So we're going through things with changes Are you ok, ok? I know everything around you is changin' 'Cause of your mighty faith You never see the next good thing comin' 'Til it's right in your face And there's a time when the bad from the past Seems to fade away Now you got dollars Now you got sons Now you got love You in on the south to south wall Got yourself one Now you feel love They come for your dream Come for your work They make you mean They make you err They take your worth They take your worth, your self-esteem They make you hurt They make you hurt, they make it seem Like it ain't worth it, but It's always worth it, it's always worth it You can get up It's always worth it, it's always worth it You can get up It's always worth it, hey, it's always worth it You can get up It's always worth it, hey, it's always workin' You can get up and shine So you're dealing with things, got to thinkin' Are you ok, ok? You know the mountain won't move Unless you make it get out of your way, yeah You never know you got a real good bag 'Til it's right in your way, yeah And there's a time when the tears inside Run down your face Now you got vision Now you got hope Now you got love (Ooh yeah, ooh yeah) Just have to listen Keep it as above Then you'll see the dove They come for your dream Come for your work They make you mean They make you err They take your worth They take your worth, your self-esteem They make you hurt They make you hurt, they make it seem

Like it ain't worth it, but

It's always worth it, it's always worth it
You can get up (Get up and shine again)
It's always worth it, it's always worth it
You can get up (Get up and shine again)
It's always worth it, hey, it's always worth it
You can get up (Get up and shine again)
It's always worth it, hey, it's always workin'
You can get up and shine (Get up and shine again)