RESET

A PonderingLife FLOW Song

Contemporary Christian / Americana Rock Anthem

Theme: Reset as required. Stay aligned. Abide in FLOW.

Verse 1

I was driving too fast, drifting and out of touch
Chasing green lights but running to reds all too much
Then I heard a still voice underneath all the noise
“Come back to the Source, come remember your choice”

I don’t need more chaos dressed up like control
I don’t need old lies trying to steer my soul
So I take one breath, let the striving go
Turn my heart back home, let the living water flow

Pre-Chorus

When my mind starts racing
And my heart gets tight
I don’t have to spiral
I can step back into light

Chorus

I RESET, I return
Cancel, cancel every wrong
I evaluate what’s working
Removing the trash all day long

Settle heart, simplify thought
Breathe, believe what I sought

I energize my body, clear my mind
Then trust the way, no doubt I'll find

Reset as required
Aligned to right
Abide in FLOW
Goal in my sight

Verse 2

Return to the reason, remember my why
Positive truth over internal lies
I speak life on purpose, I guard what I need
Not every thought gets permission to lead

Evaluate the flow, remove the trash
Fix what broken, learn from the dash
Kaizen keeps improving, one step at a time
Small faithful changes make the crooked align

Pre-Chorus 2

When the gears are grinding
And the wheels are sliding
Don't over correct

God, help me reset

Chorus

RESET, return
Cancel, cancel every wrong
I evaluate what's working
Removing the trash all day long

Settle heart, simplify thought
Breathe, believe what I sought

I energize my body, clear my mind
Then trust the way, no doubt I'll find

Reset as required
Aligned to right
Abide in FLOW
Goal in my sight

Bridge

R — Return to purpose
E — Evaluate the way
S — Settle and simplify
E — Energize for the day
T — Trust the process
Trust the people You provide
When I'm rooted in the Source
Living water flows inside

Rivers in the desert
Peace inside the fight
Focused yet relaxed
Walking in Your light

Breakdown / Spoken or Chant Section

Cancel, cancel the false fear
Cancel, cancel the rotten game
Cancel, cancel the oversteer
That tries to wreck all that's dear

I'm not driven by panic
Not ruled by mistaken past
I am anchored in positive purpose
Built on greatness what'll last

Final Chorus

RESET, return
Cancel, cancel every wrong
I evaluate what’s working
Removing the trash all day long

Settle heart, simplify thought
Breathe, believe what I sought

I energize my body, clear my mind
Then trust the way, no doubt I'll find

Reset as required
Aligned to right
Abide in FLOW
Goal in my sight

Outro

Reset as required
Stay aligned
Abide in FLOW

All systems go

Reset as required
Stay aligned
Abide in FLOW

All systems go

For God's great glory
For greater impact
From the Source
Let the Mighty flow

Suggested Music Style Prompt

Modern Christian Americana rock anthem with heartfelt male vocal, steady driving drums, acoustic guitar, warm electric guitar swells, subtle organ/pad textures, and a big uplifting chorus. Similar emotional lane to Third Day, Zach Williams, Brandon Lake, and Eric Church. Reflective verses, powerful chorus, inspirational bridge, faith-centered but practical leadership energy. Theme of resetting, returning to purpose, canceling negative thoughts, simplifying, trusting God, and abiding in FLOW.