

Depression Nap

KJ-52

Now I lay me down, pray my soul to keep
Feeling lost but I'm found when I go to sleep, yeah
This depression's taking over somehow
No, it won't last forever but you'll overcome now
Now I lay me down, pray my soul to keep
But all I do is sleep because I got no peace
I pray I got these angels watching over me
'Cause the only time I'm awake is when I go to sleep

Yeah

One more stressing session happens you gon' throw that towel in
Depression stressing on your mental till you felt surrounded
You're wrestling with this mess guessing till it pulls you down in
It's like you fall into your tears until you felt your drowning
Counting all your blessings guessing but you really doubting
Heading no direction mention that your heart is pounding
You lock the door, close that window when you in this house and
Feeling all alone at home or when you in the crowd and
The hands of the enemy
Steadily gripping ya deadly
Readily breaking you mentally
Right at the point [?] till ya never free
Ya drift to the heavenly
Just want to find out the remedy
Anyone helping me please take a minute
If you could just send up a prayer for me
And here's that thing that they won't ever tell you
Here's that dream that they won't ever sell you
Friends are friends until they go and fail you
'Cause fire either refines or it's gonna melt you, uh

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Uh

Caught up in that psycho cycle repeating that
Wake up, get up, stand up, back to sleep again, uh
Tossing turning, wake up then you sleeping in
Ya need to talk to God but you don't speak to Him
Sucked down in that self-doubt, keep on sneaking in
Ya crushed up in them secrets, wanna breathe again
You lock down on the weekends, claim don't need no friends
But then you start complaining when you leaving them

Your life has a purpose
Even ya feeling ya worthless
I know that ya burdened
Trust me I'm certain
Man I know that you hurting
Man I'm just scratching the surface
Yeah I know it could worsen

I'm certain there's hope
I'm certain you'll cope
Please don't close up the curtain

'Cause God is there even when you can't see Him
I pray you'll know Him before you go and meet him
Face yourself before you face your demons
I pray you find everything before you go and leave it, uh

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Fade to black to depression nap
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Depression nap

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No, it won't last forever but you'll overcome now