Press

Tamela Mann

I know there are things too hard to bare
You've got no energy to spare
The sorrows life can bring and I know you're scared
Cause there's no remedy prepared

But worrying won't get you very far
Every trial makes you who you are

So you gotta press through the fire
You gotta press through the pain
You're gonna live past the moment
The sun is shining through the rain
All of the worst is behind you
So put a smile on your face
Cause you're gonna make it, yeah
You're gonna make it

Make it through the day
Press, press, press
Cause you gonna live pass the moment
You're gonna make it

There's a song to sing, you'll just have to try
And let go of all the whys
It sings in every key to those who have to lie
And fought with tears in their eyes

Oh worrying won't get you very far
But every trial makes you who you are

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The sun is shining through the rain
All of the worst is behind you
So put a smile on your face
Cause you're gonna make it, yeah
You're gonna make it

Through the hurt, through the pain
Through the pressure of going insane
In my heart, in my mind
Oh I need you to be my guide
Through the desert, desert low
When the wind knocks me to and from
Through life's journey, through life's pain
Through the heartache, through the rain

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Press, press, press, press
You're gonna live past the moment
You're gonna make it
If you just press on, be strong
It's not over, hold on
You're gonna live past the moment
You're gonna make it if you press, press, press
You're gonna live past the moment
You're gonna make it
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