Help Me, Thank You

Jason Gray

The two best prayers I know
Either one is always apropos
Like my oldest friends
They know just what to say
Some days my cup of blessing fills
Other days I trip and when it spills
I'm not guessing either way
I know just what to pray
Help me, help me, thank You, thank You
Whether you're riding high or feeling low
These are the two best prayers I know
Help me and thank You
The more life I live I find
The two prayers intertwine
Like my fingers do
When I bow my head to pray

Blessings can be so confusing
Winning when I think I'm losing
The wounds of yesterday
Might be my saving grace today
Help me, help me, thank You, thank You
Whether you're riding high or feeling low
These are the two best prayers I know
Help me and thank You
With eyes wide open at the wonder of it all
Or with broken wings when I'm spinning in free fall
'Hallelujah, deliver me'
They're rising up inside of me
Rolling off my tongue
Before I thought to bid them come

Lyrics provided by
https://damnlyrics.com/