

(T. Gray/M. Marston)

It's just been one of those days  
When nothing seems to be going right  
And no ones there to lend a helping hand  
Just an ordinary day  
When it all seems like a fight  
Just to make it to the promise land

Tell me how do you keep yourself from fallin  
In the midst of all your doubts and all your fears  
Tell me how do you keep yourself from drownin  
And how do you find the strength to persevere

Cuz the sun is shining on my face  
And I know that things will be ok  
Its gonna be better than yesterday today  
And tomorrow will be better than today  
I can see the dawning of a brand new way  
It's gonna be better than yesterday today  
Its gonna be ok

Teardrops slowly fall from my eyes as I look to the sky  
And I question how come life keeps passing me right on by  
I just wonder why I can't escape is this my fate  
To always be unhappy and how much longer must I wait

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One day I know that I  
Will truly find peace of mind  
Happiness is not far away  
Just around the corner comes  
A sight of hope to release me from  
My chains and set me free  
Free so I can breathe

How do you keep yourself from fallin  
How do you keep yourself from drowning

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