

One Second

Stormzy

If you give me just one second of your time
I could tell you stories 'bout my life
I've seen hope and I've seen struggle through these eyes
So give me just one second of your time

Yo

One second to let it breathe
Just a second, a second is all I need
When you're questioning everything you believed
And you're fighting with the devil in your dreams
One second just let me be
Let it pour, let it rain, let it bleed
Heavy is the head but the pressure makes you heave
So you bill it cah the spirit of depression never sleeps in
I am not the poster boy for mental health
I need peace of mind, I need to centre self
The cover of the NME that shit made me recent myself
There's people tryna spread the word people that pretend to help but
How am I complaining when I'm blessed?
I get this guilty feeling on the days I'm at my best
When all these demons that I carry get to messing with my head
So could you give me just a second just to get it off my chest please?

If you give me just one second of your time
I could tell you stories 'bout my life
I've seen hope and I've seen struggle through these eyes
So give me just one second of your time

One second to recollect
Just a second, a second is all I get
I can't tell where I'm heading, I'm out of breath
All these early premonitions of my death
But I knew he had a plan
Lord knows I'ma do it if I can
When I take a stand they say I'm ruining my brand
But I could never give a fuck, that's just me duty as a man
So if I go on stage at Brits and tell the PM she's a bitch
Then that's exactly what it is and I don't want no bloody stripes for it
Mummy always said that if there's a cause then I should fight for it
So yeah, I understand but I don't think that I'm alright with it
Like yeah, cool I get, yeah, I know I said it
But there's people fighting everyday and they don't get the credit
But it's cool, man, it's just one of the stresses on my mind
To get this off my chest I'll need a second of your time, please

If you give me just one second of your time
I could tell you stories 'bout my life
I've seen hope and I've seen struggle through these eyes
Oh, give me just one second of your time

Oh, ooh
Oh, just one second

If you give me just one second of your time
I could tell you stories 'bout my life
I've seen hope and I've seen struggle through these eyes
So give me just one second of your time

So give me just one (Cool)
Just one second
So give me just one
Just one second