Kill, cramp and paralyse all downpressers aggressors and transg ressors.

I and I a rasta children,
I and I a rasta children.
We come from Zion,
We come from Zion.
Living down here in Babylon.
Enduring the strife and tribulation.
I and I no check for vanity,
I and I deal with humanity.
Enduring the strife and tribulation.
With Jah, guidance and protection.
To lead the children out of Babylon,
To the promised land Mount Zion.
Mount Zion, Mount Zion.

For Zion high is the place for I,
For I and I to dwell.
Fire, fire, fire a go burn Babylon.
For this is a living hell.
So gather your babe and suckling.
To reach to the promised land.
Far, far away, far far away.
Far, far away, far far away.

For I and I are rasta children,
I and I a rasta children.
We come from Zion,
We come from Zion.
Living down here in Babylon.
Enduring the strife and tribulation.
I and I no check for vanity,
I and I deal with humanity.
Enduring the strife and tribulation.
With Jah, guidance and protection.
To lead the children out of Babylon,
To the promised land Mount Zion.
Mount Zion, Mount Zion... x2