

I have felt winter snow
Melting as it touches my skin
I have cried heartaches tears
As summer came shuffling in
Uh I've run barefoot across moonlit sand
Found friendship where I thought they'd
never understand
Held a newborn baby in these hands

CHORUS:

And this is life these precious moments
And this is life these sad goodbyes
And this is life this roller coaster
These days of grace this surprise
And this is life

I have hoped, I have prayed
Wished upon a falling star
I have found secret strength
Hidden inside my heart
Oh I guess that this will always be
A winding journey to an end I cannot see
But here I am caught up in this mystery

CHORUS:

And this is life these precious moments
And this is life these sad goodbyes
And this is life this roller coaster
These days of grace this surprise
And this is life

And love has made me bluer than
The wildest morning sky
And love has lifted me until
I thought that I could fly

CHORUS 2x

And this is life
This is life
And this is life