

Lift the Weight: Struggles Make Us Strong

Every day we deal with problems, some really stressful stuff
If we meet these trials right, they can help to make us tough
Challenges can strengthen our character and heart
With courage we can face them, right from the start

Lift the weight, bear the burden, struggles make us strong
Good choices build good character, that will help push you along

The diamond can't be polished without some force and friction
Resistance builds the muscle, if we meet it with conviction
Laws and rules have reason, good comes from some restriction
Find that power you have within, starts with self-discipline

(Repeat Chorus)

Getting strong helps you earn respect
Your character lets you connect
Don't settle for just aimless drifting
Dig down deep, keep on lifting

(Repeat Chorus)

