I sit alone thinking of you
And what I have to do to have you near
I'm not the man I use to be,
You know I have changed my ways
You can see it so clear
Remember the time you planted the seed
You had no choice, you had no say
The testing times that lay ahead
The strength of love will find a way

When I'm down, down can I call on you? When I'm down, down can you help me through? When I'm down, down

It seems to let things pass me by
A world of delusion there's no reply
We can't sit back we got to move on
Because this life of ours without a lie is so strong
You lift me up when you call, my heart is pumping I
feel like a fool
Now that you've gone so far away
You're in my heart each and everyday

When I'm down, down can I call on you? When I'm down, down can you help me through? When I'm down, down

Life isn't easy, we can work it out
This time I know its right
This time I know
Things are changing now
Its leaving me no doubt
I want to hold you tight
I want to hold you
Time is lost, I cant see
Everything is changing me
I'm down, down, down

When I'm down, down can I call on you? When I'm down, down can you help me through? When I'm down, down.