

LEAD

CAN'T HELP MYSELF

Words and Music by
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VERSE

8 F 3 F C sus4

1. I con-fess the things I am a-fraid of,

9 B \flat F F

thorns and dan - ger just a - round the bend; I pray for tongues of

14 C sus4 B \flat F

fire and bands of an - gels to come and cir - cle 'round me like a fence.

CHORUS

20 C sus4 E \flat B \flat C sus4 D m B \flat /F

I lift my eyes to the hills, where comes my help?

26 F C sus4 E \flat B \flat C sus4 D m

I lift my hands, emp - ty hands;

31 B \flat /F F F B \flat /F F F

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

35 B \flat /F D m C/E B \flat /F 3 F

can't help my - self.

VERSE

42 F C

2. My en - e - mies sur - round me like an ar - my, with-

47 B^b F F

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

52 C B^b

would be strong and might - y,

CHORUS

57 F C E^b B^b C Dm

dawn. I lift my eyes _____ to the hills,

63 B^b/F F F C E^b B^b

where comes my help?— I lift my hands, _____ emp-ty hands,

68 C Dm B^b/F F F B^b/F F F

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

BRIDGE

73 B^b/F F Dm C/E B^b/F C

— can't help my - self. Oh, _____

80 Dm B^b/F F F C Dm

Oh, _____

85 B^b/F F F C Dm B^b/F F F

Oh, _____

91 C Dm B^b/F F F B^b

Oh, _____

VERSE

97 B^b/F F

3.Oh trust the Lord, my soul and all that is in

103 C B^b F

— me, oh trust the light to show my dark - est parts;

108 F C

With wounds of truth and love, a friend who has known me, a

113 B^b F C

fool would keep his se - crets in his heart. I lift my eyes _____

118 ³ E^b B^b C Dm B^b/F F F C

_____ to the hills, here comes my help. I lift my hands, _____

124 ³ E^b B^b C Dm B^b/F F F

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

129 B^b/F F B^b/F F F

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

133 B^b/F F B^b/F F

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

BRIDGE

Detailed description: This system contains measures 133 through 136. The key signature has one flat (Bb). The melody consists of eighth and quarter notes. Chords are indicated above the staff: Bb/F, F, Bb/F, and F. The lyrics are "can't help my - self, — no, I — can't help — my - self, —". A box labeled "BRIDGE" is positioned above the end of the line.

137 B^b/F D m C/E B^b C

I can't help - my - self. — Oh, —

Detailed description: This system contains measures 137 through 141. The melody continues with eighth and quarter notes. Chords are indicated above the staff: Bb/F, Dm, C/E, Bb, and C. The lyrics are "I can't help - my - self. — Oh, —".

142 D m B^b/F F C D m

Oh, —

Detailed description: This system contains measures 142 through 146. The melody continues with eighth and quarter notes. Chords are indicated above the staff: Dm, Bb/F, F, C, and Dm. The lyrics are "Oh, —".

147 B^b/F F C D m B^b/F F

Oh, —

Detailed description: This system contains measures 147 through 152. The melody continues with eighth and quarter notes. Chords are indicated above the staff: Bb/F, F, C, Dm, Bb/F, and F. The lyrics are "Oh, —".

153 C D m B^b/F F F B^b/F F

Oh, — Oh, — Oh, —

Detailed description: This system contains measures 153 through 157. The melody continues with eighth and quarter notes. Chords are indicated above the staff: C, Dm, Bb/F, F, F, Bb/F, and F. The lyrics are "Oh, — Oh, — Oh, —".

158 F B^b/F F F B^b/F F D m C/E

— Oh, — Oh, — Oh, —

Detailed description: This system contains measures 158 through 162. The melody continues with eighth and quarter notes. Chords are indicated above the staff: F, Bb/F, F, F, Bb/F, F, Dm, and C/E. The lyrics are "— Oh, — Oh, — Oh, —".

163 B^b/F

Detailed description: This system contains measures 163 through 167. The melody continues with eighth and quarter notes. The chord Bb/F is indicated above the staff. The system ends with a double bar line.