

# Manafest

## "Every Time You Run"

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### Verse I

Last night got a little crazy  
I don't remember, woke up spun with the pasties  
My friends say I was tweaked out,  
Passed out on a dirty couch, still in the house  
It kind a scares me, I don't know  
Am out of control, always waking up still in my clothes  
I wrote a note that said goodbye to pain, good bye to  
shame  
But couldn't find a way, I just cry for days  
I'm so depressed, soak in wet, I can't rest  
These thoughts just beat me to death I'm un-kept  
I thought of a song my mom used to sing in church  
But it's been so long I can't remember the words  
Chorus:

Every time you run, every time you hide  
Every time it hurts, every time you cry  
Every time you run away, every time you hide your face  
And it feels so far away, I'm right here, with you

Every time you run

### Verse II

I keep sleeping in don't want to wake up  
I keep hearing from the landlord pay up  
Hide my face in my pillow till the sunsets  
Hung over and I haven't seen a pay check  
I took a job downtown at the factory  
I was hired and fired with no salary  
I keep running from responsibility  
It's seems impossible, the pressure is hitting me  
I know I need to man up, or sit down  
Stand up and get out of this crowd  
I thought of a song my mom used to sing in church  
But it's been so long I can't remember the words  
Chorus:

Every time you run, every time you hide  
Every time it hurts, every time you cry  
Every time you run away, every time you hide your face  
And it feels so far away, I'm right here, with you

### Verse III

Well I know Iâ€™m not ready to die, But Iâ€™ve  
Sure thought about the meaning of life  
Cause I canâ€™t seem to find a purpose for me  
Itâ€™s just the choices and I fail to proceed  
I got a â€œget up, get up, get up, get up  
Get up, get up, get up, get up, get up  
I hear voices in my mind, ones a devil, ones Jesus  
I can feel it can you help me find the pieces  
Like an angel on my shoulder, you hold the  
Joy of the lord raising up a soldier  
You gave me the song my mom used to sing in church  
I promised not to quit and I remembered the words  
I promised not to quit and I remembered the words

### Chorus Repeats

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