Homeboy! When I walk, when I talk man it's more than just a show This is life, reaf life, I'm not Truman that's fo' sho' [?] loco at home, long distance, on the road Overseas, around the globe, yep, that's just how it go Oh! I keep runnin' but my legs feel weak Feel like I'm gon' slip, this a trip; leg sweep But give up, I don't know the phrase, get up like the Sun was raised That's just what I do since He got up from the grave Goin' smart, arithmatic, do the math, watch it add up Me and Him, that's a deal I couldn't pass up Ay when I'm weak, He strong, ay when He right, I'm wrong In Him I am too, man I knew that all along So trust in Him, man His strength can go long This call is too expensive, E.T. phone home But He paid the bill, and put me on His plan Now when I fall, when I ball, I get up by His hand When we fall, GET UP! 'Cause this ain't all, GET UP! It might be hard, but I gotta stand tall, GET UP! Stay on the grind, GET UP! Ay all the time, GET UP! Don't let it duke it'll pull ya to the ground, GET UP! Knock him dowm, get him up! (8x) Leggo! I tell 'em get up, don't snooze or sleep Let up, why? Better strive Head to the road that's narrow so you can see what I seen with better eyes [?] your shadow feelin' your pain in a way that'll never die Christ is [?] is easy as is televised No, be strong in the grace that is found solely in He Man, that spirit rose from the grave, it's safe to say He lives in me And you, indeed, stand with a truth [?] Know that feelings could be lyin, so it's the Lion who [?] I said it's struggle gives grace, it's perseverence of the saints It's only 'cause He holds [?] by His rope of love, but wait There's more, in store, sanctification's taking place [?] and you won't be in a perfect state 'til He returns Til then we keep yearnin, learnin, discernin with Sermons servin the powerful in the world [?] the person, we will do it Our faith will not be ruined And not in any case it's by His grace that we pursue Him When we fall, GET UP! 'Cause this ain't all, GET UP! It might be hard, but I gotta stand tall, GET UP! Stay on the grind, GET UP! Ay all the time, GET UP! Don't let it duke it'll pull ya to the ground, GET UP! Knock him dowm, get him up! (8x)

Oooahhh, so don't get lazy on my baby, uh uh, gotta keep it movin'

Train your body that's the aim like a 12 guage shotty
Stay focused, life is crazy, hold your ground, call it rudy
This is not a game, but you feel like you keep losing
And it's real man, but still it's so hard to understand
But we never practice Godliness, we get it where we can
That's weak, yeah that's weak and that's just how it's gon' be
You can train physically and still never have strength

Ay, hangin' by a thread, feelin weary and unstable Look to Him who is strong, Kirk Franklin, He is able He is God, we are not, we lazy and lack in faith But you can persevere through it all; Imogo Dei

When we fall, GET UP!

'Cause this ain't all, GET UP!

It might be hard, but I gotta stand tall, GET UP!

Stay on the grind, GET UP!

Ay all the time, GET UP!

Don't let it duke ya, it'll pull ya to the ground, GET UP!

Knock him down, get him up! (8x)

Ohhhh! GET UP! (6x)