

## You Raise Me Up

Aled Jones

When I am down and oh my soul so weary  
When troubles come and I am burdened be  
And I am still and wait here in the silence  
Until you come and sit a while with me

There is no life, no life without its hunger  
Each restless heart beats so imperfectly  
But when you come and I am filled with wonder  
Sometimes I think I glimpse eternity

You raise me up so I can stand on mountains  
You raise me up to walk on stormy seas  
I am strong when I am your shoulders  
You raise me up to more than I can be

And I am still and wait here in the silence  
Until you come and sit awhile with me

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You raise me up to walk on stormy seas  
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