When you're feeling like you're old and overthrown Remember this, you are not alone When you bite off more than you can chew And at the end of your rope You tangle yourself through

Then you kick to break it
Selling ways to fake it all again, all again
When you try to make it
When you try to take it to move on
Move on through

When I'm low, I'm gonna rise again Overshadow, overtake and win When I'm low, I'm gonna rise again That's when I'm moving on I'll rise again, oh yeah

When you're feeling like your head's like a stone Remember this, you are not alone When you bite it off, you can spit it out And tie it up and throw it out

When you kick to break it
Selling ways to fake it all again, all again
When you try to make it
When you try to take it to move on
Move on through

When I'm low, I'm gonna rise again Overshadow, overtake and win When I'm low, I'm gonna rise again That's when I'm moving on Rise again (rise again) Rise again

When your feeling like your giving up on everything that moves you
On and on, Rise Again!

When I'm low I'm gonna rise again Overshadow, overtake and win When I'm low I'm gonna rise again That's when I'm moving on, moving on Rise Again!