When you're lonely and the heartache is bearing down When a friend feels like the one thing that can't be found And the fire that you once had is burning out Oh, don't quit now

I promise it won't always feel this way Joy is rising and sorrow's gonna fade

Keep your head up and your heart wide open Don't you give up, just keep on going I know it's hard running in the dead of night But Jesus will be waiting at the finish line Keep your head up Just keep your head up

We're all strangers on the way to the promised land Fighting battles that we don't understand But every step, we're led by the Father's hand Oh, don't give up

Keep your head up and your heart wide open
Don't you give up, just keep on going
I know it's hard running in the dead of night
But Jesus will be waiting at the finish line
Keep your head up
Just keep your head up
Just keep your head up
Just keep your head up

Sometimes we're on the mountain top Sometimes we're in the wilderness But I promise you at Heaven's door You'll see the beauty in all of this There's beauty in all of this

Keep your head up and your heart wide open Don't you give up, just keep on going I know it's hard running in the dead of night But Jesus will be waiting at the finish line

Keep your head up and your heart wide open
So keep your head up
Don't you give up, just keep on going
Oh, don't you give up
I know it's hard running in the dead of night
Hey
But Jesus will be waiting at the finish line
Keep your head up
Child, keep your head up
Just keep your head up
And keep your shoulders back
Keep your head up
It's gonna be alright
Just keep your head up