Another sleepless night
She's looking up and crying out
He's just a little child
Can you stop his hurting now

It's so quiet
But she hears in the silence

His arms are holding you
His love will see you through
When you smile and you laugh but you're fakin'
Cause you don't know how you're gonna make it
You feel so much pain
And you can't see your way
You're not alone
You're not alone

She's tryna' plan ahead
Unsure about the time left
Can't let these moments pass
Instead she'll treasure what she has

And when it's quiet
But she hears in the silence

His arms are holding you
His love will see you through
When you smile and you laugh but you're fakin'
Cause you don't know how you're gonna make it
You feel so much pain
And you can't see your way
You're not alone
You're not alone
Alone

His arms are holding you
His love will see you through
When you try not to cry but to take it
All the stress, and the hurt and heartache
You may feel pain
But not as great as His name
You're not alone
No you're not alone