Help me Lord, lend me a break
Fill up my cup and I'm telling them
What I have to feed this thing that I hate
Humble myself, get away from these devils
I can't hear myself when I pray

So sometimes I drink, yeah
Sometimes I think, yeah
You're the reason I drink, yeah
You're the reason I weaken myself when I'm sad
But I'm outta my way, man
I'm outta my way
(Way)
And sometimes I hang by myself
When I'm outta here, I cannot stay
(Ha-ha-ha)
God, help me heal myself
It's been a struggle for reasons to change

Help me Lord, lend me a break
Fill up my cup with these demons
They tell me that this shit ain't up for debate
These people, they look at me all kinds of funky
They fishy, they thinkin' they brave
I'm goofy, I'm ugly, I'm all types of damage
God, why can't I ever relate?

So sometimes I drink, yeah

Sometimes I think, yeah

You're the reason I weaken myself when I'm sad

(Weaken myself when I'm sad)

(Weaken myself when I'm sad)

And I'm outta my way, man

I'm outta my way

And sometimes I hang by myself

When I'm outta here, I cannot stay

God, help me heal myself

It's been a struggle for reasons to change