He that is down needs fear no fall

**He that is down needs fear no fall,
he that is low no pride;
he that is humble ever shall
have God to be his guide.**

**I am content with what I have,
little be it or much;
and, Lord, contentment still I crave,
because thou savest such.**

**Fullness to such a burden is
that go on pilgrimage;
here little, and hereafter bliss,
is best from age to age.**

**Words: John Bunyan, 1684
Music: York
Meter: CM**