

Never give up, never back down  
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One, two, three, pow

Pick yourself up, don't you lose hope  
We are pollen in this fallen world  
We flower, and we grow  
Need you to pick yourself up  
Don't you sit low, chin up, stand tall  
You got a long way to go  
Need you to pick yourself up  
Spit on the devil, you got God on your side  
They are not on your level  
Need you to pick yourself up  
Don't you let them win  
It doesn't matter how it started, only matters how it ends

Get up, don't you lose, nope, it's time to get up  
Brush your shoulders off, stand tall, it's time to get up  
Like a rose you rise  
Look me in the eyes  
As long as you got blood inside it's time to rise up  
Up, up, up, up, up, up  
It's time to rise up  
Up, up, up, up, up, up  
It's time to rise

Rain or shine, I'ma give what's mine  
There's no finish line like Miley told you it's declined  
Death is easy 'cause life's a bitch  
This is for the people that never give in when they're in the ditch

Muscles will break 'fore they ever get stronger  
Bones will stretch 'fore they ever get longer  
Only guarantee in life is pain  
Roses only ever grow from rain

You got to suffer to ever get tougher  
And life will be rougher until you discover  
There isn't another way out from the muscle  
Be covered in blood you about motherfucker

Get up, don't you lose, nope, it's time to get up  
Brush your shoulders off, stand tall, it's time to get up  
Like a rose you rise  
Look me in the eyes  
Long as you got blood inside your veins  
It's time to rise up  
Up, up, up, up, up, up  
It's time to rise up  
Up, up, up, up, up, up  
It's time to rise up  
Up, up, up, up, up, up  
It's time to rise up

Get up, get up, it's time to get up  
Get up, get up, if you got to cry, baby, that's okay  
No one ever get's stronger escaping pain  
It's time to get up  
It's time to get up  
When the evil in this world knocks you down to your knees  
You got to rise up  
Up, up, up, up, up, up  
(When the tears flowing, it's so hard to even breathe)  
(You gotta rise up)  
Up, up, up, up, up, up  
(Like an ancient seed buried deep in the earth)  
It's time to rise up  
Up, up, up, up, up, up  
(God designed you with the power to defy death)  
(With divine breath and to rise up)  
(Shake that shit off, baby rise up)  
Up, up, up, up, up, up  
(No matter what, we will rise up)