

You Raise Me Up

Aled Jones

When I am down and oh my soul so weary
When troubles come and I am burdened be
And I am still and wait here in the silence
Until you come and sit a while with me

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

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 your shoulders
You raise me up to more than I can be

And I am still and wait here in the silence
Until you come and sit awhile with me

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