

## Poor Old Lu "Slow"

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This song is probably one of the 'filler' tracks on 'Sin'. It wasn't a single. It wasn't much of a concert hit. In fact, this song was rarely mentioned at all. Why is that? Who knows. Maybe it's just not that good. It was one of the rare mellow tracks on 'Sin'. Slightly dreamy and somewhat playful. Aaron came up with some good background vocals, and Nick's bass line quite nice. I suppose 'Slow' just helped round out the album. We'll leave it at that.

This song is very much written with 'emotions' in mind - literally. Some lines refer to colors. Some lines refer to common feelings that we have. Other lines note environmental shifts - weather and such. I'm not sure if this song is really clever or just very silly. No matter, because the chorus holds the song together nicely: things get crazy, Lord, so please slow us down. That's still true.

green i've seen  
as jealous as anything

blue it's true  
weep to sleep over you

i feel - and i kill

the sea in me  
toss me up, around indeed

i will - be still

it's all chasing, racing  
often crazy  
does it show?  
but i've been praying lately  
and Christ will slow me, free  
i know

red i'm dead  
"grief has got me" so i've said

clear to hear

however gone i could be near

i will - be filled

it's all chasing, racing

often crazy

does it show?

(grab me, that i might be awake)

but i've been praying lately

and Christ will slow me, free

i know

(slow me, as i am running way to fast)

the wind in sin

on my hands instead again

instill - Your will

it's all chasing, racing

often crazy

does it show?

(grab me, that i might be awake)

but i've been praying lately

and Christ will slow me, free

i know

(slow me, as i am running way to fast)

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