

That's the Spirit

Too many things in life it seems occur to make you sad
Adversity takes many forms, and some feel really bad
It sometimes feels that fate itself has real dislike for you,
You feel alone but something always seems to get you through

That's the spirit! That's the spirit.
That's the power within your soul just emerging for a minute
It helps you cope when all seems lost or too hard to endure
When earthly strength is flagging then you learn you've so much more
To bring you through the crisis so push on and you'll wing it
That's the spirit.

If we really look about us then some have it so much harder
With failing minds and bodies or an always empty larder
Yet some of them still raise a smile for each new day that passes
And you wonder how they got to have such rosy-tinted glasses

That's the spirit! That's the spirit.
That's belief in something greater that's at work somewhere within it
An inner strength of purpose that comes from God knows where
To rise above their challenges as if without a care
Such brave resolve you'd dearly wish that you could only mimic
That's the spirit.

Sometimes when you're just going through your daily routine chores
You think you sense a touch or sound and know it isn't yours
Don't shrug and reprimand yourself for wild imaginings
This world is full of wonders that includes these stranger things

That's the spirit! That's the spirit.
That's your loved-ones reaching back to let you know that they're still with it
Watching over you with love and all their spiritual support
To let you know you're not alone, that's what your senses caught
Don't think your mind is playing tricks, there's something real within it
That's the spirit.

Believe that you're a hero as you struggle through this life
To overcome your obstacles and rise above all strife
You're so much more than what you weigh or how you might appear
If you open up your heart and mind, the reason's very clear

That's the spirit! That's the spirit.
That's your inner personality and all the gifts within it
It's who you truly are and what you really share with others
What you built upon the legacy of your father and your mother
Each day's another chance to grow so rise up and begin it
That's the spirit.