

Bread, Look At Meb

Make It By Yourself

Bread

(James Griffin and David Gates)

You say you're down and out

And need some help to get you through each day

Well, here's a thought or two

I've used and like to pass them on your way

I found them lying there

The answers that you say you're looking for

Make what you will of them

And you can change the way it was before

You got to make it by yourself

You know you got to make it by yourself

I'll be your friend and I'll lend a helping hand

But you got to try and help yourself before I can

I hear you talk of all the happiness

And emptiness you've known

Well, let me reassure you

Never were you really all alone

They say in quiet desperation many people cannot see

They cannot see the simple truth

That's not the way it has to be

You got to find it for yourself

God helps the man who helps himself, amen

I am your friend and I'll lend a helping hand

But you gotta try and help yourself before I can

We got to help each other (each other)

You got to help your brother when you can

When you can

Now don't you think that I was preachin'

I'm just reachin' out for you

'Cause that's the only way

That I know how to get the message through

Then you in turn and got to learn and teach it

To somebody who

Who felt the happiness and emptiness the same as you