

# Extol, Time Stands Still

[Music: C. Espevoll, Lyrics: C. Espevoll]

Temptation  
Temptation

Time stands still  
The whisper in my ear  
The spirit within  
A struggle destined to fail

Infested thoughts  
Spirit contracts  
Lust dominates  
Fallen once again

Frustration accumulates  
Anger towards the fraud of the world  
Anger towards the lack of self control  
Condemnation, immediate repentance

How much can You take?  
The disappointment of my deceit  
Pain  
Disobedience to Your will

Of my weaknesses I'm desperately aware  
Do I even dare  
To repent again?  
Why (would you) endure the pain?

Prisoner of filthy chains  
Unclean, unclean

Help me God  
Set me free