

Michael Franti & Spearhead

"Pray For Grace"

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"Pray For Grace"

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

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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...

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And I say

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