

Coming Down Is Calming Down

Underoath

Facing forwards, sinking in thin air
Help me to learn, learn to breathe again
Facing forwards, sinking in thin air
Help me breathe
I know I've lost my way, so show me
There are demons inside my head
I always let them win, I always let them win
I have to learn to suffocate them
The lost ask for a hand
But I can't stop, I never stop
I've been losing my footing here
I'm all mixed up in this
I need some kind of change
God make it stop, I can't make it stop
This place is getting smaller
Everything in your darkest thoughts
About me might be true
I hear the words you say, I still feel nothing
I put my voice out there for you to hear
But the words never made much sense to you
I've lost my path, I'm fading fast
I've lost my path, I'm fading fast
Time is short, time is up
I've been losing my footing here
I'm all mixed up in this
I need some kind of change
God make it stop, I can't make it stop
This place is getting smaller
This is really my plan
To get out in one piece
Is this really your plan
To keep me lost and on my knees?
I say redemption
I say redemption
Someone help me hold on
Can someone help me hold on?

Lyrics provided by

<https://damnllyrics.com/>