

Rise, my soul, to watch and pray

"Hundert Arien" Dresden, 1694

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The first system of musical notation consists of two staves, treble and bass clef, in a key signature of one sharp (F#) and a 4/4 time signature. The melody is primarily composed of quarter and eighth notes, with some rests. A repeat sign is present at the end of the first four measures, with a fermata over the final note. The number '5' is written above the staff at the beginning of the fifth measure, indicating the start of a new section.

The second system of musical notation continues from the first system, consisting of two staves in the same key signature and time signature. It features a similar melodic and harmonic structure, with a repeat sign and fermata at the end of the first four measures. The number '10' is written above the staff at the beginning of the fifth measure, indicating the start of a new section.

Rise, my soul, to watch and pray, from thy sleep awaken;
Be not by the evil day unawares be taken.
For the foe, well we know, oft his harvest reapeth,
While the Christian sleepeth.

Watch against the devil's snares lest asleep he find thee;
For indeed no pains he spares to deceive and blind thee.
Satan's prey oft are they who secure are sleeping
And no watch are keeping.

Watch! Let not the wicked world with its power defeat thee.
Watch lest with her pomp unfurled she betray and cheat thee.
Watch and see lest there be faithless friends to charm thee,
Who but seek to harm thee.

Watch against thyself, my soul, lest with grace thou trifle;
Let not self thy thoughts control nor God's mercy stifle.
Pride and sin lurk within all thy hopes to scatter;
Heed not when they flatter.

But while watching, also pray to the Lord unceasing,
He will free thee, be thy Stay, strength and faith increasing.
O Lord, bless in distress and let nothing swerve me
From the will to serve Thee.

Therefore let us watch and pray, knowing He will hear us
As we see from day to day dangers ever near us,
And the end doth impend—our redemption neareth
When the Lord appeareth.

Johann B. Freystein