Sacred Strain

5am cathedral, fluorescent stained glass
Empty sanctuary where the iron prayers last
While the world drowns in comfort's shallow grave
He seeks salvation that only strain can save

In the darkness, he is born
Steel confessional, barbell cross

Sacred strain, his morning mass
Sacred fire that burns the past
Sacred strain, his iron prayer
Every breath rewrites his name
In the fire of sacred pain

Hermit of the heavy weight
While others sleep, he consecrates
His breathing turns to liturgy
His darkness births the light within

In the darkness, he is born
Steel confessional, barbell cross

Sacred strain, his morning mass
Sacred fire that burns the past
Sacred strain, his iron prayer
Every tear rewrites his name
In the fire of sacred pain

Where flesh screams mercy, spirit commands more
He births the dark god he's dying for

Sacred strain, my morning mass
Sacred fire that burns the past
Sacred strain, my iron prayer
Every death rewrites my name
In the fire of sacred pain
Sacred strain… rising through the pain