

# 3 Steps and a Bounce

Words by Susan Mack  
Music by Carey Loomis  
Arranged by The Solo Committee

## Chorus

Three steps and a bounce is a way I can pray,  
A way I get quiet so I hear what God will say.  
It's a way I shut the door on anything not good.  
It's a way I tell God thank you, just like Jesus would.

## Verse 1

The first step I take is not to fear;  
And I know the reason is that God is always here.  
Nothing in God's allness is scary, mean or bad.  
My Mind is God, peaceful thoughts are all I have.

## Verse 2

The next thing I do is say a great big "NO!"  
A 'no' to any thought that says God's allness isn't so—  
To accident or jealousy, to anger, pain, or doubt.  
I have God's power to shut all error out.

## Chorus

## Verse 3

The third step I take is to listen and agree  
With all God's angel thoughts, coming straight to me.  
They tell me I'm safe, I'm sinless, pure and whole.  
They tell me that God loves me, that God "restores my soul."

## Chorus

## Verse 4

And now my favorite part, because it makes me smile—  
I get to jump for joy because I'm perfect all the while.  
Gratitude and joy help me know my healing's here.  
My thoughts are lifted up because I am God's cheer.

## Chorus