

Rise Up

Jackson Rodeffer & Cheryl Anne Day-Swallow

March 23rd, 2022 10:45-12:00 worked out chord progressions

Thought process started March 9th, 2022. 10:40- 12:00

Cheryl anne 9:15-10:00 March 23rd, 2022 words.

Key of F 4/4 Time BPM 84

Zebra Guitar & Piano T/230 user 31 R/002 8 beat balled #1 L/warm pad089

V1, C, V2, C, V3, Cx2



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Jackson and I struggled with his song the first week. We prayed and talked about bible verses about Rising Up. But when we went to write the song, it just did not come, we made the statement that Metallica could have sang it. Was dark. It was not flowing like normal. Our whole new year is based on Rise Up !

Ephesians 5:13-21 (TLB)

¹³ But when you expose them, the light shines in upon their sin and shows it up, and when they see how wrong they really are, some of them may even become children of light!

¹⁴ That is why God says in the Scriptures, "Awake, O sleeper, and rise up from the dead; and Christ shall give you light."

¹⁵ So be careful how you act; these are difficult days. Don't be fools; be wise:

¹⁶ make the most of every opportunity you have for doing good.

¹⁷ Don't act thoughtlessly, but try to find out and do whatever the Lord wants you to.

¹⁸ Don't drink too much wine, for many evils lie along that path; be filled instead with the Holy Spirit and controlled by him.

¹⁹ Talk with each other much about the Lord, quoting psalms and hymns and singing sacred songs, making music in your hearts to the Lord.

²⁰ Always give thanks for everything to our God and Father in the name of our Lord Jesus Christ.

²¹ Honor Christ by submitting to each other.

Weeks later March 23rd cheryl anne prayed before Jackson got here and God gave me the words from what we talked about weeks before. I realized that Jackson and I are not dark people, that is why we were struggling with it.

Jackson liked the new lyrics so we took our time and worked on chord placement. And it was our first time using drums on key board. Which we did because we could not decide on using BPM of 80– 84. and so we finally went with 84 with the help of the keyboard built in drum sounds.