

Catch Up With Us (Lyrics)

Hook

What it is what it was catch up with us

For the Kids lift lids catch up with Bus

Got ya all in check catch up with us

Killah Bees from above catch up with us

Verse 1

Heard it right here or maybe next year know it none the less how we bless checkin doubt from the gets

Weapons of our warfare are not worldly you heard me divine power crackin strongholds that test

Air... here all we are either life or death community energy never static dissin the unity

God at work within blunt spirit more than you and me

Workin what we got spiritual principality

Put it on G.O.D. God only knows how it goes Mother Earth what to do with theocracies

All about assembly reclaiming free markets Owl in government every mind Earth policies

Had to spell it out becuz we teachin civil liberties

Respect like the rest cuz they know surely know they on their knees

Welcome to the future birds eye remedies

Lovin from above mental Faculties

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Verse 2

Even for most vulnerable safe from the bull cuz we kickin truth watch it come to light

Pass the truth right it's a people's fight energy exchange for the peace out a sight

That's right Global message from within the meek

Gardens everywhere feedin people every week

Health and Art Centers 1 naturally leaps

Hurry up it's too important to bring smiles from your cheeks

Cuz when we're all gone the message will remain

Slept on Armageddon's bring it in from the rain

Perish if they snooze clearin drama heal the pain

Team Earth wins good news once again

Gratitude right now segment of the day

Considering the enemy Rap find a way

Take your peace back careful what we say

Spirit seeds the future another word is pray

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Outro:

"O.K." (echo)

"Shout out to everyone"

"Peace to Check Yourself Before You Wreck Yourself let's keep buildin"

"Let's all train to be Champions and wish others the same. Peace to Harmonic Ministries one earth peace"