

# One

## Simple Plan

We are the lost, the one's forgotten  
And this time the future is ours  
It's in our hands

We're the tear in your eyes  
We're the blood in your veins  
We're the beat of your heart

We're the sweat on your face  
We're the ones that you chase  
We're the promise that you made

We're the voice in your head  
We're the lies that you said  
We're the kids that you pushed away

We are  
We are the lost, the ones forgotten  
And this time the future is ours  
It's in our hands, we are one

We're the pride of your lives  
We're the light shining deep in your eyes

We're the choice that you made  
We're the smile on your face  
When you sleep at night

We're the best thing you had  
But you left us behind  
We're the kids that you pushed away

We are  
We are the lost, the ones forgotten  
And this time the future is ours  
Its in our hands, we are one, one

We're the pain that you feel  
We're the scars that don't heal  
We're the tear in your eyes  
We're the reason you cry

We're the voice in your head  
We're the lies that you said  
We're the best thing you had but you pushed us away

We are the ones, the one's forgotten  
And this time the future is ours  
It's in our hands, we are  
We are the lost, the one's forgotten  
We've got nothing to lose, together we stand up tall  
We are one