How can you move when they're weighing you down? What can you do when you're tied to the ground, yeah? You carry your burdens heavy like gravity Just let them go now, there's freedom in release

You can't run when you're holding suitcases It's a new day, throw away your mistakes And open up your heart, lay down your guard You don't have to be afraid

Just breathe, your load can be lifted
There's a better way when you know you're forgiven
Open up your heart, lay down your guard
You don't have to be afraid

Can you imagine what it's like to be free, oh, oh, oh? Well, send those bags packing, they are not what you need, oh Abandon your troubles by the side of the street Just let them go now, believe me

You can't run when you're holding suitcases Yes, it's a new day, throw away your mistakes And open up your heart, lay down your guard You don't have to be afraid

Just breathe, your load can be lifted
There's a better way when you know you're forgiven
Open up your heart, lay down your guard
You don't have to be afraid

There's nothing holding You back now, just run

Oh, you can't run when you're holding suitcases Yes, it's a new day, throw away your mistakes And open up your heart, lay down your guard You don't have to be afraid

Just breathe, your load can be lifted
There's a better way when you know you're forgiven
Open up your heart, lay down your guard
You don't have to be, you don't have to be afraid
You don't have to be afraid