He who would valiant be Hymnal 1982 no. 564 Melody: St Dunstan’s 6 5. 6 5. 6 6. 6 5.



He who would valiant be

’gainst all disaster,

let him in constancy

follow the Master.

There’s no discouragement

shall make him once relent

his first avowed intent

to be a pilgrim.

Who so beset him round

with dismal stories,

do but themselves confound,

his strength the more is.

No foes shall stay his might,

though he with giants fight;

he will make good his right

to be a pilgrim.

Since, Lord, thou dost defend

us with thy Spirit,

we know we at the end

shall life inherit.

Then fancies flee away;

I’ll fear not what men say,

I’ll labor night and day

to be a pilgrim.

Words: Percy Dearmer (1867-1936), after John Bunyan (1628-1688)

Music: Charles Winfred Douglas (1867-1944)