## **Tried And True**

## Poor Old Lu

This song was one of the tracks that had some arrangement changes between th e demo versions and the version that ended up on Mindsize. It was for the be tter, I think. In retrospect, this is one of my least favorite songs from Mi ndsize. It's not that it's a bad song, per se, but it just wasn't a strong t rack. If you read through the lyrics, you'll also notice that the word 'Mind size' was derived from this song.

This song's main focus is substance abuse, in any form. The reasons behind a ny addiction are weak, to say the least, but also very real - very tangible. Our physical and spiritual escape from these addictions needs to start with the Lord... "Please call His name..."

What kind of lies have led your despise Have stung your mindsize Tried and true no gain

Yes it's true that things are upset Wrapped in substance Please call His name

This sort of drug has got you thinking Well I think you're sinking And it's all the same

It's simple now you think you need it Well I think it's sickness Please call His name

Blue now thru and thru And I see you're gone Content in a reason bent Please don't take too long

Another trip, another day lost And in whose cost? What do you claim?

Well I believe in truthful glances And second chances Please call His name

Feelings of joy, mindless toy Could you get by, and never get high Feelings of joy, mindless toy Could you restrain, would you complain Feelings of joy, life unsoiled My Lord gives a new life Don't, don't take a long time

What kind of lies have led your despise Have stung your mindsize Please call His name

Blue now thru and thru And I see you're gone Content in a reason bent Please don't take too long Stop it's always me and me Like the other song He shines with grace and peace So don't take too long