

# Help Me Understand

[Trace Adkins](#)

Once in a lifetime you'll open up your heart  
Maybe once in your lifetime you'll swear to never be apart  
You think your love's on solid ground  
Then out of the blue, it all comes tumblin' down  
Who's gonna hold me tonight, when I'm feeling lonely?  
Who's gonna show me the light 'cause I need to know?  
With all the things we've got, how can love just stop?  
Tell me, somebody help me understand  
And my picture in your locket, what will you do with it now?  
All our friends and all our memories tell me how we sort them out  
What's yours is yours, what's mine is mine  
Is that all that's left after all this time?  
Who's gonna hold me tonight, when I'm feeling lonely?  
Who's gonna show me the light 'cause I need to know?  
With all the things we've got, how can love just stop?  
Tell me somebody help me understand  
Why I'm not a part of your plan and you don't need me anymore  
Help me understand why I still wanna be where you are  
Even though I know in my heart that you don't love me anymore  
Who's gonna hold me tonight, when I'm  
feeling lonely?  
Who's gonna show me the light 'cause I need to know?  
With all the things we've got, how can love just stop?  
Tell me somebody help me understand

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