Every day I still hear my momma sayin' I have to moan
Every way she's still with me every day
In my, in my eyes, in my hopes

She taught me to love But I can't love, yeah So I moan I moan, yeah

Sometimes you got to moan, my momma said The tears, yeah

Yeah, when I'm down When I fall And I can't find Which way to go

When I'm scared
Scared of missing all
When the pressure is way too much
When I feel like I can't go on, yeah
I start singin' and I moan
Yeah
I start singing, yeah, and I moan

When I go in a deep world
I wanna change
I know I can't
When I'm scared
Scared of messing relations
When the pressure is way too much

When I feel like I can't go on, yeah I start singin' and I moan
Yeah
I start singing, yeah, and I moan

If I moan, it takes the pain away
It takes the pain away
So when I miss you I start singin' and I moan

My momma taught me, taught me
Never let the pain go nowhere
I would take it, and take it everywhere I go
If you think you've seen it all
You didn't
Keep on livin'
So when I miss you I start singin' and I moan

Sometimes is beyond words
So I got to moan
I think it's better, yes I do
So when you get down
I'm down
When you're low
If you can't find which way to go

You don't know which way to go When I'm scared and I'm alone I start singin'
That's what I do, yeah
And I moan