

## Operation Spirit

Live

Heard a lot of talk about the ocean  
Heard a lot of talk about the sea  
Heard a lot of talk about a lot of things  
Never meant that much to me

Heard a lot of talk about my spirit  
Heard a lot of talk about my soul  
But I decided that anxiety and pain  
Were better friends  
So I let it go

Did you let it go?  
Let's get it back  
Let's get it back together

Heard a lot of talk about this Jesus  
A man of love, and a man of strength  
But what a man was two thousand years ago  
means nothing at all to me today

He could have been telling me about my  
higher self  
But he only lives inside my prayer  
So what he was may have been beautiful  
But the pain is right now  
And right here

Let it go!  
Let it go!  
Let it go, my friend  
And let's get it back  
Let's get it back together