Trouble me, disturb me with all your cares and you worries. Trouble me on the days when you feel spent.

Why let your shoulders bend underneath this burden when my back is sturdy and strong? Trouble me.

Speak to me, don't mislead me, the calm I feel means a storm is swelling;

there's no telling where it starts or how it ends.

Speak to me, why are you building this thick brick wall to defe nd me when your silence is my greatest fear?

Why let your shoulders bend underneath this burden when my back is sturdy and strong?

Speak to me.

Let me have a look inside these eyes while I'm learning.

Please don't hide them just because of tears.

Let me send you off to sleep with a "There, there, now stop you r turning and tossing."

Let me know where the hurt is and how to heal.

Spare me? Don't spare me anything troubling.

Trouble me, disturb me with all your cares and you worries.

Speak to me and let our words build a shelter from the storm.

Lastly, let me know what I can mend.

There's more, honestly, than my sweet friend, you can see.

Trust is what I'm offering if you trouble me.