

SOMETIMES YOU'VE JUST GOTTA CRY

Lyrics by Annemarie St. Michael • Music by Joy Katzen-Guthrie

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Sometimes you gotta cry,
Sometimes you have to let it go ... It's hard, I know.
When days feel dark,
And there's no answer to your prayers, like no one cares, remember ...

Rainbows are gifts from a storm,
that's how they're born and light the sky.
Like the storm, a little rain can set us free.
For light to be, sometimes you've just gotta cry.

When troubles cloud your mind,
emotions swell from day to day, Don't run away.
Look within your soul ...
you'll find relief 'cause tears you've stored can't be ignored.

A happy day follows night.
That's why it's bright and lifts our life.
The pain of night is what we need to help us feel.
That's how we heal. Sometimes you've just gotta cry.

We make mistakes thinking it's wrong for us
to feel and show emotion, our hidden self.
But what is wrong? Without the low, there is no high.
You don't ask why ... sometimes you just gotta cry.

Without the grief, there is no joy to be expressed.
The heart knows best ... sometimes you've just gotta cry.