

# Hold On

Jem

When you're down upon your knees  
Asking God to hear your pleas  
Hold on  
When you think all hope has gone  
Don't know how to carry on  
Hold on

Cause I've felt like you  
Yeah I've been there too  
And all I know is

It will pass, I promise you  
No storm can last forever  
Hold on tight, cry your tears  
These floods won't last forever

When you think you've lost it all  
No one there to help you break your fall  
Hold on  
When you don't like who you've become  
See your words are hurting everyone  
Hold on

When you hurt so much inside  
But too afraid to let them see you cry  
Hold on  
When you're overcome with pain  
Lost your best friend in the world today  
Hold on

Cause I've felt like you  
And I've been there too  
And all I know is

It will pass, I promise you  
No storm can last forever  
Hold on tight, cry your tears  
Wrap up and brace the weather

Reach out for love, reach out for love  
Reach out for love, reach out for love  
Reach out for love, reach out for love  
Reach out for love, call somebody you love

And I know you're so tired (reach out for love)  
So tired, so tired (reach out for love)  
Yeah I know you're so tired (reach out for love)  
So tired, so tired

Hear me now, life goes on  
Just keep your heart open  
You're not alone, you never were  
And that heart of yours can't be broken

Believe me now, life goes on  
Must keep your heart open  
You're not alone, you've never been

I hear your healing heart beat