

# Lift

Shannon Noll

I know you're hurting  
Feels like you're learning  
'Bout life the hard way  
And it ain't working

Seems like forever  
That you've been falling  
It's time to move on  
You're life is calling, yeah

This was never meant to be the end  
Close the book and start again

Cause I know how hard it can get  
But you gotta lift  
You gotta lift  
And sometimes that's how it is  
But I know you're stronger  
Stronger than this  
You gotta lift  
You gotta lift

When you can feel your  
Whole body's aching  
What's left of your heart  
It won't stop breaking  
You gotta let go  
You took a hit  
Time to pick up now  
Move on from this

This was never meant to be the end  
Close the book and start again

Cause I know how hard it can get  
But you gotta lift  
You gotta lift  
And sometimes that's how it is  
But I know you're stronger  
Stronger than this  
You gotta

Lift yourself up above all the hurt  
Don't give it  
Wipe your eyes and remember  
You're better than this  
Let them know  
That they took their best shot  
And missed  
C'mon and lift

This was never meant to be the end  
Close the book and start again

Cause I know how hard it can get  
But you gotta lift  
You gotta lift

And sometimes that's how it is  
But I know you're stronger  
Stronger than this  
You gotta lift  
You gotta lift

Pick up now...  
Pick up now...