

# Follow Me

Mark 8:34-37

Music by Dan and Heidi Goeller  
Arranged by Dan Goeller

① **Allegro con brio** ♩ = 96

Piano introduction in B-flat major, 4/4 time. The right hand features a rhythmic pattern of eighth notes with chords, while the left hand plays a simple bass line. The tempo is marked 'Allegro con brio' with a quarter note equal to 96 beats per minute. The dynamic is marked *mf*.

3

CHOIR unison *mf*

If

Choir unison entry in B-flat major, 4/4 time. The melody begins on the word 'If' with a quarter note followed by a half note. The dynamic is marked *mf*.

Piano accompaniment for the first line of the choir. The right hand continues the rhythmic pattern from the introduction, and the left hand provides harmonic support. The dynamic is *mf*.

5

an - y - one de - sires to fol - low Me,

Choir unison entry for the second line of the text. The melody begins with 'an - y - one de - sires to fol - low Me,'. The dynamic is *mf*.

Piano accompaniment for the second line of the choir. The right hand continues the rhythmic pattern, and the left hand provides harmonic support. The dynamic is *mf*.

7

let him de - ny — him - self.

9

*CHOIR unison*

An - y - one who does not take up his cross, —

11

can - not be my dis - ci - ple.

13

De - ny him-self! De - ny him-self!

De - ny him - self! De - ny him -

15

Take up his cross and fol - low Me!

self and fol - low Me!

17

De - ny him-self! De - ny him-self!

De - ny him - self! De - ny him -

2nd time

7

2nd time to CODA 3

*poco rit.*

19

Take up his cross and fol - low Me! If

self and fol - low Me! *MEN unison mf*

2nd time to CODA 3 *poco rit.*

**Poco meno mosso** ♩ = 88

*CHOIR unison mf*

22

an - y - one de-sires to save his life, he will lose it.

**Poco meno mosso** ♩ = 88 *mf*

*WOMEN mf*

25

But an - y - one who los - es his life for my sake,

**f** *poco accel.*

28

he will find it!

**Tempo primo** ♩ = 96

30

De - ny him - self! De - ny him - self!

**Tempo primo** ♩ = 96

32

Take up his cross and fol - low Me!  
self and fol - low Me!

34

De - ny him - self! De - ny him - self!

De - ny him - self! De - ny him -

36

Take up his cross and fol - low Me! What-

self and fol - low Me! MEN *mf*

*poco rit.*

5

Meno mosso ♩ = 88

39

good will it be for a man if he gains the whole world,

Meno mosso ♩ = 88

*mf*

*rit.*

*molto rit.*

gains the whole world yet for - feits his soul?

*rit.*

*molto rit.*

*dim.*

**Mysterioso** ♩ = 76

*mp*

*mf*

What — will a man give in ex - change — for his soul? —

**Mysterioso** ♩ = 76

*p*

**Più mosso** ♩ = 90

*mp*

*rit.*

Give in ex - change — for his

*mp*

In ex - change — for — his —

**Più mosso** ♩ = 90

*rit.*

*mp*

*p*



Tempo primo ♩ = 96

*mf*

*D.S. al Coda* §

50

soul? If

Tempo primo ♩ = 96

*mf*

*D.S. al Coda* §

♩ CODA

52

CHOIR unison *f*

Me! He who loves his life will

♩ CODA

55

lose it! And he who hates his



58

life in this world — will — keep it for life e -

8

ter - nal.

62

De - ny him-self! De - ny him-self!  
De - ny him - self! De - ny him -

64

Take up his cross and fol - low Me!

self and fol - low Me!

66

De - ny him-self! De - ny him-self!

De - ny him - self! De - ny him -

68

Take up his cross and fol - low Me! Take —

self and fol - low Me!

70 *ff*

up his— cross and fol - low Me!

*ff*

*ff* *sfz*

Detailed description: This is a musical score for a vocal and piano piece. It consists of four staves. The top two staves are for the vocal line, with lyrics 'up his— cross and fol - low Me!' written below. The bottom two staves are for the piano accompaniment. The score includes various musical notations such as treble and bass clefs, a key signature of two flats, and dynamic markings like 'ff' (fortissimo) and 'sfz' (sforzando). A large red watermark 'DO NOT COPY' is overlaid on the score.