

# Your Heart Is A Muscle (The Size of a Fist)

*by Tracy Spring*

*Piano Arrangement by Karen FitzGerald*

*Arranged for  
Tenor/Bass Choirs (TTBB)*



*Whitebark Press  
Bellingham, WA*

**Your Heart Is a Muscle (the Size of a Fist) ©2019 Tracy Spring**

**Available Arrangements:**

**SATB**

**SAA**

**TTBB**

**Simple 2-Part**

**All rights reserved. International Copyright Secured. No part of this music may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems without permission in writing from the publishers.**

**For permission in writing, email [AziZSpring@aol.com](mailto:AziZSpring@aol.com) with the requested number of copies.**

**As your budget allows, please consider making a donation by paypal or check to the P.O.B. below.**

**Recordings and youtubes of your choir's performances are much appreciated! Please email links to: [AziZSpring@aol.com](mailto:AziZSpring@aol.com).**

**Visit the *Music In The Community* tab at [TracySpring.com](http://TracySpring.com) for more information and updates about the Songs of Hope and Humanity project!**

**Privately published by Whitebark Press; Bellingham, WA  
Printed in the United States of America**

**Tracy Spring  
P.O. Box 4230  
Bellingham, WA 98227**

**[www.TracySpring.com](http://www.TracySpring.com)**

# Your Heart Is A Muscle (the Size of a Fist!)

Written and Arranged by Tracy Spring

Piano Arr. by Karen Fitzgerald

$\text{♩} = 140$  *With Conviction*

Tenor 1 *mf*  
Your heart is a mus-cle the size

Tenor 2 *mf*  
Your heart is a mus-cle the size

Baritone *mf*  
Your heart is a mus-cle the size

Bass *mf*  
Your heart is a mus-cle the size

Piano *mf*  
Dm7 C/E F Gsus4 G C

T 1 *f* *mf*  
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

T 2 *f*  
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

B1 *f* *mf*  
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

B2 *f* *mf*  
— of a fist. Beat strong, per-sist! Where there's in - jus - tice, re - sist! Your

Pno. *f* *mf*  
6 F/C C F/C C F/C G C F/C C

# Your Heart Is A Muscle (the Size of a Fist!)

11 *f*  
 T 1 heart is a mus-cle \_\_\_\_\_ the size of a fist! \_\_\_\_\_

8 *mf*  
 T 2 heart is a mus-cle \_\_\_\_\_ the size of a fist! \_\_\_\_\_

B1 heart is a mus-cle \_\_\_\_\_ the size of a fist! \_\_\_\_\_ 1.Dark - ness \_\_\_\_\_ *mf*

B2 heart is a mus-cle \_\_\_\_\_ the size of a fist! \_\_\_\_\_ 1.Dark - ness \_\_\_\_\_ *mf*

Pno. *mp*  
 11 F/C C F G C G m/C

17 *mf* *ff*  
 T 1 \_\_\_\_\_ On - ly light! \_\_\_\_\_ On - ly light!

8 *f*  
 T 2 \_\_\_\_\_ On - ly light! \_\_\_\_\_ On - ly light!

B1 \_\_\_\_\_ can-not drive out dark - ness. Oh, light! \_\_\_\_\_ On - ly light! *f*

B2 \_\_\_\_\_ can-not drive out dark - ness. Oh, light! \_\_\_\_\_ On - ly light! *f*

Pno. *mf*  
 17 F/C C F/C C C F/C C

# Your Heart Is A Muscle (the Size of a Fist!)

23 *f* *mf*

T 1 Speak this truth, truth to pow - er! Where there's

T 2 *mf* *f* Speak this truth, truth to pow - er! Where there's

B1 *mf* Speak this truth, truth to pow - er! Where there's

B2 *mf* Speak this truth, truth to pow - er! Where there's

Pno. *Gm/C* *F/C* *Dm7* *cresc.*

29 *ff* *ff* *f* *ff*

T 1 dark - ness, shine your light! Your heart is a mus-cle the size \_\_\_ of a fist. Beat strong,

T 2 *f* *ff* dark - ness, shine your light! Your heart is a mus-cle the size \_\_\_ of a fist. Beat strong,

B1 *f* *f* dark - ness, shine your light! Your heart is a mus-cle the size \_\_\_ of a fist. Beat strong,

B2 *f* *f* dark - ness, shine your light! Your heart is a mus-cle the size \_\_\_ of a fist. Beat strong,

Pno. *C/E* *F* *G sus4* *G* *C* *f* *F/C* *C* *F/C* *C*

## Your Heart Is A Muscle (the Size of a Fist!)

35 *ff* *f*

T 1  
8 per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle \_\_\_\_\_ the size of a

T 2  
8 per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle \_\_\_\_\_ the size of a

B1  
8 per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle \_\_\_\_\_ the size of a

B2  
8 per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle \_\_\_\_\_ the size of a

Pno. 35 F/C G C F/C C F/C C F G

41 *mf* *mf* *mf* *mf*

T 1  
8 fist! \_\_\_\_\_ 2.Ha - tred \_\_\_\_\_ can-not drive out ha - tred.

