

# Toni Childs, Put This Fire Out

used to sit and wonder what to do  
and I still do when I'm feeling blue  
fearful that my struggle with life will never end  
help me please to stop

this fear in motion  
these circles turn me  
someone help me put this fire out  
yes they hurt me  
yes they turn me  
someone help me put this fire out

running, I am scared what I will see  
if I look inside, deep these wounds of mine  
hurting me so long I can't ignore them anymore  
help me please to find

innocence is lost on the small  
mama said early, early on  
but what was visible to me in my dreams  
is that the pain was all  
I could ever see

and it moves me  
yes it turns me  
someone help me put this fire out  
yes it hurts me  
yes it turns me  
someone help me put this fire out