I woke up Monday morning
With my head all full of nothin'
I went down to McDonald's
To get me an Egg McMuffin

Still asleep yet wide awake
Around seven twenty - three
When this loudmouth pushy businessman
Cut in front of me

My eyes went cold, I clinched my fist I wanted to thump him good But then the spirit stopped me When I saw how it stood

The holy ghost reminded me
I represent the Lord
And it would be hard to witness to him
Stretched out on the floor

Some people say "let it out"
Some people say "hold it in"
But Jesus says to crucify it
For that thing there is sin
And I was fighting with temptation
I was dueling with that thing
Bondage and struggle
Is all that it will bring
Well, what's a soul to do
When it's face to face with sin?
He oughta pray not once but twice
Put on the Mind of Christ
And get that sweet ol' victory again

Well, I grabbed my superman beach towel QT Tanning lotion
I thought I'd take a cruise
And catch some rays down by the ocean

I had it all planned out To roast some burgers and some wienies But, when I arrived everything but the telephone poles Was dressed up in bikinis

I knew that there must be a way to please the Lord and still get tan But I felt so stupid with my big ol' head stuck in the sand

Some people say "let it out"
Some people say "hold it in"
But Jesus says to crucify it
For that thing there is sin
And I was fighting with temptation
I was dueling with that thing
Bondage and struggle
Is all that it will bring
Well, what's a soul to do
When it's face to face with sin?

He oughta pray not once but twice Put on the Mind of Christ And get that sweet ol' victory again

You gotta pray for that victory again