

7 Seconds "Just One Day"

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I'm not sorry, 'cause I started growing and I'm pushing on.

And I know I cannot turn it back or turn away!

So many feelings moving faster as I live from day to year,

It seems that now I live a lifetime--in a day

[Chorus]

Stand by my side, I know it's hard 'cause we're afraid, I know I am.

Please understand, it's time to grow more than you know.

Just a part of the same old story, it seems so old,

But tell me why I can't take hold I can't explain!

Words go through my head and I ache for ways to see

I guess this madness is the answer--I'm afraid!

[Chorus]

This music from my heart, is it so different from before, it may seem so,

But it's just music from my heart.

Just! One! Day!

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