

## And It Spread

The Avett Brothers

There was light in the room  
Then you left and it was through  
Then the frost started in  
My toes and fingertips

And it spread into my heart

Then for I don't know how long  
I settled in to doing wrong  
And as the wind fills the sail  
Came the thought to hurt my self

And it spread into my home  
And it spread  
And it spread into my soul

Well there are no lines  
Separating the truth from the lies

Then you came back from space  
With a brand new laugh and a different face  
You took my hand and held it up  
And shot my arm full of love

And it spread  
And it spread into the world  
And it spread  
And it spread into the world