

Music: Aaron Parks
Lyrics: Nathalie Matthys

Praise

Going out for a stroll in Central Park
Breathing in every sense I can explore today:

Hearing birds change their tune to autumn song
Watching trees paint their leaves from green to red and gold
Rejuvenate my thoughts with new ideas

Time has come [to] get my head back in the game
Lock the past, save the key and turn the page
Thrilled and scared, but hopeful too I set out for home, filled with praise