

You Raise Me Up

[Aled Jones](#)

When I am down and oh my soul so weary
When troubles come and my heart burdened be
And I am still and wait here in the silence
Until you come and sit a while with me You raise me up so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be There is no life, no life without its hunger
Each restless heart beats so imperfectly
But when you come and I am filled with wonder
Sometimes I think I glimpse eternity You raise me up so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be And I am still and wait here in the silence
Until you come and sit awhile with me You raise me up so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
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