

## Francis Dunnery

### "Grateful and Thankful"

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If we're grateful and we're thankful then we're spiritual  
If we're hiding we're denying all the love inside  
so don't let your spirit die  
lay down your arms and we'll walk together  
into the light

I cannot find the words to be all forgiving  
it's gonna take some time  
cos the old disease got a hold of me  
and I need to apologize  
and it's a myth to say we block things out  
when we really block them in  
Oh I'm so sorry baby  
but I'm doing everything I can

If we're grateful and we're thankful then we're spiritual  
If we're hiding we're denying all the love inside  
so don't let your spirit die  
lay down your arms and we'll walk together  
into the light

I cannot get to sleep cos I feel so angry  
it's gonna take a while  
cos the old disease put a resentment in me  
and the inability to smile  
and it's a joke to think I'm hurting you  
cos I'm only hurting me  
and I've been beating myself for so long now  
that it comes so naturally

love is the only thing that can set a soul free  
fighting everybody don't do anything for me  
love is the only thing  
I need it, I feel it, I hope that we're gonna be  
grateful for each other

I feel grateful, I feel thankful, I feel spiritual  
I'm not hiding or denying all my love for you  
it's the feeling of being alive  
take hold of my heart  
and we'll walk forever

into the light

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