

Lift

Shannon Noll

I know you're hurting
Feels like you're learning
'Bout life the hard way
And it ain't working Seems like forever
That you've been falling
It's time to move on
You're life is calling, yeah This was never meant to be the end
Close the book and start again Cause I know how hard it can get
But you gotta lift
You gotta lift
And sometimes that's how it is
But I know you're stronger
Stronger than this
You gotta lift
You gotta lift When you can feel your
Whole body's aching
What's left of your heart
It won't stop breaking
You gotta let go
You took a hit
Time to pick up now
Move on from this This was never meant to be the end
Close the book and start again Cause I know how hard it can get
But you gotta lift
You gotta lift
And sometimes that's how it is
But I know you're stronger
Stronger than this
You gotta Lift yourself up above all the hurt
Don't give in
Wipe your eyes and remember
You're better than this
Let them know
That they took their best shot
And they missed
C'mon and lift Cause I know how hard it can get
But you gotta lift
You gotta lift
And sometimes that's how it is

But I know you're stronger
Stronger than this
You gotta lift
You gotta liftPick up now...
Pick up now...

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