In my kitchen there's a lady on TV
Beneath the burning sun so far away
And her baby's eyes are staring straight at me
With all the innocence that seem to say

Check, what you gon' do to help me Check, like the water jar my belly's empty Check, what can you do to make it better Check, gotta do something so I can tell him

Gotta message for my sista girls Gotta message for my baby girls Gotta send it, send it 'round the world 'Cause I got a message for ya

Gotta message for my brother man
That we gotta give it, give it all we can
Justa' spread the love of God around the land
'Cause gotta message for ya

There's little brother livin' down the street Struggling to do the best he can
His mama gives him clothes and food to eat
But can't show him how to be a man

Check, whatcha' gonna do to reach 'em Check, lookin' for someone to teach him Check, an everyday kind of hero Check, another way that we can let him know

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Gotta message for my baby girls
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Dios es amor God is love