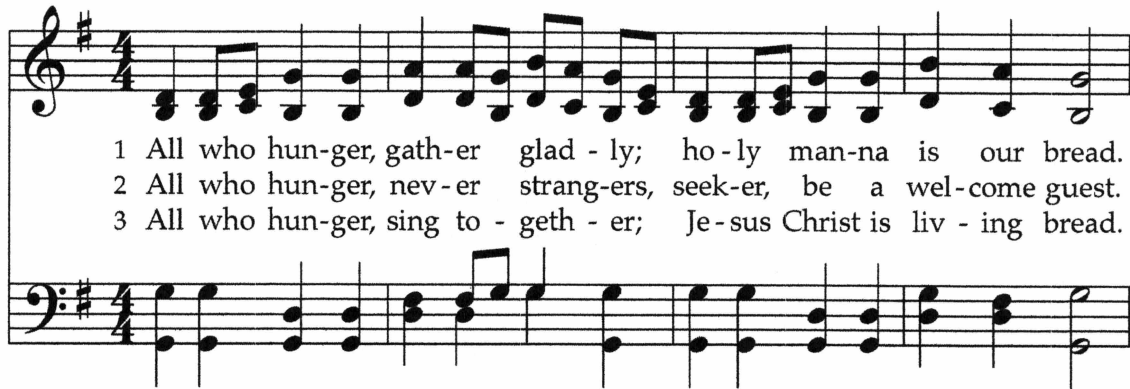
is laid for your faith in God's ex - cel - lent Word!
 for I am thy God, and will still give thee aid;
 the riv - ers of sor - row shall not o - ver - flow;
 my grace, all suf - fi - cient, shall be thy sup - ply;
 I will not, I will not de - sert to its foes;

What more can be said than to you God hath said,
 I'll strength - en thee, help thee, and cause thee to stand,
 for I will be near thee, thy trou - bles to bless,
 the flame shall not hurt thee; I on - ly de - sign
 that soul, though all hell should en - deav - or to shake,

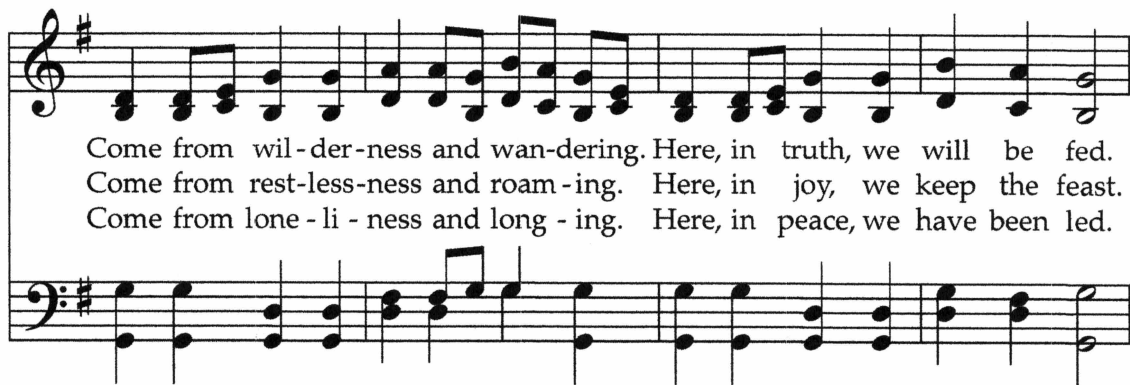
to you who for ref - uge to Je - sus have fled?
 up - held by my righ - teous, om - nip - o - tent hand.
 and sanc - ti - fy to thee thy deep - est dis - tress.
 thy dross to con - sume, and thy gold to re - fine.
 I'll nev - er, no, nev - er, no, nev - er for - sake."

It seems odd now to think of singing this text to ADESTE FIDELES, but mainline churches did so well into the 20th century because of a cultural bias against shape note music. The vigor of the present tune seems especially right for the final line's reference to Hebrews 13:5.

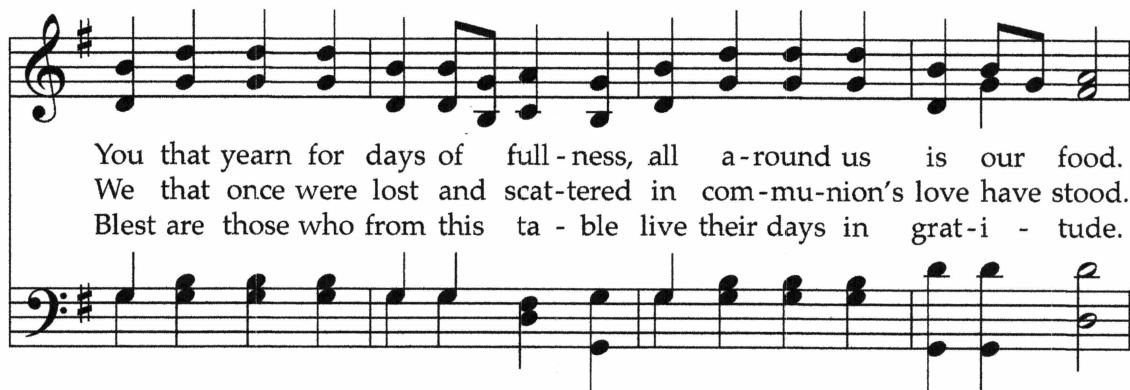
All Who Hunger, Gather Gladly 509



1 All who hun-ger, gath-er glad - ly; ho - ly man-na is our bread.
 2 All who hun-ger, nev-er strang-ers, seek-er, be a wel-come guest.
 3 All who hun-ger, sing to - geth - er; Je - sus Christ is liv - ing bread.



Come from wil-der-ness and wan-dering. Here, in truth, we will be fed.
 Come from rest-less-ness and roam-ing. Here, in joy, we keep the feast.
 Come from lone - li - ness and long - ing. Here, in peace, we have been led.



You that yearn for days of full - ness, all a-round us is our food.
 We that once were lost and scat-tered in com-mu-nion's love have stood.
 Blest are those who from this ta - ble live their days in grat-i - tude.



Taste and see the grace e - ter - nal. Taste and see that God is good.

The United Church of Canada minister who wrote this text was introduced to shape note tunes at the 1990 Hymn Society conference in Charleston, South Carolina. Afterwards she vacationed with friends nearby and worked out this text while humming this tune as she walked up and down the beach.