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Verse 1
If you can't stand a little disappointment sometimes (sometimes
If you can't stand being talked about sometimes (sometimes).
If you think it should always be up and never down,
I came to remind you?
Chorus
No cross, no crown.
Verse 2
If you can't stand being lied about sometimes (sometimes).
If you can't stand a little heartache sometimes (sometimes).
If you think you think you should always smile and never frown,
I came to remind you?
Bridge
Must Jesus bear the cross alone,
and all the world go free?
(There's a cross for everyone
And I know that there's a cross for me).
Verse 3
If you can't stand being misused sometimes (sometimes).
If you can't stand when friends let you down sometimes (sometim
es).
If you think you should always be up and never down.
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