

把握今天

Seize the Day

詞、曲：林婉容

English lyrics: Steven Ngai

♩=124 堅定、宣告地

D A/D Bm/D F#m/D G/D

1=D 4/4 3 3 - 1 2 | 3 2 2 2 - | 3 3 - 3 5 | 3 2 1 1 - | 6 7 1 1 4 |

昨天已成過去， 明天尚未來臨， 為著擁有
Yes-ter - day is his-to-ry; Don't know 'bout to-mor - row — While I've got to-

5 D G/D A Em D/F# D/B

5. 1 1 - | 6. 1 1 3 | 2 - - - | 4 3 4 4 5 | 3 2 2 2 1 2 | 3. 2 2 5 1 |

今天， 我感謝你。 每天你賜給我一個新的開始，
day, I'll give thanks to You. Each new day You give me is a pre-sent a-new,

11 G Em D/F# G Asus4 A D

1 - - - | 4 3 1 1 - | 0 6 1 1 6 5 | 5 - - - | 5 - - 3 4 || 5 5 5 5 1 2 |

教導我 把握珍惜。 向昨天的懊悔說
Pre-cious time to seize and use! The re-grets of yes - ter-day,

17 A/C# Bm Bm7/A G A

2 - 3 2 1 | 1 - - 0 | 0 0 0 1 1 | 6 6 6 6 3 2 | 2 - 1 6 5 |

「讓你走」。 向明天的憂慮說「我放
I give up; And to-mor-row's fears and cares, I lift

22 D D7 G A F#

5 - - 0 | 0 0 0 1 1 | 6 6 6 5 5 | 5 2 2 - 4 3 | 3 - 7. 1 |

手]！ 活著一天就是恩典， 就要稱謝，
up! By Your grace I'll live my days, And sing Your praise

27 Bm Em A Dsus4 D

1 - - 2 3 | 4 3 4 4 5 6 | 5. 5 4. 3 3 1 | 2 1 1 1 - | 1 - - - |

用無數的今天織成最美好的永遠。
And the days and days will be-come a beau-ty e - ter - nal.