

One Breath

by Joyce Johnson Rouse

I don't know that I can do this forever
Life is hard and I am just not that strong
I am weak in many ways til I remember
All I must do is make it through to dawn

But I can do it One Day, One Step
One Moment, One Breath at a time.
repeat

With every try, I stretch my courage
Every challenge strengthens my resolve.
Power much higher sending me a message
Growing and healing helps my heart evolve.

Yes, I can do it One Day, One Step
One Moment, One Breath at a time.
repeat

Sometimes the pain inside is almost blinding
Sometimes I'm paralyzed by doubt and fear.
There is a path and way to do the right thing
Somehow it all becomes perfectly clear—

Baby, do it One Day, One Step

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