

## Be Strong

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Are you swimming upstream in oceans of blue?  
Do you feel like your sinking?  
Are you sick of the rain after all you've been through?  
Well I know what you're thinking  
When you can't take it  
You can make it  
Sometime soon I know you'll see

'cause when your in you're darkest hour  
And all of the light just fades away  
When you're like a single flower whose colours have turned to s  
hades of gray  
Well hang on and be strong

Where taking each step one day at a time  
You can't loose your spirit  
Let live and let live forget and forgive  
It's all how you see it  
And just remember keep it together  
Don't you know you're never alone

'cause when you're in your darkest hour  
And all of the light just fades away  
When you're like a single flower whose colours have turned to s  
hades of gray  
Well hang on, and be strong

No you're not defeated  
And soon you'll be smiling once again  
Then you won't have to feel it  
Let it go with the wind  
Time passes us by  
And know that you're aloud to cry

'cause when you're in your darkest hour  
And all of the light just fades away  
When you're like a single flower whose colours have turned to s  
hades of gray  
Well hang on and be strong