

# Anything Worth Holding On To (Crystal Monee Hall)

[Scott Alan](#)

Lately it seems, I've lost inspiration  
It feels like it's miles away  
I sleep through the day  
And cry through the night time  
I'm caught in an empty space Takes effort to find  
I don't have the strength  
I'm holding on to what's still left of me When the life you had planned  
Slowly slips through your hands  
When it feels like you just slept through all the best years of you're life  
When you can't find your way  
When each day ends the same  
When you've lost the fight inside of you  
Is there anything worth holding on to  
It's hard to be strong  
When weakness is stronger  
I'm a prisoner in my own skin  
I'm not good on my own  
I need to be careful  
Someone to help these days begin There are dreams I've let die  
That I just pushed aside  
I need to find out how to turn this dark back into light When the warmth disappears  
When it's been one of those years  
When you're running from the truth because your scared of what you might find  
When your heart's beyond repair  
When you wake and no ones there  
When your home consists of only you  
Is there anything worth holding on to  
Maybe tomorrow my heart will reawaken  
And I can find what I've been searching for  
But today I'm tired and I'm running out of strength  
All I know is I can't live like this anymore When you're so far from home  
When you've lost all signs of hope  
When you're searching for salvation  
But it feels so far away  
When the words have disappear  
And the melody's unclear  
When there's nothing left inside of you  
Is there anything worth holding on to Cause I will still be holding on, to anything worth holding on to  
Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

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