

# Lift Up Your Hands

**Basil Valdez**

Life is not all that bad, my friend, hmmm  
If you believe in yourself  
If you believe there's Someone  
Who walks through life without you  
You'll never be alone  
Just learn to reach out,  
And open your heart  
Lift up hands to God,  
And He'll show you the way.  
And He said, 'Cast your burdens upon Me  
Those who are heavily laden,  
Come to Me, all of you who are tired  
Of carrying heavy loads,  
For the yoke I will give you is easy  
And My burden is light,  
Come to Me and I will give you rest.' When you feel the world  
Is tumblin' down on you,  
And you have no one  
That you can hold on to,  
Just face the rising sun  
And you'll see hope,  
And there's no need to run  
Lift up your hands to God,  
And He'll make you feel all right.  
And He said, 'Cast your burdens upon Me  
Those who are heavily laden,  
Come to Me, all of you who are tired  
Of carrying heavy loads,  
For the yoke I will give you is easy  
And My burden is light,  
Come to Me and I will give you rest.'

Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

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