

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