1. Does the journey seem long, The path rugged and steep? Are there
briars and thorns on the way? Do sharp stones cut your feet As you
struggle to rise To the heights thru the heat of the day?

2. Is your heart faint and sad, Your soul weary within, As you
toil 'neath your burden of care? Does the load heavy seem You are
forced now to lift? Is there no one your burden to share?

3. Let your heart be not faint Now the journey's begun; There is
One who still beckons to you. So look upward in joy And take
hold of his hand; He will lead you to heights that are new—

4. A land holy and pure, Where all trouble doth end, And your
life shall be free from all sin, Where no tears shall be shed, For no
sorrows remain. Take his hand and with him enter in.

Text: Joseph Fielding Smith, 1876–1972
Music: George D. Pyper, 1860–1943

Alma 36:3
Hebrews 12:1–3