

# Lifts You Up

Beth Hart

I stole the outside  
Runnin' into the sun  
I 'm alive  
I'm loud, as a golden gun  
I killed my pride  
So once again I'd seeLive and learn  
You've fallen, one thousand times  
I feel the burn  
There's fire from a crazy sky  
I sealed concern  
So once again I'd be  
[Chorus]  
And it lifts you up  
Then it puts you down  
And it feeds you life  
Then it lets you drown  
While it holds your heart  
Then it slowly tears you apart  
And you know - that life is what I meanIf I could (and if I could)  
You know, I'd stand on the rock  
Where Jesus stood (where Jesus stood)  
Innocence, and evil bad  
And good (good, and good)  
Walkin' side by side  
[Chorus]  
And it lifts you up  
Then it puts you down  
Then it feeds you life  
Then it lets you drown  
While it holds your heart  
And it slowly tears you apart  
And you know, you know, you know - life is what I meanWe got a way, of makin' up our  
minds (you know we have our minds)  
How could I run, just leave it all behind?  
When it breaks me up inside  
Still I refuse to hide  
And it is, just what it is  
And that's all right[Chorus]  
And it lifts you up  
Then it puts you down  
And it feeds you life  
Then it lets you drown

While it holds your heart  
And it slowly tears you apart  
And you know, you know, you know [Chorus]  
Then it lifts you up  
Then it puts you down  
Then it feeds you life  
Then it lets you drown  
While it holds your heart  
And it slowly tears you apart  
And you know, you know, you know - life is what I mean  
And you know, you know, you know - life is what I mean  
And you know, you know, and you know - life is what I mean

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