

Living Sacrifice "The Training"

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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

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