

I KNOW YOU'RE HURTING

RAYE

♩ = 120

mp I can see you're stand - ing on the edge. F Am G

5 Your legs step on the ledge of life's af - flic - tions. F Am G

8 I know you're a mas - ter of dis - guise, F Am G

12 you are. Un - der - neath that soft and gen - tle 3

15 smile you put on this morn - ing. You give F Am G

2

18

when you have lit - tle left to give

F Am G

mf

21

You ball - room dance with hol-low "How are you's?"

F Am G

24

(How are you, how are you?) Your bod - y aches from march - ing up your

3

27

moun - tains

F Am G

But you

30

al - ways keep push-ing on

F Am G

p You al - ways keep push-ing on (You

33

al - ways keep pushing on) I know life can be a bitch, some call her "Mon - day"

mp

36

And I'm think - ing of you, dear, I hope you're

39

o - kay (Yeah) May -

42

- be there's a hole you're hid - ing some - where (Ah)

45

And you hide it so well, you do, I must say

48

But I, I know you're hurt - ing

51

(Ah - ah - ah) And deep down there

54

some - thing's burn - ing (Ah - ah - ah) If you need...

57

two more arms to hold these bur - dens, I am here...

60

I said a prayer for you, I hope it's work - ing

63 F Am G GSUS4

Please, my dear, don't stop believing in mi-ra-cles ooh

66 G F Am G

You al-

70 F Am G

- ways find some kind words for a stran-ger

73 F Am G

I wish that you could find some for your-self,

76 N/C G

ah You claw your-self a-part in pri-vate

6

79 F Am G

mo - ments And o - ver bruis - es you put plas - ters on Where life

82 F Am G

has dealt a - no - ther los - ing hand (Ah)

85 F Am G

You bite your tongue and tense your thighs to stand

88

You know that you can't be so strong a - lone All the

91 F Am G G/B

time so please stop try - na be so strong all a - lone, all a - lone

94 G F Am G

You don't have to do this all a-lone_ E-ven though I know

97 F Am G

Oh, I, I know you're hurt-ing, I

mp

100

know_ That deep down there some-thing's burn-ing,

103 F Am G

I know_ If you need_ two more_ arms to

106 F Am G

hold these bur-dens, I am_ here_

f

109

I said a prayer for you, I hope it's work - ing Please, my dear,

F Am G

112

don't stop be - liev - ing in mi - ra - cles ooh

Gsus4 G

115

I know it's hurt - ing (Hurt - ing) It's

F Am G

118

just six thir - ty I know it's hurt - ing

F Am

121

(Hurt - ing) Pray Lord, have mer - cy I

G/D Fmaj7 Am G

124

know He's work - ing
(He's work - ing) Oh

127

Fmaj7 Am G G G/E G/D

Oh I know, I know, I know,

130

G Bb Ab Bb

I know I know, I know, I know, I know I know I know it's hurt - ing

133

Abmaj7 Cm Bb

It's just gone Thurs - day Ain't this

136

some damn feel - ing? Ain't all of us just look - ing for some heal - ing?

139 *Abmaj7 Cm Bb /C /D /Eb /F*

And while we wait for it For the

142 *Bb Ab Cm Bb*

sweet - er days to find us Sh - sh - sh - sh - sh - shake off the dev - ils that's lurk - ing

145 *Ab Cm*

And close your eyes and let this mu - sic get to work - ing

149 *Cm N/C*

If you're lis-tening to this, I need you to hear me now Don't you give up

mp

153 *Bb Ab Cm Bb*

on your life Stay with me now

f ff

157 Bb7

Oh

160 Ab Cm Bb

Oh, don't

163 Ab Cm Bb /C /D /Eb

give up on your life

166 /F Bb Ab Cm Bb

169

12

172 *mf* $A\flat$ Cm $B\flat$

[spoken]
It's gonna be alright
it's gonna be alright, it's gonna be okay

176 *mp* $A\flat$ $Cm7$ $B\flat$

Ah - ah -
da - da - da - da - da - da - da - da ah

179 $A\flat$ $Cm7$ $B\flat$

It's gonna be fine,
ah -
it's gonna be alright, it's gonna
be okay, it's gonna be okay. It's

182 $A\flat$ $Cm7$ $B\flat$

gonna be okay Ah - ah -

185

da - da - da - da - da - da - da - da ah - ah -