One Day at a Time
As performed by Kris Kristofferson
Transcribed by Dan Nicholas
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C       G7
I'm only human I'm just a man

Help me believe in what I could be
C
And all that I am
C7       F
Show me the stairway I have to climb
C       G7
Lord for my sake help me to take
C
One day at a time

Cho...
C7       F
One day at a time sweet Jesus
C
That's all I'm asking from You
G
Just give me the strength to do ev'ryday
C
What I have to do
C7       F
Yesterday's gone sweet Jesus
D       C
And tomorrow may never be mine
G7
Lord help me today show me the way
C
One day at a time

C       G7
Do you remember when you walked among men
F
Well Jesus you know it's worse now than then
C7       F
Pushin' and shovin' crowding my mind
C       G7
So for my sake, teach me to take
C
One day at a time
Female Version

G              D7
I'm only human I'm just a woman

G
Help me believe in what I could be and all that I am

G7              C
Show me the stairway I have to climb

G               D7                G
Lord for my sake help me to take one day at a time

G7              C
One day at a time sweet Jesus that's all I'm asking from You

D7
Just give me the strength to do ev'ryday what I have to do

G7              C
Yesterday's gone sweet Jesus and tomorrow may never be mine

D7              G
Lord help me today show me the way one day at a time

D7
Do you remember when you walked among men

G
Well Jesus you know if you're looking below it's worse now than then

G7              C
Pushin' and shovin' crowding my mind

G               D7                G
So for my sake teach me to take One day at a time

G7              C
One day at a time sweet Jesus that's all I'm asking from You

D7
Just give me the strength to do ev'ryday what I have to do

G7              C
Yesterday's gone sweet Jesus and tomorrow may never be mine

D7              G
Lord help me today show me the way one day at a time