

# 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