

Good For Me

Jon Foreman

Sometimes I wonder what I put in my soul
I wonder if it's good for me
Sometimes I wonder if it's taking its toll
I wonder if it's good for me?
Sometimes I wonder if it's taking a hold
I wonder if it's good for me
Sometimes I wonder if I'm losing control
Losing control

The fluorescent lights
They look as bright as the real sun
When they shine at night
But it's just an illusion
I wonder if it's good for me
Does it bind or set me free?
Does it keep me on my knees?
I wonder if it's good for me
Good for me

Sometimes I wonder if I'm losing my goals
I wonder if it's good for me
I can feel the fear swallow me whole
I wonder if it's good for me
Sometimes I feel like I can't block it
Like a bone that's out of socket
I wonder if it's good for me
Good for me

I got snakes for hands
I got a lamb for slaughter
We've been drinking sand
That we thought was the water
I wonder if it's good for me
Are you the cure or the disease?
Are you freedom or the freeze?
I wonder if you're good for me
Good for me

I was upside down
I thought the floor was the ceiling
And from my backwards view
She looked just like the real thing
I wonder if you're good for me
Are you forgiveness or the chain?
Are you liberty or chains?
I wonder if you're good for me
Good for me