

# Help!

## Manafest

I try to talk to God  
Confess all my dark thoughts  
Tell him I'm a lost cause  
(Help)  
Rolling around with the rockstars  
Maxing out my trump cards  
But I cry inside my car parked  
(Help)  
Tears they never turn off  
So tired of the chaos  
Screaming at the mirror  
(This is my fault)  
I'm coming undone  
My thoughts have overrun God  
I really need some  
Help

I try to tell a friend  
I'm sinking in the deep end  
He tells me it'll be okay  
But I don't believe him  
I can't see it

I know my soul's in danger  
I'm my own worst hater  
I don't how this ends  
In the name of Jesus  
I need some help

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Would I be missed  
If I walked into the darkness  
I know I shouldn't even think it  
Somewhere the sun is shining  
But I can't find it  
Every breath I breathe  
Leaves me feeling empty  
And you're just tryna give me help

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Confess all my dark thoughts

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Some days I feel so hollow  
Don't know what path to follow  
Sometimes the rain can make you feel  
Like nothings worth the trouble  
Like it or not I'm in it  
No way I'm gonna quit it  
My younger self would ask for help  
So I'm gonna listen  
I'm gonna ask for help  
Help