

One Foot

Jason Walker

Truth, she speaks if you're really listening
Truth, the truth hurts if you treat it like an enemy

It's your friend, it's your foe
But the words that you need the most
When you're lost in the cold
When you don't know where to go

One day at a time
I'll follow the line
One foot in front of the other
What I'm feeling most
I'm letting it go
Long as I keep moving forward
One foot in front of the other, yeah
One foot in front of the other, yeah

Grief she weeps when you let her in, so let her in
Grief she sleeps when you stop fighting it, yeah stop fighting it

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