Why are you so ungrateful You nuh see that Jah give we life after all Check yourself before you wreck yourself Me see that Jah Jah give we life after all Still none a dem nuh give no thanks at all Dem think dem a rise me see dem a fall Fall dem a fall - fall dem a fall

How long you want to run away
Run away from yourself you nuh see that the truth ago reveal
And every day you got to pray - well that you fi go do and make your life on
e a the real
How long you want to run away
Run away from yourself you nuh see that the truth ago reveal
And every day you got to pray - you got to pray - you got to pray...

How you fi expect love and you still a glorifie the gun
How you want clarity if acoke you nuh stop bun
Your dirty lifestyle nuh give you no way to turn
You still nuh realize that you wrong
After you come out of your church you beat your babymother down
And then you tell her you're sorry but your head did full a rum
She couldn't tek your excuse and your flattering tongue
That's why she left you today and still a ask

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Dem say dem a the dolphin but me see dem a the shark

Dem stand ina the spotlight and live in the dark

Claim say dem a grounded but me see dem a skylark

So to me dem can't talk

In this time and this ages man hafi be smart

Think before you talk and watch the road wha' you a walk

From you look ina your conscience you can't miss the mark

And make a joyful sound unto the Lord

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How long you want to run away
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And every day you got to pray - you got to pray - you got to pray....

Nuff a dem me see nuh practice what dem a preach
Dem hufi go back a school so a no me dem can teach
A fi dem dirty talk dem call it freedom of speech
Me wonder who dem try reach
Righteousness uno fi go check it
Golong and do some good ina your life wickedness uno fileft it

Cleanheart always will make it And from your see a chance ina your life You better take it nuh reject it

Me see that Jah Jah give we life after all Still none a dem nuh give no thanks at all Dem think dem a rise me see dem a fall Fall dem a fall - fall dem a fall

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do...

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How long you want to run away!