

NATHAN
LONG



PROGRESS



1. If You Love Me

Now listen closely, boys
it's been a good three years
and when I look at your faces,
I hate to say the end is near.
I'm going up now
to make a place for you
and it's a hard road there
so the Spirit will come to guide you

This is a tough world, boys
they sure have hated Me
and it's gonna be the same for you
if you're living faithfully
But I'm giving everything
so you can be redeemed
and all these words of life
have come to you with suffering

(Partial chorus)

When you talk about faith and works,
you get it all mixed up;
I'd rather tell you all about faith and love.
Cause when you hear My voice
it ought to sound so sweet
that you would leave your life behind
to follow Me

So if you love Me, do what I say;
if you don't follow the Shepherd
you're gonna lose the way
If you love Me, do what I say
then every step you take
will be a step of faith

Don't think these things you do
can save you
it's not your works that make you
but it's a sign of life
It's by your love they'll know you
and all along I've showed you
I've showed you how to live right
I'm leaving you with all this
to be a witness, and to pass it on

how will they know that I'm true
if they don't see you shining strong?

(Chorus)

2. Love Picture

This is not the picture
You wanted love to be
if she smiles that way for everyone,
she cannot smile for me
Love is a secret; be careful who you tell
Love is not a product you can buy and sell
oh, and it's just as well
if it costs you your whole life

But I see something beautiful...
I see something beautiful...

This is not the picture
You wanted love to be
but they cut the heart right out of love
and made pornography
Daddies don't love their babies,
babies grow up confused
they don't know how to love;
they only know how to use
oh, it's so true
but we can't pass all the blame

But I see something beautiful...
I see something beautiful...

Husbands, love your wives
as Christ gave His life...

He gives, she receives
He protects, she believes
He gives, she receives
He protects, she believes...
she believes...

This is not the picture
You wanted love to be
There's a steady stream of broken hearts
and broken promises

But Love is a mystery, Love never dies
Love stands alone and looks you
straight in the eyes
and when you see those eyes...
there's nothing left to say.

3. Progress

Maybe they started out counting sheep
Maybe they started counting stones
One thing I'll tell you 'bout
those human beings
is they never could leave
well enough alone
One day it's telescopes and catapults
Next thing it's microscopes and guns
What's the use of climbing up the
mountain if you only wind up
staring at the sun?

Everything gets better all the time
Everything gets better all the time
Sleeker, smaller, newer, taller
faster, cleaner, safer, leaner
Everything gets better all the time

Look at the work of Michelangelo
and tell me if we've come so far
One hundred eighty years
since Beethoven died,
I can barely even play on this guitar
Are we getting closer to perfection?
Do we still have anything to say?
Are we improving our expression
while our souls are getting smaller
every day?

Everything gets better all the time
Everything gets better all the time
Sleeker, smaller, newer, taller
faster, cleaner, safer, leaner
Everything gets better all the time

Oh, everything gets better all the time
Look around: the world's contracted;
every day we're more distracted

Everything gets better all the time
Everything gets better all the time...

One day it's telescopes and catapults
Next thing it's microscopes and guns

4. The Cup

Take this cup, each of you
My good friends
As you drink, remember Me
remember this:

It is for your pardon
and it is from My heart
and though you will not see Me
we will never part

Greater love has no man
than to lay down his life to save his friends
and I love you...
Take this cup and drink.

Take and eat; what I have,
I freely give
Eat my flesh, drink My blood
that you may live

I have washed your spirits
and I have washed your feet
you must love as I have
if you would follow Me

(Chorus)

And in the years to come
you will learn this love
that gives until it bleeds
And you will lose it all
but you will have it all
because My blood is all you need

It is for your pardon
and it is from My heart
and though you will not see Me
we will never part

(Chorus)

Take this cup, each of you
My good friends
As you drink, remember Me...
remember Me.

5. Psalm 46

God is our refuge
our help in trouble
We will not fear,
although the earth should shake
and the mountains give way

He is our refuge
our God is always at hand
we will not fear;
although the oceans should roar,
we will trust in the Lord

Strong nations tremble
at His command
Though heaven and earth pass away
the Lord Almighty stands

There is a river
that flows in the city of God
there by that river
His people never must fear;
their Defender is near

Come see His triumph
how war and fighting shall end
God breaks all weapons,
His city never can fall;
He is God over all

(Chorus)

Be still and know that He is God...
He is God!

(Chorus)

6. Miracle Boy

The idea the Messiah would
come here this way
must've sounded like sacrilege
like being born in a gas station bathroom
or under an interstate bridge
Even cruel King Herod, the puppet of Rome
had a pile of silk sheets for his bed
but the King of all kings
drew His first breath of air
in a dirty old animal shed

Cry, oh cry, our infant King
Open Your mouth up
and let Your voice ring
Cry for Your people in sorrow and joy...
Welcome to Earth, little miracle boy

Well the fire had gone out
and the moon stood high
when the shepherds
got word from the Lord
When an army of angels
split open the night
with their voices instead of their swords
It was good news to them
when they opened their eyes -
then the glory of God shone around
when the angels were gone,
they all threw down their staffs
and they ran all the way into town

(Chorus)

And they said You would be
a man of sorrows
and they said You would bear our pain
and the sun will rise up
on the world tomorrow
but tonight You are here,
and the stable's a temple
and the old things are passing away...

(Chorus)

PRODUCTION

produced, engineered, edited, & mixed by Stephen Gause
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additional engineering by Ben Phillips

recorded at Invertigo Productions & Bletchley Park - Nashville, TN

mixed at Invertigo Productions

mastered by Mayfield Mastering - Nashville, TN

PLAYERS

Nathan Long - vocals, background vocals, acoustic guitars, harmonica

Elizabeth Long - background vocals

Ben Phillips - drums, percussion

Aaron Sands - bass guitar

Mike Payne - electric guitars

Matt Stanfield - piano, organ, rhodes, keys

Tom Yarbrough - accordion, mandolin, high strung guitar

Stephen Gause - background vocals

Bill the Plant - background vocals

DESIGN

Original cover art by Chris Koelle - christopherkoelle.com

All other packaging design by Nathan Long

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THANKS

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