

CAN'T HELP MYSELF

Words and Music by
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VERSE

5 G D sus4
I con-fess the things I am a - fraid ___ of,

9 C G
thorns and dan - ger just a - round the bend; ___ I

13 G D sus4
pray for tongues of fire and bands of an - - gels to

17 C G
come and cir - cle 'round me like a fence. I lift my eyes

CHORUS

21 D sus4 F C D sus4 Em
_____ to the hills,

25 C/G G D sus4
where comes ___ my help? ___ I lift my hands, _____ emp-ty

29 F C D sus4 Em C/G G G
hands; I can't help ___ my - self, ___

33 C/G G G C/G Em D/F#
I can't help ___ my - self, ___ no, I ___ can't help ___ my - self. _____

37 C/G

VERSE

41 G

2. My en - e - mies sur - round me like ___ an ar -
 3. Oh trust the Lord, my soul and all that is in -

45 D C

- - my, with - in, with - out the bat - tles rag - ing
 me, oh trust the light to show my dark - est

49 G

on; ___ I pray the spir - it would be strong ___ and might-
 parts; With wounds of truth and love, a friend who has known

53 D C

- - y, for cour - age through the night un - til the
 me, a fool would keep his se - crets in his

CHORUS

57 G D

dawn. I lift my eyes _____ to the
 heart.

61 F C D Em C/G G G

hills, where comes ___ my help? ___ I lift my hands,

65 D F C D Em

emp - ty hands,

69 C/G G G C/G G G

I can't help - my - self, ___ I can't help ___ my - self, ___ no, I

73 C/G G Em D/F# C/G

— can't help — my - self. —

BRIDGE

77 D Em

Oh, —

81 C/G G G D Em

Oh, —

85 C/G G G D Em

Oh, —

89 C/G G G D Em

Oh, —

93 C/G G G C/G G Em D/F#

Oh.

97 C/G C/G (G)

3.Oh