

Shannon Noll, Lift

I know you're hurting
Feels like your 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
Your life is calling, yeah

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

Chorus:
Cos i know how hard it canget
But you've gotta lift
You've gotta lift
And sometimes that's how it is
But i know you're stronger
Stronger than this
You've gotta lift
You've gotta lift

When you feel your
Whole body's aching
What's left of your heart
It wont stop breaking
You've got to 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

Chorus

You've got to lift yourself up above all
the hurt
Don't give in
Wipe your tears and remember you're better
than this
Let them know that they took their best shot
and they missed
Come on and lift

Chorus

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