

# 你扶持我 You Raise Me Up

## 1

當我心灰 我靈魂軟弱頹喪

When I am down and, oh my soul, so weary;

當困難到 我心感千斤重

When troubles come and my heart burdened be;

然而 我在靜默中平靜等待

Then, I am still and wait here in the silence,

直到你來 陪伴在我身旁

Until you come and sit awhile with me.

## CHORUS

你扶持我 讓我高站在山上

You raise me up, so I can stand on mountains;

你扶持我 使我不怕怒海

You raise me up, to walk on stormy seas;

我剛強 當我倚靠你臂膀

I am strong, when I am on your shoulders;

你扶持我 超越我所想求

You raise me up: To more than I can be.

你扶持我  
You Raise Me Up

**BRIDGE**

每個生命都有自己的渴望

There is no life - no life without its hunger;

躍動的心都跳動得不完美

Each restless heart beats so imperfectly;

但當你來與我同在 就將奇蹟充滿我心

But when you come and I am filled with wonder,

有時 我想我瞥見了永恆

Sometimes, I think I glimpse eternity.