

Fear consumes me.
Tired eyes and sweaty palms.
The clamor fills the room
But apprehension fills my mind.

Anxiety strikes. It defines me.
It rewinds me. It reminds me.
Anxiety strikes. Tunnel vision.
I panic. Save me from this place.

Save me. "What the hell is wrong with me?"
Save me. All these thoughts won't let me breathe.

This is the antidote to everything I know.
When my nerves are failing me and my pulse starts to slow.
This is the key that keeps my emotions from me.
I take a pill each day to keep my demons away.

Oh, it strikes again.
Fight or flight, I can't make up my own mind.
So tell me where is God in this?
I need a substance to soothe my soul.
Lord, have you neglected me?
I can't keep my thoughts under control.

Save me, save me
Before it's all too late.

This is the antidote to everything I know.
When my nerves are failing me and my pulse starts to slow.
This is the key that keeps my emotions from me.
I take a pill each day to keep my demons away.

(Rain on me.)
Let your grace rain down
Let your grace rain down on me.
Hold me close before I let go.
I have never felt this low.
Let your grace rain down
Let your grace rain down on me.
Let you alone be enough for me.
Enough for me.

I'm praying for a place
Where You take my pain away.
I can't think clearly. Lord, did you hear me
Because my head is in the clouds?
All I see is darkness
But You are the light.
My anxiety won't define me.
I will become who I'm meant to be.
Who I'm meant to be.

I cast these burdens upon you Lord.
You will sustain me.
I will not be shaken.