

Johnny Van Zant

"I Can't Help Myself"

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I've been lost in the darkness for so long
I can't see the light
I've been strung out, burned, left out, and hung out to
dry
So I say to myself that I wanna get better
Hidin' from the truth, I can't last forever.

Chorus:
Jesus help me
Obviously, I can't help myself
I've got nobody else
Send me an Angel
Someone to strangle
That ol' demon that's haunting me there on the shelf
I can't help myself.

My excuses are so old and tired, hell I forgot 'em
I keep fallin' and crawlin' and drownin' down here on
the bottom
Yeah I pushed back my brothers said good-bye to my
friends
When you get in this deep the hell never ends.

Chorus:
Jesus help me
Obviously, I can't help myself
I've got nobody else
Send me an Angel
Someone to strangle
That ol' demon that's haunting me there on the shelf
I can't help myself.

Give me a reason to live; show me a sign
I'm on the edge; goin' out of my mind
I'm down on my knees; I'm beggin' you please make
me somebody else
I can't help myself
I need something stronger, pour it all over me.

Chorus:
Jesus help me

Obviously, I can't help myself
I've got nobody else
Send me an Angel
Someone to strangle
That ol' demon that's haunting me there on the shelf
I can't help myself.

Send me an Angel
Someone to strangle that ol' demon
'Cause you know that I never will
I can't help myself.

Lord, I can't help myself...

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