

= Unbreakable (Fireflight song) =

" Unbreakable " is a song by Christian rock band Fireflight from their second album , Unbreakable . It was released in November 2007 as the album 's lead single , receiving television promotion on the NBC network that month . The song soon became popular on Christian rock radio , charting at number one in February 2008 . It was 2008 's 14th most played song of the year on Christian contemporary hit radio .

The song is about having triumph and victory over past circumstances and has been described as " anthemic " . The theme of " Unbreakable " was partially inspired by a fan 's question asked on MySpace . It received generally positive reviews from critics and was GMA Dove Award @-@ nominated in 2009 for Rock / Contemporary Song of the Year .

= = Background = =

The band 's style and theme changed between their debut album , The Healing of Harms (2006) , and Unbreakable . The first album was thematically based on " trying to fight your way through circumstances " , while Fireflight 's second project has a theme of triumph and being " [victorious] over the things that used to control you " . According to the band members , the song " Unbreakable " represents that change between the two albums : " now it 's about finding power in your life " , said bassist Wendy Drennen .

= = Music and lyrics = =

The song is carried by an " anthemic " sound and the " riveting vocals " of lead vocalist Dawn Michele . Bassist Wendy Drennen said that " Unbreakable " was about " overcoming a defeated mentality and finding the power to remain strong amid the landscape , not allowing fear to hold us back from having victory over the things that used to control us " . It is also lyrically based on the Biblical account of Jesus and the woman taken in adultery ; the song 's first line states , " Where are the people that accused me ? " Richardson said , " The people in charge were ready to kill her , and Jesus speaks up for her , changes their minds and makes them feel ashamed for accusing her ... She knows she ? s guilty , and yet she ? s suddenly free and given a second chance . "

= = Release and promotion = =

" Unbreakable " was featured on the promotional soundtrack for NBC 's television show Bionic Woman during November 2007 . On November 6 , the song was officially released as the lead single from Fireflight 's second album , Unbreakable . In the beginning of February 2008 , it placed at number one on R & R 's Christian rock format , becoming the band 's third number one single on Christian rock radio . It held the position for at least three weeks , and also charted at number 14 on R & R 's Christian contemporary hit radio (CHR) chart ; it was the most @-@ added song of the week on the CHR format in mid February . It reached a peak position on the Billboard Hot Christian Songs chart of number 20 in early April .

At the end of 2008 " Unbreakable " was the 14th most @-@ played song of the year on Christian contemporary hit radio . In February 2009 , it received a GMA Dove Award nomination for Rock / Contemporary Song of the Year .

= = = Reception = = =

The song was generally received well by critics . Jesus Freak Hideout editor John DiBiase called it a " powerful anthem " and said that the opening track was " merely the tip of the iceberg " for the album 's quality among the other tracks . Bob Felberg of The Phantom Tollbooth was favorable towards the song , saying , " ' Unbreakable ' ... is one of the strongest Christian rock songs in a long time , both in music and lyrics " , and that it featured " a slinky @-@ like guitar and strings

interacting before slamming rhythms blow your hair straight back " . In response to " Unbreakable " being featured on NBC 's Bionic Woman , The Phantom Tollbooth 's second reviewer Bert Saraco said , " Mainstream attention is a wonderful thing , of course , but often signals a necessarily generic element to a project that sometimes sends out danger signals as to its artistic or creative potential . " Tony Cummings of Cross Rhythms magazine said that the song was " excellent " .

= = Music video = =

The song 's music video premiered on the Gospel Music Channel on March 29 , 2008 . The video primarily shows the band performing in a building with dark lighting , but also depicts three people in their separate difficulties . The first is a man who was involved in a car wreck . Next shown is a woman who has suffered hair loss from chemotherapy cancer treatment , and the third individual is a teenage girl who struggles with bulimia nervosa . At the end of the song , all three have a more relaxed countenance .

= = Charts = =

= = Awards = =

The song was nominated for a Dove Award for Rock / Contemporary Recorded Song of the Year at the 40th GMA Dove Awards .