

I've been so hurt before / But not like this, woe...
(Psalm 6:6-7) / I've been held down for far too long
(Psalm 42:3) / It's time to resist, woy... / It's time
for me to change my ways (Psalm 55:22) / And start to
give, I'll give You the praise (Heb 13:15) / I'm gonna
worship You for all of my days (Heb 12:28) / And then
my spirit shall raise-arise! (Psalm 34:1-2).

CHORUS: I will arise (Isaiah 60:1) / Liberated from
depression, (Psalm 30:1, Psalm 42:5, Psalm 34:18 &
Psalm 42:3) oh... / I will arise! / Despite my
situation, oh... (Psalm 71:20 & Phil 4:12) / I will
arise (Isaiah 35:3-4) / Amidst great tribulation (Psalm
55:2 & Psalm 31:7) / I will arise / Stand up! (Isaiah
7:9b & Psalm 40:2)

Well I've been rejected before (Psalm 41:9) / But not
like this (Psalm 25:16-17) / But never like this / I've
been used and abused for so long (Psalm 25:16) / Been
down for so long (Psalm 73:21) / It's time to resist,
yeah / Well it's time for me to make a change (Psalm
86:7) / And start to give, I'll give You the praise
(Malachi 4:2 & Eph 1:3) / Gonna worship You in all of
my days (Psalm 95:6) / And then my spirit shall raise
(Isaiah 40:31) / I'll Arise! / (Chorus).

BRIDGE: Beauty instead of ashes (Isaiah 61:3) / And Joy
instead of my pain (Psalm 126:6) / He's come to bind up
the broken hearted (Psalm 147:3 & Isaiah 61:1) / And
this affliction is never in vain (Psalm 119:67, Isaiah
48:10 & Psalm 119:71) / Beauty up from the ashes / And
hope, hope from my despair (Isaiah 40:31) / Weeping may
endure for the evening / But in the morning joy will be
there! (Psalm 30:5) / Arise, arise, arise! / Ooh you've
got to stand up and rise! (Repeat).