

# Lifts You Up

Beth Hart

Stole the outside runnin' into the sun  
I'm alive, I'm loud, as a golden gun  
I killed my pride, so once again I'd see

Live and learn, you've fallen one thousand times  
I feel the burn, there's fire from a crazy sky  
Sealed concern, so once again I'd be

And it lifts you up, then it puts you down  
And it feeds you life, then it lets you drown  
While it holds your heart and it slowly tears you apart  
And you know that life is what I mean

Oh, yeah, yeah, yeah, if I could  
You know, I'd stand on the rock  
Where Jesus stood, innocence and evil bad  
And good walkin' side by side, all right, all right, all right

And it lifts you up, then it puts you down  
And it feeds you life, then it lets you drown  
While it holds your heart and it slowly tears you apart  
And you know, and you know, and you know, life is what I mean

We got a way of makin' up our minds  
How could I run? Just leave it all behind  
When it breaks me up inside, still I refuse to hide  
And it is, just what it is and that's all right

And it lifts you up, then it puts you down  
And it feeds you life, then it lets you drown  
While it holds your heart and it slowly tears you apart  
And you know, and you know and you know

Then it lifts you up, then it puts you down  
Then it feeds you life, then it lets you drown  
While it holds your heart and it slowly tears you apart  
And you know and you know and you know, life is what I mean  
And you know and you know, you know, life is what I mean  
And you know and you know and you know, life is what I mean