

# One

## Simple Plan

We are the lost, the one's forgotten  
And this time the future is ours  
It's in our handsWe're the tear in your eyes  
We're the blood in your veins  
We're the beat of your heartWe're the sweat on your face  
We're the ones that you chase  
We're the promise that you madeWe're the voice in your head  
We're the lies that you said  
We're the kids that you pushed awayWe are  
We are the lost, the ones forgotten  
And this time the future is ours  
It's in our hands, we are oneWe're the pride of your lives  
We're the light shining deep in your eyesWe're the choice that you made  
We're the smile on your face  
When you sleep at nightWe're the best thing you had  
But you left us behind  
We're the kids that you pushed awayWe are  
We are the lost, the ones forgotten  
And this time the future is ours  
It's in our hands, we are oneWe're the pain that you feel  
We're the scars that don't heal  
We're the tear in your eyes  
We're the reason you cryWe're the voice in your head  
We're the lies that you said  
We're the best thing you had but you pushed us awayWe are the ones, the one's forgotten  
And this time the future is ours  
It's in our hands, we are  
We are the lost, the one's forgotten  
We've got nothing to lose, together we stand up tall  
We are one

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