

# Pray For Grace

Michael Franti & Spearhead

Why must I feel like this today?  
I'm a soldier, but afraid sometimes  
To face the things that may  
Block the sun from shining rays  
And fill my life with shades of grey  
Still I long to find a way  
So today I pray for grace

I take a moment to myself  
So I can hear myself  
To feel myself  
And be real myself  
Life's addictions and afflictions  
'Cause abrasions from their friction  
Sometimes it's easier to live in fiction  
I can run, but I can't hide  
From the pains that reside down deep inside  
There is no pill that can be swallowed  
There is no guru that can be followed  
There's no escapin' from my own history  
Those that I hurt and those that hurt me  
I was dead for a million years 'fore I was born and  
I'll be dead for a million more after I'm gone  
So I live to give somethin' that can live on  
Like the way you hum a song when the music's gone  
Like the warmth of the sand when the sun goes down  
And I'm sittin' with myself, nobody else is around, but

Why must I feel like this today?  
I'm a soldier, but afraid sometimes  
To face the things that may  
Block the sun from shining rays  
And fill my life with shades of grey  
And still I long to find a way  
So today, I pray for grace

Radio, come on now  
To all my people in the front, I say hey (hey)  
To all my people in the back, I say yo (yo)  
To all my people on the side, I say ah (ah)  
Everybody in the place tonight  
Say yay (yay)  
Say yo (yo)  
Say yay-ay-ay (yay-ay-ay)  
Say yo-o-o (yo-o-o)

It's been a long, long time  
Since I been away  
Been a long, long time  
Since I felt this way  
Been a long, long time  
I found the words to say  
How much I'm grateful  
For my life today

'Cause under every cup you might find a nut  
Behind every corner you might get jacked up

At the end of every rainbow you might find gold  
The last bite of your sandwich, hope you don't find mold  
'Cause none of us can live the perfect life  
The kind that we see on 'Nick at Nite'  
And sometimes we all just lose sight  
Of the pain that will guide us  
From dark into the light  
We fall down yes, but we get up  
And sometimes we just need a little bit of love  
To help to make it through another day  
Into the night, into the light, into a Saturday  
So in the morning when I'm waiting for the sun to raise  
And my head's a little foggy like I'm in a haze  
I remind myself that everything is gonna be okay  
I take a breath, slow down and say...

Why must I feel like this today?  
I'm a soldier, but afraid sometimes  
To face the things that may  
Block the sun from shinin' rays  
And fill my life with shades of grey  
And still I long to find a way  
So today I pray for grace

And I say

Why must I feel like this today?  
I'm a soldier, but afraid sometimes  
To face the things that may  
Block the sun from shinin' rays  
And fill my life with shades of grey  
And still I long to find a way  
So today I pray for grace

Radio, come on now  
To all my people in the front, I say hey (hey)  
To all my people in the back, I say yo (yo)  
To all my people on the side, I say ah (ah)  
Everybody in the place come on and  
Say yay (yay)  
Say yo (yo)  
Say yay-ay-ay (yay-ay-ay)  
Say yo-o-o (yo-o-o)

Why must I feel like this today?  
I'm a soldier, but afraid sometimes  
To face the things that may  
Block the sun from shinin' rays  
And fill my life with shades of grey  
And still I long to find a way  
So today, I pray for grace

So today, I pray for grace  
So today, I pray for grace  
So today, I pray for grace