When you locked up in the cage you Gotta keep your mind strong Negative vibes negative thoughts Always you feeling alone And when you locked up in that cell It be so sad and depressing Thinking about the choices you made have you so full of aggress ion Being at yo lowest point in life sometimes You feel like it's over, but it's a test God gon' go to war With his strongest soldiers Laying on that bunk being in pain You ain't gon' know how to cope Having nightmares and fighting demons with yo back on the ropes Asking for help praying to God sometimes you don't know where t o do Just stay humble and be patient And just have hope Concrete walls and shackled in chains it all just seems so new Being the warrior that I am I pray He see me through But on the other side of that gate I know It's freedom and purpose So use yo head don't lose yo head Cause doing time ain't worth it

You're saying that it hurt you
I tried so hard to not be a burden
But these are rough times and
I need a break, they say I've changed
And I'm just not the same
But I can't stop, I need a miracle
Someone to hold me up
I lay it all on You
If it ain't You no it won't do