Carer Gateway | Carers NSW Celebrating 50 Years

Hold Up the Sky

Lyrics | Final version

Written and composed by Lizzy Rutten, Mick Mooney and Judd Brennand.

VERSE 1

Weighted by your head on my shoulder
Whispered by the riverbank
We decided we won't break
No oh oh oh
We won't break

Sharp bend and a fork in the road
Gonna take some time with this heavy load
Can't stop can't press rewind
That's not where we want to go
We're on to tomorrow

CHORUS

And I know how it feels
And I know that it's real
And I know how it feels
And I know that's its real

And I know how it feels
And I what it conceals
When you hold up the sky
And you're ready to fly

VERSE 2

There's no escaping an open heart
Life will find you in the dark
Joy and grief go hand in hand
Together
We make our stand

Listening while I'm sleep deprived
(Speak to me any time of night)
Caring for myself to thrive
Take this time to fill my cup
Noo oh oh
We don't stop
We won't give up
We won't give up

CHORUS

And I know how it feels
And I know that it's real
And I know how it feels
And I know that it's real

And I know how it feels

BREAK DOWN

Ohhhhhhh
Ohhhhhhh

CHORUS

And I know how it feels
And I know that it's real
And I know how it feels
And I know that it's real
And you give all you got
Again and again
And you know that you're strong
And that time is your friend
And love is the gain
Right to the end

And you hold up the sky
And I'm ready to fly