

CAN'T HELP MYSELF

Words and Music by
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A musical score for three staves. The top staff is a treble clef staff with a key signature of one sharp (F#). The middle staff is a treble clef staff with a key signature of one sharp (F#). The bottom staff is a bass clef staff with a key signature of one sharp (F#). The music consists of three measures. The first measure has a single note on the G line. The second measure has a eighth-note pattern: G, A, B, C, D, E, F, G. The third measure has a eighth-note pattern: G, A, B, C, D, E, F, G.

A musical score for three staves. The top staff is a treble clef staff with a key signature of one sharp (F#). The middle staff is a treble clef staff with a key signature of one sharp (F#). The bottom staff is a bass clef staff with a key signature of one sharp (F#). The music starts with a measure of rests. The next measure begins with a dotted half note followed by a quarter note, then a eighth-note pattern: G, A, B, C, D, E, F, G. The lyrics "I.I con-fess the things I am a - fraid _____ of," are written below the notes. The measure ends with a Dsus4 chord. The next measure shows a eighth-note pattern: G, A, B, C, D, E, F, G. The final measure shows a eighth-note pattern: G, A, B, C, D, E, F, G.

A musical score for three staves. The top staff is a treble clef staff with a key signature of one sharp (F#). The middle staff is a treble clef staff with a key signature of one sharp (F#). The bottom staff is a bass clef staff with a key signature of one sharp (F#). The music starts with a measure of rests. The next measure begins with a eighth-note pattern: G, A, B, C, D, E, F, G. The lyrics "thorns and dan - ger just a-round the bend; _____" are written below the notes. The measure ends with a G chord. The final measure shows a eighth-note pattern: G, A, B, C, D, E, F, G.

12 G

I pray for tongues of fire and bands of an -

15 D sus4 C

- - gels to come and cir - cle 'round me like a

19 G CHORUS D sus4

fence. I lift my eyes

23 F C D sus4 E m C/G G

hills, where comes my help? I lift my hands,

23

27 D sus4 F C D sus4 E m

emp - ty hands;

27 C/G G G C/G G

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

31 C/G E m D/F# C/G

— can't help my - self.

39 G

2. My

39

VERSE

43 G D

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

47 C G

in, with-out the bat - tles rag - ing on; I

51 G D

pray the spir - it would be strong and might - - - y,

54 C G

for cour - age through the night un - til the dawn.

CHORUS

58 D F C

I lift my eyes to the hills,

58

62 D E m C/G G G D

where comes my help? I lift my hands,

62

66 F C D E m C/G G

empty hands, I can't help - my - self,

66

70 G C/G G G C/G G

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

70

The musical score consists of six staves of music. The top staff shows a treble clef, a key signature of one sharp, and a common time signature. The lyrics "I lift my eyes to the hills," are written below the staff, with "I lift my" aligned with measure 58, "eyes" with measure 59, and "to the hills," with measure 60. Chords shown are D, F, and C. The second staff starts at measure 58 and continues through measure 60. The third staff starts at measure 62 and continues through measure 64. The fourth staff starts at measure 66 and continues through measure 68. The fifth staff starts at measure 70 and continues through measure 72. The sixth staff starts at measure 70 and continues through measure 72. The lyrics "where comes my help? I lift my hands," are in measure 62, "empty hands, I can't help - my - self," is in measure 66, and "I can't help my - self, no, I can't help my - self." is in measure 70. Chords include E m, C/G, G, D, E m, C/G, G, F, C, D, E m, C/G, G, G, C/G, G, and G. Measure 58 includes a three-measure repeat sign. Measures 62-64 include a three-measure repeat sign. Measures 66-68 include a three-measure repeat sign. Measures 70-72 include a three-measure repeat sign.

74 E m D/F# C/G

78 BRIDGE D E m C/G G

78 Oh,

82 G D E m C/G G

82 Oh,

86 G D E m C/G G

86 Oh,

90 G D E m C/G G

90 Oh,

94 G C/G G Em D/F♯ C/G

94 Oh.

VERSE

98 C/G G

98 3.Oh trust the Lord, my

102 D C

102 soul and all that is in me, oh trust the light to

106 G G

show my dark - est parts; With wounds of truth and

106

110 D

love, a friend who has known me, a

110

113 C G

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

113

117 D F C D E m

to the hills,

117

121 C/G G G D 3
here comes my help. I lift my hands, emp-ty

121
F C D Em C/G G
hands, I can't help my - self,

125
C/G G C/G G G
I can't help my - self, can't help - my - self,

129
C/G G C/G G G
I can't help my - self, no, I can't help my - self,

133
C/G G C/G G
can't help my - self, no, I can't help my - self,

137 C/G E m D/F# C/G
I can't help - my - self.

137

BRIDGE

141 D E m C/G G
Oh,

141

145 D E m C/G G
Oh,

145

149 D E m C/G G
Oh,

149

153 D E m C/G G G

153 Oh, _____ Oh, _____

157 C/G G G C/G G G

157 — Oh, _____ Oh, _____ Oh, _____ Oh, _____

161 C/G G E m D/F♯ C/G

161