

I am holding to the joy of my salvation
I am glad to have a life that always grows
And if the word of God is any indication
I am doing even better than I know
I am doing even better than I know

There's a joy that even people of the world find
In every good and perfect gift the father sends
So I thank the lord that I was born the first time
But I thank him more that I was born again
Oh, I thank him more that I was born again

I am up
Like the sun is up
I can feel my life on a rise
I am up
Like the stars at night
I get up on bein' alive

I am up
Like the lord is up
And my life is filled with his life
I was freed and I am saved
I am up
I am up

There are times life is so fine I can't contain it
Everywhere I look I see what God had done
And I don't have to work and worry to sustain it
When I walk with God his joy will always come
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