I know it's hard
When hope is that far
To walk alone with that torn heart
Through a broken world that seems to fall apart
So take your time
No need to run
These cliffs and heights we'll overcome
Across these peaks, there's more to life that will come
Oh I'm on my knees, so I'm on my knees

It's a battle that we can fight
'Cause together now we will rise
We're gonna move those mountains
We're gonna move those mountains one at a time
Open your eyes
With a little faith by our side
We're gonna move those mountains
We're gonna move those mountains one at a time
We're gonna move those mountains

Through obstacles
We walk these roads
And when it seems impossible
We pray for all those miracles to come
And though these hills
Taunt us like riddles
We can push them aside if we trust a little
If we're on our knees then we won't have to climb
So I'm on my knees, so I'm on my knees

It's a battle that we can fight
'Cause together now we will rise
We're gonna move those mountains
We're gonna move those mountains one at a time
Open your eyes
With a little faith by our side
We're gonna move those mountains
We're gonna move those mountains one at a time

It's an uphill battle and though the journey's long I'm gonna hold you till the hurt and the pain is gone With the help of God we can carry on I'm on my knees for you, praying on my knees for you It's an uphill battle and though the journey's long I'm gonna hold you till the hurt and the pain is gone Though we are weak, yes He is strong And it's a battle that we can fight

'Cause together now we will rise
We're gonna move those mountains
We're gonna move those mountains one at a time
Open your eyes
With a little faith by our side
We're gonna move those mountains
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