If you fall down get yourself up

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You got to pick yourself up
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If you fall down get yourself up
What are you dealing with (what).
What are you going through (tell me).
I'm feeling like your never make it through.
Well is it something in your past that still troubles you (umm maybe).
Well I've been there too and this is what i'll say to you (well come on).
See, God will forgive you everytime that you ask Him to (everytime).
There ain't no thing to big for Him that he can't do (nothing).
He's got a lot of love to give.
But are you going to take it, well that's up to you.
You, you know that you can carry on.
Anything that your going through don't you know he'll get you through it.
You got to pick yourself up
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So did you mess up or do something you weren't supposed to do?
And everyone who's pointing fingers is now trying to blame you.
How quick did you forget how much He loves you
Do you realize how much he's thinking of you?
No matter what you did
No matter where you've been
You can start over
You can get a secong chance
Theres no sentence small or even just too big for Him
And you can pick yourself up and live again
You, you know that you can carry on.
Anything that your going through, don't
You know that he'll get you through it
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You got to pick yourself up
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It's gonna be alright
Come on now and dry your eyes
He's gonna hold you tight and never leave your side

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