Selah

[Lauryn Hill](#)

Nothing can be done against the truth
No matter how we remain in denial (yeah)
Wasting time
Replacing time
With each empty excuse
But that'll only work a little while
Coping with despair
Knowin' you're not there
Ashamed to just admit
I've been a fool
So I blame it on the son
Run away from everyone
Hoping to escape this ridicule
Trapped in misery
Wrapped so miserably
In this deception that I'm wearin' it like a skin
Dying to maintain
Oh I keep trying to explain
A heart that never loved me to begin
Oh I'm such a mess
I have no choice but to confess
That I've been desperately trying to belong
Lying to myself
And everybody else
Refusing to admit my right was wrongAnd then he came
Selah
Oh and it means
Praise and Meditation
And then he came
Selah
Oh and it means
Did ya think about that?
And then he came
Selah
Oh and it means
Praise and Meditation
And then he came
Selah
Oh and it means
That it is seen
How beautiful is fruit still in denial of its roots?
My guilty heart behaves so foolishly

This treason from within
That reasons with my sin
Won't be happy til' it sees the death of me
Selfishly addicted
To a life that I depicted
Conflicted cuz it's not reality
Oh what's left of me
I beg you desperately
Cause me to agree to what I know is best for me
Please save me from myself
I need you to save me from myself
Please save me from myself so I can heal
The choices that I make
Oh have been nothing but mistakes
What a wasted use of space
Should I die before I wake?
In all of my religion
I've fortified this prison
Obligated to obey
The demands of bad decision
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