I'm thirsty, God I'm thirsty from drinking what destroys me I'm pouring poison in my cup
I'm hungry, God I'm hungry consuming what controls me
Somehow it never fills me up

We all want to find something to pass the time But that could never be enough

Everybody says we're all so different But everybody knows we're all the same We're all trying to find a pill to numb the pain Something's got to change

Do you remember when you had so much hope within you? It lingers deep inside you still
The more of us we swallow, the more we become hollow
Until we don't know how to feel

We all want to find something to satisfy But we could never be enough

Everybody says we're all so different But everybody knows we're all the same We're all trying to find a pill to numb the pain Something's got to change

When everything we say and take just leads to war and hate We only pass the blame, sedate the pain and move along But something feels so wrong, so deep inside, so hard to hide So desperately we try and try and come to find That we are not what we've been looking for

I can't believe I'm hearing people say that all is well I think it's time we all admit we have no good within ourselves 'Cause we are not okay, we're not alright and we need to pray for hel p Forgive us for our pride, oh God, oh God please save us from ourselve

'Cause everybody says we're all so different But everybody knows we're all the same We're all trying to find a pill to numb the pain Something's got to change

So God help us
Something's got to change
Something's got to change
So God help us
Something's got to change
So God help us