The Training

Living Sacrifice

Broken down one by one
They'll take your pride and crush it
The fall that comes is real
By pure degradationAmputate, humiliate
Who can take this punishment?
Create something new
A warrior where there once was nothingDestroy the body and mind
Behold the spirit can survive
Destroy the body and mind
Today is a good day to dieBroken mind
Face down in the sand
Spirit, spirit
Rise, riseDestruction comes only once in a lifetime
Cannot be great in your mind
This is the time to say your last prayer
If you desire peace, then prepare for warDestroy the body and mind
Behold the spirit can survive
Destroy the body and mind
Today is a good day to dieDestroy the body and mind
Behold the spirit can survive
Destroy the body and mind
I am ready for mineBroken mind
Face down in the sand
Spirit, spirit
Rise, riseBroken mind
Face down in the sand
Spirit, spirit
Rise, risePrepare for war
Rise
Prepare for war and rise

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