

These days I don't know who to trust or who to blame  
All this stress it built a home hung some memories up in frames  
Yeah, my pockets don't got gold and some friends don't act the same  
Yeah, some days my mind go cold and some days it hit the flames

Block 'em out  
Lately I keep falling off track calling out  
Lately I see reasons I crack then I doubt  
Pray to God then He pull me right back on my route  
All my doubt  
Feeling like I drown in all the waves come pull me out  
Feeling like I'm tired of all the games I'm calling out  
Yeah, pressure got me losing all my strength  
Before I know it, I'll be falling right back into the flames

Jumpin' jumpin' jumpin' jumpin'  
Through these problems with You  
You pull me out, but I go right back  
I try running running running running  
Wear my heart up on my sleeve I cannot fake it  
All of these problems  
With no one to solve them  
Got all these columns  
Bet nobody saw them  
Jumpin' jumpin' jumpin' jumpin'  
Wear my heart up on my sleeve I cannot fake it

These days full of show  
Should I go or should I stay?  
Got some trouble with control  
I'm just scared I'll end astray  
There's a time to hit the road and a place you should remain  
Is it time for me to go or will I end up stuck in chains?

Someone sound the alarm I'm pacing  
Feel the beat of my heart it's racing  
Am I someone to God worth saving?  
Or am I headed toward heat mind blazing?  
I can't seem to face this feeling  
My mind been loose with memories leaking  
Been jumpin' hoops had trouble breathing  
You're the truth it's you I'm needing

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