1. Yield not to temptation, for yielding is sin; Each victory will
    help you some other to win; Fight manfully onward,
    dark passions subdue, Look ever to Jesus, He'll carry you through.
    Ask the Savior to help you, Comfort, strengthen and keep you; He is willing to

2. Shun evil companions, bad language disdain, God's name hold in
    reverence, nor take it in vain; Be thoughtful and earnest,
    kind-hearted and true, Look ever to Jesus, He'll carry you through.

3. To him that o'ercometh, God giveth a crown; Through faith we shall
    conquer, though often cast down; He who is our Savior
    our strength will renew; Look ever to Jesus, He'll carry you through.

Refrain

Ask the Savior to help you, Comfort, strengthen and keep you; He is willing to
aid you, He will carry you through.