

# Past Is Practice (feat. JJ Lawhorn)

## Bubba Sparxxx

i was talkin about the past the other night with my pops, he said son we all got regrets.  
All we can do is accept that its over, learn from it and move on.He said you got it all wrong,

you gotta move on  
you cant keep swinging that saddle son  
you have to fight the urge to reminisce  
you can push rewind in your mind  
It aint nothin but a waste of time  
todays the day you get past this  
cause the past is practise  
Another long night down in Ga  
watchin my whole life replay  
under my eyelids  
everything i did still rides with me these days  
how could i let her love go  
how could i let my life get this out of hand, im talkin bout the man  
this is right here where i sit  
I was raised on deep southern values  
Life treats you just how you treat life  
You better think twice  
but if you blink twice it goes on without you (bye bye)  
im stuck here living in circles  
somehow gotta turn it to a straight line  
I know everything worth having takes time  
but if patience is a vurtue it aint mine  
I aint ever been concerned about tomorow  
but yesterday visits me nightly  
at the bottom of a glass  
just waitin on my ass to tell me what might be  
had i cut it out sooner  
or had i held on longer  
Then i heard a voice in my ear  
It said past is practice, it makes you stronger  
He said you got it all wrong, you gotta move on  
you cant keep swinging that saddle son  
you have to fight the urge to reminisce  
you can push rewind in your mind  
It aint nothin but a waste of time  
todays the day you get past this  
cause the past is practiseI see know, the blessings the lesson  
whats that saying?, whats that expression?  
Yesterday is history, tomorows a mystery  
today is a gift, thats why its called the present

I know that sounds so good when your saying it to somebody else  
But when its your turn and your heart hurts,  
it aint really a whole lotta help (nope)  
But its like my pops says, everybodys got regrets i guess  
Try as you might,cry and fight it  
that aint gonna change it so i stress  
But we can change tommorow with a well played today  
The lights are on and life goes on  
Until it dont, watya say JJ?He said you got it all wrong, you gotta move on  
you cant keep swinging that saddle son  
you have to fight the urge to reminisce  
you can push rewind in your mind  
It aint nothin but a waste of time  
todays the day you get past this  
cause the past is practiseI mean the fact is, there is no finer way to waste time then to be caught  
up obsessin about the past. Its gone, its gone forever, move on, love todayHe said you got it all  
wrong, you gotta move on  
you cant keep swinging that saddle son  
you have to fight the urge to reminisce  
you can push rewind in your mind  
It aint nothin but a waste of time  
todays the day you get past this  
cause the past is practise

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