

Getting rolled around like the waves in the tide
Knock me down and hold me under
But I will rise
And I
I've been told the universe conspires to assist
In making dreams realities for those who persist
And all
All things are for purpose they won't pass you by
Every knock you take is an opportunity to fly

"Don't give up" sometimes I feel
Those words are too often used to be real
When will things finally go my way
Guess I'll suck it up and work and waste yet another day
Try to hide the signs I've almost hit the wall
I fake like I got it together but I, but I, but I don't at all

And I
I've been told that desperate times call for same in measures
But I don't want to live with more pain than pleasure
And yes, all
All things are for purpose they won't pass you by
Every knock you take is an opportunity to fly

Relentlessly I hold my breath till the pressure fades
And I'm saved so wash all my worries away,
Its okay
Don't be afraid
You get to start all over again
Cause everybody knows stay away from the undertow
To get knocked down is going to hurt but don't fight through the flow
Let go
Keep your head above the waterline
And decide
Do you want to sink or fly?

And I
I've been told the universe conspires to assist
In making dreams realities for those who deserve it
And all
All things are for purpose they won't pass you by
Every knock you take is an opportunity