You Raise Me Up

When I am down and, oh my soul, so weary; When troubles come and my heart burdened be; Then, I am still and wait here in the silence, Until you come and sit awhile with me.

You raise me up, so I can stand on mountains; You raise me up, to walk on stormy seas; I am strong, when I am on your shoulders; You raise me up: To more than I can be.

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There is no life - no life without its hunger; Each restless heart beats so imperfectly; But when you come and I am filled with wonder, Sometimes, I think I glimpse eternity.

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Sissel