

# Rise Up

You're broken down and tired  
Of living life on a merry go round  
And you can't find the fighter  
But I see it in you so we gonna walk it out  
And move mountains  
We gonna walk it out  
And move mountains

And I'll rise up  
I'll rise like the day  
I'll rise up  
I'll rise unafraid  
I'll rise up  
And I'll do it a thousand times again  
And I'll rise up  
High like the waves  
I'll rise up  
In spite of the ache  
I'll rise up  
And I'll do it a thousand times again

For you  
For you  
For you  
For you

When the silence isn't quiet  
And it feels like it's getting hard to breathe  
And I know you feel like dying  
But I promise we'll take the world to its feet  
And move mountains  
Bring it to its feet  
And move mountains

And I'll rise up  
I'll rise like the day  
I'll rise up

I'll rise unafraid  
I'll rise up  
And I'll do it a thousand times again  
For you  
For you  
For you  
For you

All we need, all we need is hope  
And for that we have each other  
And for that we have each other  
And we will rise  
We will rise  
We'll rise, oh, oh  
We'll rise

I'll rise up  
Rise like the day  
I'll rise up  
In spite of the ache  
I will rise a thousand times again  
And we'll rise up  
High like the waves  
We'll rise up  
In spite of the ache  
We'll rise up  
And we'll do it a thousand times again

For you  
For you  
For you  
For you

Ah, ah, ah, ah