

# Lift up your hands

**Basil Valdez**

Life is not at all that bad my friend, mmm....

If you believe in yourself  
If you believe there's someone  
Who walks through life with you  
You'll never be alone  
Just learn to reach out  
And open your heart  
Lift up your 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 tumbling 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 alright

And He said,  
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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  
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Lyrics submitted by Venice.

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