He who would valiant be

1 He who would val-iant be 'gainst all dis-as-ter,
2 Who so be-set him round with dis-mal stor-ies
3 Since, Lord, thou dost de-fend us with thy Spir-it,

let him in con-stan-cy fol-low the Mas-ter.
do but them-selves con-found – his strength the more is.
we know we at the end shall life in-her-it.

There's no dis-cour-age-ment shall make him once re-lent
No foes shall stay his might, though he with gi-ants fight;
Then, fan-cies, flee a-way! I'll fear not what men say,

his first a-vowed in-tent to be a pil-grim.
he will make good his right to be a pil-grim.
I'll la-bour night and day to be a pil-grim.

Text: John Bunyan, 1684, alt. Percy Dearmer, 1906   11 11 12 11
Tune: English traditional melody; arr. Ralph Vaughan Williams, 1904   MONKS GATE