

Grow

Defences

You crept under my skin
Made a home in my foundations
But now the walls are wearing thin
And I broke my bones after yet another fall
But toughened skin and numbed senses mean I don't hurt at all

I can feel the fire building inside
I'm gonna let it (Burn, burn)

These things we do to ourselves
We love and we hate, forgive and forget
But it all matters in the end
Each day a lesson is learned
Just gotta grow from it

And I refuse to believe this is the end of me
I'm just getting started, there's still so much I want to be

I'm just getting started, you can count on that
I've only been slowed down, I'll never be held back
If pain is what I have to bear, to come out stronger
I'll welcome it with open arms, I'll walk right through the fire

I can feel the fire racing inside
I'm gonna let it (Burn, burn)

Oh, these things we do to ourselves
We love and we hate (We love and we hate)
Forgive and forget (Forgive and forget)
But it all matters in the end
Each day a lesson is learned
Just gotta grow

And somehow I knew
The last time I saw you would be the last
I know you felt it too
The spark turned into flames and burnt out so fast

There's no other choice
I'll pick myself up again, again
Move

These things we do to ourselves
We love and we hate (We love and we hate)
Forgive and forget (Forgive and forget)
But it all matters in the end
Each day a lesson is learned
Just gotta grow from it

Oh, these things we do to ourselves
Forgive and forget