

# Neal Morse, Help Me / The Spirit And The Flesh

Help me I have fallen  
And I can't get up  
Help me I've used razors  
To heal me where I'm cut

Help me I've used chemicals  
To ease the pain  
What was pink is now purple  
What was clean is now stained

Help me I'm in danger  
I just know I am  
I've become a stranger  
In my own homeland

Fear has crept upon me  
Like a shadow from the grave  
What I thought was freedom  
Has now chained me like a slave

Help me I have fallen and I can't get up  
But I believe that you can lift me up  
If you're real, God please lift me up

Help me I'm in trouble  
I can hear the lions roar  
Being drawn closer  
To the threshing floor

I invented my own wisdom  
Like a counterfeiter's stash  
But I couldn't create my own heaven  
Just a lot of worthless trash

Help me I have fallen and I can't get up  
But I believe that you can lift me up  
If you're real, God please lift me up

Help me I have fallen and I can't get up  
But I believe that you can lift me up  
If you're real, God please, please

Help me  
Help me  
Please, help me  
Help me  
Help me  
Please, help me  
Help me, Lord  
Help me, Lord  
&lt;/lyrics&gt;

== The Spirit And The Flesh ==  
&lt;/lyrics&gt;

I have heard you crying in the night  
I have heard your prayers at the morning light  
I have loved you since before your birth  
Now I'll dwell among you on the earth  
I'll send my son...

He will raise the dead  
The starving shall be fed  
He will take your pain

Your suffering and shame  
He will span the crest  
Between the spirit and the flesh  
He will raise the dead

Jesus came to lift us from the mud  
God in dwelling in real flesh and blood  
Don't be angry, he just loves you so  
Let his spirit come and take control  
It has begun....

Jesus understands  
The heart of every man  
He can feel your pain  
Your suffering and shame  
He has spanned the crest  
Between the spirit and the flesh  
He has raised the dead

Jesus understands  
The heart of every man  
He will take your pain  
Your suffering and shame

Though the soul had died  
It can be made alive  
The holy place was closed  
'Til Jesus rose!

When he spanned the crest  
Between the spirit and the flesh  
And the flesh