

CAN'T HELP MYSELF

Words and Music by
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G

The first system of music features a treble clef staff with a G chord symbol above it. The piano accompaniment is written in the bass and treble clefs, with a 4/4 time signature and a key signature of one sharp (F#).

VERSE

G D sus4

4

I con-fess the things I am a - fraid _____ of,

The second system of music includes a treble clef staff with a G chord symbol above it, a box labeled 'VERSE', and a D sus4 chord symbol above it. The piano accompaniment is written in the bass and treble clefs. The lyrics are: "I con-fess the things I am a - fraid _____ of,".

C G

8

thorns and dan - ger just a - round the bend; _____

The third system of music includes a treble clef staff with C and G chord symbols above it. The piano accompaniment is written in the bass and treble clefs. The lyrics are: "thorns and dan - ger just a - round the bend; _____".

12 G

I pray for tongues of fire and bands of an -

15 D sus4 C

- - gels to come and cir - cle 'round me like a

19 G CHORUS D sus4

fence. I lift my eyes _____ to the

23 F C D sus4 Em C/G G

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

27 D sus4 F C D sus4 E m

emp - ty hands;

31 C/G G G C/G G G

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

35 C/G E m D/F# C/G

___ can't help ___ my - self. ___

39 G

2.My

VERSE

43 G D

en - e - mies sur - round me like — an ar - - - my, with-

47 C G

in, with-out the bat - tles rag - ing on; — I

51 G D

pray the spir - it would pray be strong — and might - - - y,

54 C G

for cour - age through the night un - til the dawn.

CHORUS

58

D F C

I lift my eyes _____ to the hills,

62

D Em C/G G G D

_____ where comes _____ my help? _____ I lift my hands, _____

66

F C D Em C/G G

_____ emp - ty hands, I can't help - my - self,

70

G C/G G G C/G G

_____ I can't help _____ my - self, _____ no, I _____ can't help _____ my - self.

74 Em D/F# C/G

74

BRIDGE

78 D Em C/G G

Oh, _____

78

82 G D Em C/G G

Oh, _____

82

86 G D Em C/G G

Oh, _____

86

90 G D Em C/G G

Oh,

94 G C/G G Em D/F# C/G

Oh.

98 C/G

VERSE G

3.Oh trust the Lord, my

102 D C

soul and all that is in me, oh trust the light to

106 G G

show my dark - est parts; With wounds of truth and

110 D

love, a friend who has known me, a

113 C G

fool would keep his secrets in his heart. I lift my eyes

117 D F C D Em

to the hills,

121 C/G G G D

here comes — my help. — I lift my hands, — emp-ty

125 F C D Em C/G G G

hands, I can't help — my - self, —

129 C/G G C/G G G

I can't help — my - self, — can't help - my - self, —

133 C/G G C/G G

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

137 C/G Em D/F# C/G

I can't help - my - self. _____

BRIDGE

141 D Em C/G G

Oh, _____

145 D Em C/G G

Oh, _____

149 D Em C/G G G

Oh, _____

153 D Em C/G G G

Oh, _____ Oh, _____

157 C/G G G C/G G G

Oh, _____ Oh, _____ Oh, _____ Oh, _____

161 C/G G Em D/F# C/G
