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## Paroles de chanson

05/05/2026

# Help Me, Thank You

Par Jason Gray

*Album : Everything Sad is Coming Untrue*

The two best prayers I know

Either one is always apropos

Like my oldest friends

They know just what to say

Some days my cup of blessing fills

Other days I trip and when it spills

I'm not guessing, either way

I know just what to pray

**Help me, help me, thank you, thank you**

**Whether you're riding high or feeling low**

**These are the two best prayers I know**

**Help me and thank you**

The more life I live, I find

The two prayers intertwine

Like my fingers do

When I bow my head to pray

Oh, blessings can be so confusing

Winning when I think I'm losing

The wounds of yesterday

Might be my saving grace today

**Help me, help me, thank you, thank you**

**Whether you're riding high or feeling low**

**These are the two best prayers I know**

**Help me and thank you**

With eyes wide open at the wonder of it all

Or with broken wings when I'm spinning in free fall

Hallelujah, deliver me

They're rising up inside of me

Rolling off my tongue

Before I thought to bid them come

**Help me, help me, thank you, thank you**

**Whether you're riding high or feeling low**

These are the two best prayers I know

Help me and thank you

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