T 2  
8 fist! \_\_\_\_\_ 2.Ha - tred \_\_\_\_\_ can-not drive out ha - tred.

B1  
8 fist! \_\_\_\_\_ Ah \_\_\_\_\_ Ah \_\_\_\_\_

B2  
8 fist! \_\_\_\_\_ Ah \_\_\_\_\_ Ah \_\_\_\_\_

Pno. 41 C G m/C F/C *mp*

# Your Heart Is A Muscle (the Size of a Fist!)

47

T 1 *f* *ff*  
 Oh, love! On - ly love! Speak this truth,

T 2 *f*  
 Oh, love! On - ly love! Speak this truth,

B1 *f*  
 On - ly love! On - ly love! Speak this truth,

B2 *f*  
 On - ly love! On - ly love! Speak this truth,

Pno. *mf*  
 C F/C C C F/C C G m/C

53

T 1 *f* *ff*  
 truth to pow - er! Where there's ha - red, show your love! Your heart is a mus-cle the size

T 2 *f*  
 truth to pow - er! Where there's ha - red, show your love! Your heart is a mus-cle the size

B1 *f*  
 truth to pow - er! Where there's ha - red, show your love! Your heart is a mus-cle the size

B2 *ff* *f*  
 truth to pow - er! Where there's ha - red, show your love! Your heart is a mus-cle the size

Pno. *cresc.* *f*  
 F/C C F/C Dm7 C/E F Gsus4 G C

# Your Heart Is A Muscle (the Size of a Fist!)

60

T 1 *f* *ff* *f* *ff*  
 8 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

T 2 *ff* *f* *ff*  
 8 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

B1 *ff* *f*  
 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

B2  
 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

Pno. 60 F/C C F/C C F/C G C F/C C F/C C  
 — of a fist. Beat strong, per-sist! Where there's in - jus - tice, re-sist! Your heart is a mus-cle

66

T 1 *mf*  
 8 — the size of a fist! 3.No - one's free 'til

T 2 *mf*  
 8 — the size of a fist! 3.No - one's free 'til

B1 *mf*  
 — the size of a fist! 3.No - one's free 'til

B2 *mf*  
 — the size of a fist! 3.No - one's free 'til

Pno. 66 F G C G m/C *mp*  
 — the size of a fist! 3.No - one's free 'til



# Your Heart Is A Muscle (the Size of a Fist!)

72 *f*

T 1  
8 all are free! Us and them. You and me! Speak this truth,

T 2  
8 all are free! Us and them. You and me! Speak this truth,

B1  
8 all are free! Us and them. You and me! Speak this truth,

B2  
8 all are free! Us and them. You and me! Speak this truth,

Pno.  
72 *mf*

F/C C F/C C C F/C C G m/C

79 *ff*

T 1  
8 truth to pow - er! Where there's suf - fer - ing,

T 2  
8 truth to pow - er! Where there's suf - fer - ing,

B1  
8 truth to pow - er! Where there's suf - fer - ing,

B2  
8 truth to pow - er! Where there's suf - fer - ing,

Pno.  
79 *cresc.*

F/C C F/C D m7 C/E

# Your Heart Is A Muscle (the Size of a Fist!)

84

T 1 *ff* stand as one! Our hearts are a mus-cle the size \_\_\_ of a fist. Beat *f* strong,

T 2 *f* stand as one! Our hearts are a mus-cle the size \_\_\_ of a fist. Beat *ff* strong,

B1 *f* stand as one! Our hearts are a mus-cle the size \_\_\_ of a fist. Beat strong,

B2 *f* stand as one! Our hearts are a mus-cle the size \_\_\_ of a fist. Beat strong,

Pno. *F* *G sus4* *G* *C*

89

T 1 *ff* per-sist! Where there's in - jus - tice, re - sist! Your heart is a mus-cle \_\_\_ the size of a

T 2 *f* per-sist! Where there's in - jus - tice, re - sist! Your heart is a mus-cle \_\_\_ the size of a

B1 *ff* per-sist! Where there's in - jus - tice, re - sist! Your heart is a mus-cle \_\_\_ the size of a

B2 *f* per-sist! Where there's in - jus - tice, re - sist! Your heart is a mus-cle \_\_\_ the size of a

Pno. *C* *C* *F* *G*

# Your Heart Is A Muscle (the Size of a Fist!)

95 *f*

T 1 fist! Be strong, right the wrong.

