DC Talk, Help!

Help! I need somebody Help! Not just anybody Help! Ya know I need someone Help!

When I was young was so much younger than today I never needed anybody's help in any way But now these days are gone and I'm not so self-assured Now I find, I've changed my mind and opened up the door

Help me if you can I'm feelin down And I do appreciate ya bein' 'round Help me get my feet back on the ground Won't you please, please help me

And now my life has changed in oh so many ways My independence seems to vanish in the haze But every now and then I feel so insecure I know that I just need ya like, I've never done before

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Help me, help me, oooooooo!