Lavishly our lives are wasted
Humbleness is left untasted
You can't live your life to please yourself , yeah
That's a tip from my mistakes
Exactly what it doesn't take
To win you've got to come in last place
To live your life you've got to lose it
And all the losers get a crown

R: I get down and He lifts me up
I get down and He lifts me up
I get down and He lifts me up
I get down

All I need's another day
Where I can't seem to get away
From the many things that drag me down, yeah
I'm sure you've had a day like me
Where nothing seems to set you free
From the burdens you can't carry all alone
In your weakness He is stronger
In Your darkness He shines through
When you're crying He's your comfort
When your all alone, He's carrying you

R:

This valley is so deep I can barely see the sun I cry out for mercy, Lord You lift me up again