

PRE-CHORUS:

F G Am
All I know is that I see how much my heart
F# F G Am
Is longing to be cradled by your side
F G Am
And I'll give all I can to one day soon
F# F F (ring)
Be held by your hand, by your hand

CHORUS:

Am C
I've been shut up shut down held out held down
G
In ways I never knew I would
Am C G
I can feel your fullness in my life
Am C
Well I've been burned out broken torn out torn down
G
In ways I never knew I would
Am C G (ring)
I can feel your fullness in my life

BRIDGE:

D C F C G/B
In all these things I will press on
D C F C G/B
I'll be with you I know it wont be long

(CHORUS)

END:

Am C
I've been shut up shut down held out held down
G
In ways I never knew I would
Am C G
I can feel your fullness in my life
Am G F
One day at a time
Am G F
One day at a time