I can't run from the things I've done
And I won't apologize for who I have become
Once down in the bottom of the bottle
Back then it was a matter of survival
But now I see how far I've come

I laid myself in the river
Washed those sins off me
Pulled myself from the bottom
Broke every chain on me
I walked through fire I walked alone
My heart won't rest 'til my blood runs cold
I'm never, I'm never giving in

It isn't in my bones

I had a love that turned to dust
It left me dead inside with the ghost of who I was
But somethings are better when they break you
Not for the hurt but the breakthrough
I found the hope that I had lost

I laid myself in the river
Washed those sins off me
Pulled myself from the bottom
Broke every chain on me
I walked through fire I walked alone
My heart won't rest 'til my blood runs cold
I'm never, I'm never giving in

It isn't in my bones

This is for the heart I let you burn When I was dreaming
For the ways that I denied myself
No remorse, no regrets
I forgive every word you said

I laid myself in the river
Washed those sins off me
Pulled myself from the bottom
Broke every chain on me
I walked through fire I walked alone
My heart won't rest 'til my blood runs cold
I'm never, I'm never giving in

It isn't in my bones
It isn't in my bones
It isn't in my bones (it isn't in my bones)
It isn't in my bones (it isn't in my bones)

Some things are better when they break you Not for the hurt but the breakthrough I'm never giving in, it isn't in my bones