

# Alive & Breathing

Matt Maher

What holds your heart  
What stirs your soul  
What matters come to mind  
The cares you keep  
The thoughts you think  
It's not all wasted time  
Seek and you will find

Joy still comes in the morning  
Hope still walks with the hurting  
If you're still alive and breathing  
Praise the Lord  
Don't stop dancing and dreaming  
There's still Good News worth repeating  
So lift your head and keep singing  
Praise the Lord

Years roll by  
We wonder why  
We lost our way from home  
Our Father finds  
The child inside  
We had left for growing old  
Awake, awake, awake my soul

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Hope still walks with the hurting  
If you're still alive and breathing  
Praise the Lord  
Don't stop dancing and dreaming  
There's still Good News worth repeating  
So lift your head and keep singing  
Praise the Lord

Let everything, let everything, let everything  
Praise the Lord  
In the working, in the waiting  
Praise the Lord  
In the blessing, in the breaking  
Praise the Lord  
In the dying, the rising  
Let it praise the Lord  
Let it praise the Lord  
Praise the Lord

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