

# MC Just - "Spiritual High"

*I get so high/higher than the clouds in the sky/when I close eyes/ dialoguing with God/ I get spiritually high/raising up my heart and my mind/I get high*

I dig deep into my brain/I meditate/with a silent heart/I talk to God and Listen/before a crucifix/in the closet/lights off with candles sparking/burning incense/within the darkness/feeling like heaven/got a spiritual high/feeling blessed/it's the same thing I feel when I'm done confessing/feeling brand new again and again/just repenting/giving all that I am to my best friend/Christ Jesus/ conversating with him/while I'm kneeling/it's like another world and I feel the realness/it's like paradise/here on earth/mad nice/healing my hurt is Christ/as I'm seeing the light/disperse in red and white/divine mercy/his heart opens up and nourishes me/I get spiritually high/higher than the tallest building piercing the sky/when I reconcile/with God/I believe I can fly/in a state of ecstasy/from Adoration/ whether when I'm praising or in the closet praying/it's amazing/ like star gazing/it's like a trip to the moon/without a spaceship/just bodily floating/with my eyes closed/still kneeling down but it feels powerful/like and out of body experience/I'm telling you it's mysterious/Dialoguing with the one true Imperious/pure spirit/and divine/get's me higher than all drugs combined/the peaks get higher and higher/ every single time/when I'm in the holy temple/and when I rhyme/I see the universe/when I close my eyes/I drift off/and let God take my mind/my thoughts, my heart Lord you can have it all/

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The feelings get stronger/it's like I'm me no longer/I just received the Eucharist/I'm one with the Father, The son, the Holy Spirit/the help of perseverance/when I'm on this journey/feeling the way I'm feeling/I'll be the vehicle God can do the steering/the all seeing/all knowing /here I am fearing/higher than the constellations/in a spiritual sense/miracle interference with my flesh/like being raised from the dead/living off the wine slash blood/body slash bread/for Christ is the high of all highs/heaven sent/he is the Amen/caring for my soul/love 100%/I get High/throw, my hands to the sky/chin up/el-shaddia, my nourishment/my supply/intoxicated by God/his presence brings me to the stars/Emmanuel/yo he Aint so far/heavens closer than you think/go to Mass there you are/God's with you/when you receive him/and believe him/I know this because I feel it and experience him/I feel the high/with goose bumps on my skin/feeling renewed/the high starts from within you/when your body starts to tingle/commingle of human and spiritual feelings/like faith healing/revealing the truth/of God/ reaching for the stars/really A'int that hard/close your eyes/make the sign of the cross and take off

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## **HW:**

1. What do you think the artist means by getting "spiritually high" in this song?
2. Choose one or two (or three, etc.) sets of lyrics and reflect upon them. What do you think they mean? How does it relate to the Eucharist and the Mass?