Sometimes I lay under the moon

And thank God I'm breathin'

Then I pray, "Don't take me soon

'Cause I am here for a reason."

Sometimes in my tears I drown

But I never let it get me down

So when negativity surrounds

I know some day it'll all turn around because

All my life I've been waitin' for

I've been prayin' for

For the people to say

That we don't wanna fight no more

There'll be no more war

And our children will play

One day, one day, one day, oh

One day, one day, one day, oh

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Sometimes I lay, under the sun

And I thank god I’m feelin’

See I don’t know why I’m the one

But if there is a reason

It’s cuz the world around me knows

That the strength inside me grows

And while there’s always highs and lows

I got what it takes

I’m not alone on these roads because

All my life I've been waitin' for

I've been prayin' for

For the people to say

Kindness is what matters more

We’ll fight this cancer war

And always find time to play

One day, one day, one day, oh

One day, one day, one day, oh

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Sometimes I lay under the sky

And I thank god I’m healin’

Taking steps to jump then fly

Right here and now is freeing

Gonna leave the shots and fear behind

Gonna take time to unwind

Climb every rock wall I can find

Gotta challenge myself I’m gonna focus my mind

Cuz all these months I’ve been fighting for

and now I’m thankful for

each and every new day

Count, breathe, squeeze and feel my core

I’m swimming from the shore

And I’m finding my way

One day, One day, One day

One day, One day, One day

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And now I lay under the stars

And I thank God for being

Being clear of all the bars

Lookin around I’m seein’

Back to kicking a soccer ball

And I’m skiing standing tall

Know I can get up when I fall

Wanna share who I am in this song for you all

Cuz we’re in this life to be caring for

And excited for

Each and every new day

Let’s get outside open every door there’s so much to explore as we all find our way

One day, One day, One day

Today, Today, Today

By:The Rhodes family and Matisyahu.