

# The Training

## Living Sacrifice

Broken down one by one  
They'll take your pride and crush it  
The fall that comes is real, by pure degradation  
Amputate - Humiliate  
Who can take this punishment?  
Create something new - A warrior where there once was  
nothing

Destroy the body and mind - Behold the spirit can  
survive  
Destroy the body and mind - Today is a good day to die

(Broken mind) - Face down in the sand  
(Spirit) Spirit - (Rise) Rise

Destruction comes only once in a lifetime  
Cannot be great in your mind  
This is the time to say your last prayer  
If you desire peace, then prepare for war

Destroy the body and mind - Behold the spirit can  
survive  
Destroy the body and mind - Today is a good day to die  
Destroy the body and mind - Behold the spirit can  
survive  
Destroy the body and mind - I am ready for mine

(Broken mind) - Face down in the sand  
(Spirit) Spirit - (Rise) Rise

(Broken mind) - Face down in the sand  
(Spirit) Spirit - (Rise) Rise  
Prepare for war - Rise  
Prepare for war - And rise