

**Are you in a Rut or in a Groove?**

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Are you in a rut, or in a groove?

Are you stuck, or ready to move

Get out of your seat, and in to the street

We've got things to do, and people to meet

There's a great big world out there

I do declare... I do declare.

Are you in a rut, or in a groove?

Are you still stuck, in front of that tube?

Have your dreams – gone to sleep

It's time to move, not time to weep

There's a great big world out there

I do declare... I do declare.

**BRIDGE**

It's time to rock, time to praise,

It's time to bop, it's time to pray

It's time to find out what God

Has got for you today.

**REPEAT VERSE 1**