

# Be Kind to Yourself

Andrew Peterson

You've got all that emotion that's heaving like an ocean  
And you're drowning in a deep, dark well  
I can hear it in your voice that if you only had a choice  
You would rather be anyone else

I love you just the way that you are  
I love the way He made your precious heart

Be kind to yourself  
Be kind to yourself

I know it's hard to hear it when that anger in your spirit  
Is pointed like an arrow at your chest  
When the voices in your mind are anything but kind  
And you can't believe your Father knows best

I love you just the way that you are  
I love the way He's shaping your heart

Be kind to yourself  
Be kind to yourself

Well how does it end when the war that you're in  
Is just you against you against you  
Gotta learn to love, learn to love  
Learn to love your enemies too

You can't expect to be perfect  
It's a fight you've gotta forfeit  
You belong to me whatever you do  
So lay down your weapon, darling  
Take a deep breath and believe that I love you

Be kind to yourself  
Be kind to yourself  
Be kind to yourself

Gotta learn to love, learn to love  
Learn to love your enemies  
Gotta learn to love, learn to love  
Learn to love your enemies too