T 2 fist! Be strong, right the wrong.

B1 fist! Be strong, right the wrong.

B2 fist! Be strong, right the wrong.

Pno. *mf* C G/C Bb/C F/C

101 *ff*

T 1 hold on, hold on! Be strong,

T 2 hold on, hold on! Be strong,

B1 hold on, hold on! Be strong,

B2 hold on, hold on! Be strong,

Pno. *cresc.* *f* Ab/C Eb G C G/C

# Your Heart Is A Muscle (the Size of a Fist!)

107

T 1  
8 right the wrong. hold on, hold on!

T 2  
8 right the wrong. hold on, hold on!

B1  
*ff*  
right the wrong. hold on, hold on!

B2  
*ff*  
right the wrong. hold on, hold on!

Pno.  
107 B $\flat$ /C F/C A $\flat$ /C E $\flat$  G

113

T 1  
8 *ff* Be strong, right the wrong, hold on,

T 2  
8 *ff* Be strong, right the wrong, hold on,

B1  
*ff*  
Be strong, right the wrong, hold on,

B2  
*ff*  
Be strong, right the wrong, hold on,

Pno.  
113 C G/C B $\flat$ /C F/C A $\flat$ /C E $\flat$

# Your Heart Is A Muscle (the Size of a Fist!)

118

T 1 *fff*  
8 hold on! Be strong, right the wrong,

T 2 *fff*  
8 hold on! Be strong, right the wrong,

B1 *fff*  
hold on! Be strong, right the wrong,

B2 *fff*  
hold on! Be strong, right the wrong,

Pno. *cresc.* *ff*  
118 G C G/C B $\flat$ /C F/C

124

T 1 *rit.* *ff a tempo*  
8 hold on, hold on! Your heart is a mus-cle the size

T 2 *ff*  
8 hold on, hold on! Your heart is a mus-cle the size

B1 *ff*  
hold on, hold on! Your heart is a mus-cle the size

B2 *rit.* *ff a tempo*  
hold on, hold on! Your heart is a mus-cle the size

Pno. *cresc.* *f*  
124 A $\flat$ /C E $\flat$  G Gsus4 G C

Your Heart Is A Muscle (the Size of a Fist!)

130

T 1  
8 — of a fist. Beat strong, per - sist! Where there's in - jus - tice, re - sist! Your

T 2  
8 — of a fist. Beat strong, per - sist! Where there's in - jus - tice, re - sist! Your

B1  
— of a fist. Beat strong, per - sist! Where there's in - jus - tice, re - sist! Your

B2  
— of a fist. Beat strong, per - sist! Where there's in - jus - tice, re - sist! Your

Pno.  
130 F/C C F/C C F/C G C F/C C

135

T 1  
8 heart is a mus-cle — the size of a fist! —

T 2  
8 heart is a mus-cle — the size of a fist! —

B1  
heart is a mus-cle — the size of a fist! —

B2  
heart is a mus-cle — the size of a fist! —

Pno.  
135 F/C C F G C  
cresc. ff

## ***About this piece and Tracy Spring's Songs of Hope and Humanity project...***

*"Your Heart Is a Muscle (the Size of a Fist)" was composed by Tracy Spring in 2018, inspired by Sunil Yapa's book of the same title (SunilYapa.com) and memorable words of Martin Luther King, Jr.*

*It is part of her "Songs of Hope and Humanity Project," choral arrangements of songs written by Tracy or her late partner, TR Ritchie (TRRitchie.com). She is arranging these songs for performances with philanthropic organizations, community choirs and progressive church services.*

*Each piece will be arranged for SATB, Soprano/Alto, Tenor/Bass and beginning range choirs, and all carry a positive message about the power of human beings working together to create harmony.*

## ***About Karen FitzGerald, composer-pianist...***

*Tracy is thrilled to collaborate on this project with composer-pianist Karen FitzGerald. Karen's solo piano compositions range from delicate and soothing to passionate and soul-stirring, evoking the beauty of nature, the subtle shades of human emotion and a longing for spiritual wholeness. Karen also brings to the project a lifetime of choral singing, arranging and directing, blessing numerous singer-songwriters and vocal groups with her unique piano style. For more about Karen's work, please visit [www.KarenFitzGerald.com](http://www.KarenFitzGerald.com).*

