

# Forgive and Forget

Avalon

Me and my shadow  
He goes wherever I go  
My darker side sometimes chases me home  
He makes me feel guilty  
For things I'm forgiven of  
Says I'm unworthy  
While you say I'm loved

Lest I forget it  
You have said it I believe

If I forget  
That you forgive  
Will that affect  
The way I live  
What I regret  
I won't believe  
I won't forget  
That you forgive me

He's my distraction  
'Cause he knows my passion is you  
His broken record plays 'round and 'round inside my head  
He'd keep my own two eyes  
Focused on pitiful me  
But I'll turn my heart in love  
Toward the world instead  
Lest I forget it  
I'm forgiven and I'm free

I am living in the promise of a merciful place  
Where all my shame is gone  
I am living in the freedom of forgiveness and grace  
It's all I am counting on