

**Take the cross with joy**  
The Way of the Cross — The Way of Life

8463

The musical score is written for a single melodic line in treble clef, G major, and common time. It consists of four systems of music, each with a vocal line and a guitar accompaniment line. The first system (measures 1-4) contains the lyrics: 'Take the cross with joy, Walk the nar - row way, Flow forth life, The Lord no more res - train!'. The second system (measures 5-8) contains: 'Leave the world behind, Seek naught else but Christ, Flow forth life, The Lord no more res - train.'. The third system (measures 9-12) is the chorus, starting with '(C) Flow forth, Flow forth, Flow forth life! O saints, no more de - lay!'. The fourth system (measures 13-16) contains: 'Flow forth, flow forth, Flow forth life, The Lord no more res - train!'. Chord symbols are placed above the notes in the guitar line. Measure numbers 5, 9, and 13 are indicated at the start of their respective systems.

Take the cross with joy, Walk the nar - row way, Flow forth life, The Lord no more res - train!

Leave the world behind, Seek naught else but Christ, Flow forth life, The Lord no more res - train.

**Chorus**  
(C) Flow forth, Flow forth, Flow forth life! O saints, no more de - lay!

Flow forth, flow forth, Flow forth life, The Lord no more res - train!