

Van Zant, I Can't Help Myself

Written by Tom Hambridge, Jeffrey Steele, Donnie Van Zant and Johnny Van Zant.

I been lost in the darkness for so long,
I can't see the light.
I been strung out, burned out, left out,
An' hung out to dry.
So I say to myself that I wanna get better:
Hidin' from the truth, I can't last forever.

Jesus, help me;
Obviously, I can't help myself:
I've got nobody else.
Send me an angel: someone to strangle,
That old demon that's hauntin' me there on the shelf.
I can't help myself.

An' my excuses are so old an' tired:
Hell, I forget 'em.
I keep fallin', an' crawlin', an' drownin'
Down here on the bottom.
Yeah, I've pushed back my brothers, said goodbye to my friends:
When you get in this deep, the hell never ends.

Jesus, help me;
Obviously, I can't help myself:
I've got nobody else.
Send me an angel: someone to strangle,
That old demon that's hauntin' me there on the shelf.
I can't help myself.

Gimme a reason to live an' show me a sign.
I'm on the edge goin' out of my mind.
I'm down on my knees: I'm beggin' you please,
Make me somebody else: I can't help myself.

Instrumental Break.
(No!)

I need something stronger:
Pour it all over me.

Send me an angel: someone to strangle,
That old demon:
'Cause you know that I never will.
I can't help myself.