Lay It Down

Sanctus Real

I know you have your problems 'Cause everybody's got 'em If you get lost in your sorrows Then you could hit rock bottom But if you smile in face of trivial things And you learn to pray when you wanna complain Stand up straight when the Earth is shaking And just breathing when you feel afraid Oh, don't you know

Those problems you're worried about They can't keep you from living now When you shake 'em off and lay 'em down, down, down At the cross where your freedom's found Oh You can stand up no matter what March on when times are tough Be strong and don't give up All you need now Is to shake 'em off and lay 'em down At the cross where your freedom's found

We all have our seasons When we get caught up in our feelings And I know there's a time for laughter and a time for pain A time for doubt and a time for faith But when you believe you can find the strength So get back up on your feet

Lay it down, lay it down Why you holding on so tight Oh, the freedom you will find When you let go God will take over the fight Oh, just surrender And feel what it's like to be free again