First kiss of the sun Shapes of light are flooding thru the window You're slow to get in motion Yet your mind could race straight into a wall Oooh don't give up You've already come this far Get up now Get up Though you got stones upon your chest Your pain is not all that you are So get up now Get up When times are heavy on the head Don't you forget There's still the power of the heart Ooh You're hiding in your bed Got hypnotized by the ballad of the blues So let me be your friend Your heart's a compass that'll lead you thru What you'd say to me I say to you Get up now Get up Though you got stones upon your chest Your pain is not all that you are So get up now Get up When times are heavy on the head Don't you forget There's still the power of the heart The heart will dream The heart believes The heart still sees as a child sees The heart forgives And understands Tries and tries And tries again It's not time to give up It's time to get up This pain won't last forever If you It's far from time to give in or give up my love It's time to get up It's far from time to give in or give up my love It's time to get up Get up now Get up

We are all trynna do our best

Our pain is not all that we are
Let's get up now
Get up
When hope is heavy on the head
Don't you forget
There's still the power of the heart

There's still the power of the Heart
Power
Power of the heart