

Lifts You Up

[Beth Hart](#)

Stole the outside runnin' into the sun
I'm alive, Im loud, as a golden gun
I killed my pride, so once again I'd seeLive and learn, youve fallen one thousand times
I feel the burn, there's fire from a crazy sky
Sealed concern, so once again I'd beAnd it lifts you up, then it puts you down
And it feeds you life, then it lets you drown
While it holds your heart and it slowly tears you apart
And you know that life is what I meanOh, yeah, yeah, yeah, if I could
You know, I'd stand on the rock
Where Jesus stood, innocence and evil bad
And good walkin' side by side, all right, all right, all rightAnd it lifts you up, then it puts you down
And it feeds you life, then it lets you drown
While it holds your heart and it slowly tears you apart
And you know, and you know, and you know, life is what I meanWe got a way of makin' up our minds
How could I run? Just leave it all behind
When it breaks me up inside, still I refuse to hide
And it is, just what it is and that's all rightAnd it lifts you up, then it puts you down
And it feeds you life, then it lets you drown
While it holds your heart and it slowly tears you apart
And you know, and you know and you knowThen it lifts you up, then it puts you down
Then it feeds you life, then it lets you drown
While it holds your heart and it slowly tears you apart
And you know and you know and you know, life is what I mean
And you know and you know, you know, life is what I mean
And you know and you know and you know, life is what I mean

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