

Written by Marijohn Wilkin and Kris Kristofferson. It has been recorded by over 200 artists, Lena Martell's version reached number one in the UK Singles Charts.

## Lyrics

One day at a time, sweet Jesus  
Hmmm...

I'm only human, I'm just a man  
Help me believe in what I could be and all that I am  
Show me the stairway, I have to climb  
Lord for my sake, teach me to take, one day at a time  
One day at a time, sweet Jesus  
That's all I'm asking from you  
Just give me the strength to do every day  
What I have to do  
Yesterday's gone sweet Jesus  
Tomorrow may never be mine  
Lord help me today, show me the way  
One day at a time  
Do you remember, when you walked among men  
Oh Jesus you know, if you're looking below  
It's worse now than then  
Cheatin' and stealin', violence and crime  
So for my sake, teach me to take, one day at a time

One day at a time, sweet Jesus  
That's all I'm asking from you  
Just give me the strength to do every day  
What I have to do  
Yesterday's gone sweet Jesus  
Tomorrow may never be mine  
Lord help me today, show me the way  
One day at a time