

ONE DAY AT A TIME

THE JOY OF THE LORD

WHEN YOU FEEL YOU'RE FORSAKEN
AND NONE SEEM TO CARE,
DON'T BURY YOUR SOUL IN THE PIT OF DESPAIR -
THOUGH YOU'RE HURTING FROM WORDS
THAT HAVE CUT LIKE A SWORD,
REMEMBER THERE'S STRENGTH
IN THE JOY OF THE LORD.

IF YOUR SOUL IS IN DARKNESS
WITH NO HOPE IN SIGHT,
YOUR FATHER HAS PROMISED A SONG IN THE NIGHT
AND IF FEAR WRAPS ITSELF
ROUND YOUR HEART LIKE A CORD,
REMEMBER THERE'S STRENGTH
IN THE JOY OF THE LORD.

AND THOUGH YOU ARE LONGING
FOR FAMILY AND FRIEND,
AND YOUR HEART THAT IS BROKEN
REFUSES TO MEND -
YOU'LL HAVE IN THAT "DAY"
AN ETERNAL REWARD,

IF YOU'LL TAKE FOR YOUR
STRENGTH THE JOY OF THE LORD.