

Rise and Fall: Music and lyrics by Brittany Jean

Wish you would take me at my word when you're worn
And wonder what you're worth—you are gold
Save that and throw the rest away
Wish you could see you the way I do
Until you do, I will believe in you
Enough for the both of us

Be brave—stand tall
Stand because you can
Don't be afraid to lose it all
Just take my hand
Win or fail, rain or fine
At least once in every lifetime
We all rise and we all fall

I wish you knew—you knew how truly
I wanna see your wildest dreams come through
So I... I can watch you shine
Wish I could promise you it'll all be well
I trust it will, but I will be here still
Old friend, I am with you 'til the end

Be brave—stand tall
Stand because you can
Don't be afraid to lose it all
Just take my hand
Win or fail, rain or fine
At least once in every lifetime
We all rise and fall
We rise—rise and fall

We rise, we fall
We climb, we stall
We lose, we win
And then begin again
We overcome
We come undone
We give it all
Rise and fall
We rise and fall
Rise and fall
We all rise and fall