

**One**  
**Simple Plan**

**Db-Ab-F#**

We are the ones The ones forgotten And this time  
The future is ours It s in our hands

Dd

We re the tear in your eyes

**Ab**

We re the blood in your veins

**F#**

We re the beat of your heart

We re the sweat on our face

We re the ones that you chases

We re the promise that you made

We re the voice in your head

We re the lies that you said

We re the kids that you pushed away

We are the ones  
The ones forgotten  
And this time  
The future is ours  
It s in our hands  
We are one

We re the pride of your lives  
We re the light shining deep in your eyes  
We re the choice that you made  
We re the smile on your face  
When you sleep at night  
We re the best thing you had  
But you left us behind  
We re the kids that you pushed away

We are the ones  
The ones forgotten  
And this time  
The future is ours  
It s in our hands  
We are one, one

We re the pain that you feel  
We re the scars that you heal  
We re the tears in your eyes  
We re the reason you cry  
We re the voice in your head  
We re the lies that you said

We re the best thing you had  
But you pushed us away

We are the ones  
The ones forgotten  
And this time  
The future is ours  
It s in our hands  
We are

We are the ones  
The ones forgotten  
And we ve got  
Nothing to lose  
Together we stand up tall  
We are one