

Selah

Lauryn Hill

Lauryn Hill : Selah

Amaj7 F#m

Nothing can be done against the truth

Bm E Amaj7

No matter how we remain in denial

Amaj7 F#m

Wasting time Replacing time With each empty excuse

Bm E Amaj7

But that ll only work a little while

Bm E

Coping with despair

Amaj7 F#m

Knowing you re not there

Bm E Amaj7

Ashamed to just admit I ve been a fool

Bm E

So I blame it on the sun

Amaj7 F#m

Run away from everyone

Bm E Amaj7

Hoping to escape this ridicule

C#m F#m

Trapped in misery

C#m F#m

Wrapped so miserably

Bm E Amaj7

In this deception that I m wearin like a skin

C#m F#m

Dying to maintain

C#m F#m

Oh I keep trying to explain

Bm E Amaj7

A heart that never loved me to begin

Bm E

Oh I m such a mess

Amaj7 F#m

I have no choice but to confess

Bm E Amaj7

That I ve been desperately trying to belong

Bm E

Lying to myself

Amaj7 F#m

And everybody else

Bm E Ama j7

Refusing to admit my right was wrong

[Refrain:]

Ama j7

And then he came

F#m

Selah

Bm

And it means

C#m

Praise and Meditation

Ama j7

And then he came

F#m

Selah

Bm

And it means

C#m

Did ya think about that?

Ama j7

And then he came

F#m

Selah

Bm

Oh and it means

C#m

Praise and Meditation

Ama j7

And then he came

F#m

Selah

Bm

oh and it means

C#m

That it is seen

How beautiful is fruit still in denial of its roots?

My guilty heart behaved so foolishly

This treason from within

That reasons with my sin

Won't be happy till 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 have made
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 decisions

Please save me from myself
I need you to save me from myself
Please save me from myself so I can
heal

And then he came Selah
And it means Praise and Meditation
And then he came Selah
And it means Did ya think about that?
And he came Selah
Oh and it means Meditation
And then he came Selah
Oh and it means That it is seen
And then he came